

HOSHIKI MONTHLY

October / November 2011



We have had another busy year at Hoshiki, adding another class on Monday mornings, changing the fortnightly Sunday kickboxing class to weekly and adding a small group fitness/kickboxing casual class on Friday mornings. I'm proud to say that we now have 85 members at Hoshiki. So far this year we have had 123 gradings. Among these was Sensei Jules' exciting 3rd Dan grading in the first half of the year and we will finish off the year on a strong note with still another 35 gradings to take place in December – including the Black Belt Grading on 14th December for 3 of our senior students.

On a personal note, Sensei Maree, our girls and I have had somewhat of an emotional year and we would like to thank our Hoshiki family for your amazing support, it would have been even more difficult to get through the year without it. But we are looking forward to a very positive 2012!

DATES FOR END OF YEAR AND NEW YEAR

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| <i>Monday morning class</i> | - Last class is on 12 th December 2011
- Class resumes on 6 th February 2012 |
| <i>Monday afternoon class</i> | - Last class is on 12 th December 2011
- Class resumes on 6 th February 2012 |
| <i>Wednesday night class</i> | - Last class is on 14 th December 2011
- Class resumes on 1 st February 2012 |
| <i>Saturday morning class</i> | - Last class is on 17 th December 2011
(due to our Christmas party classes will start 1 hour later than normal on this day)
- Class resumes on 4 th February 2012 |
| <i>Sunday kickboxing class</i> | - Last class is on 11 th December 2011
- Class resumes on 5 th February 2012 |

WELCOME

Welcome to **Harry, Charlie, Kai & Jacob** in our Monday afternoon Junior class, and to **Chris** in our Wednesday night class. It's great to have you all as a part of our club.

And a very special welcome to our youngest Hoshiki "member"

- Alfie - brother to Lachlan (in our Saturday morning class) was born on 31st October. Congratulations to Tamsin, Stuart, Lachlan & Cameron.

BLACK BELT GRADING ON 14TH DECEMBER

Mary-Anne, Melinda & Shell will all be attempting their Probationary 1st Dan - Black Belt grading - on Wednesday 14th December. The grading will start at 7.30pm and should be finished by 9pm. A Black Belt grading is very exciting to watch. The grading requires more than 6 months of preparation and a high level of fitness where both physical and mental endurance is required. The girls have been training at least 4 times a week for many months and I've watched their fitness, technique and skill improve immensely over this time. I would like to thank Sempai Scott for his assistance in preparing them for the grading.

It would be great if you can come along to support the girls on the night. All students (including juniors) should wear their gi and parents are most welcome to stay and watch.

If you're able to walk or car pool on the night that would be great to help reduce parking issues.



END OF YEAR CHRISTMAS PARTY

Saturday 17th December at 12 noon

I'm looking forward to a great day at our Christmas Party. There will be:

Trophies, Medals, Balloonologist, Piñata, Great Food and lots of fun!!

As we did last year, the junior classes on this day will each start an hour later so the 9am class will start at 10am and the 10am class will start at 11am then you can stay for the party. We hope everyone can come along and join in the fun! It is BYO meat and drinks and see Sensei Maree to put your name on the list to bring along a salad or dessert to share.

NOTE TO ALL SENIORS

Please bring runners to every class so we can make use of training on the oval when weather permits.

GRADING RESULTS

JUNIORS

Congratulations to Lana & Ben on attaining their 8th Kyu (yellow belt).



Congratulations to Daniel & Zac on attaining their 7th Kyu (green bars)



Congratulations to Jackson O, Fynn & Jackson B on attaining their 6th Kyu (green belt)



Congratulations to Luke R & Jackson D on attaining their 5th Kyu (red bars)



Congratulations to Jordan, Luke M, Abbey & Riley and Luke R & Jackson D on attaining their 5th Kyu (red bars)



SENIORS

Congratulations to Katie & Frances and Chris, Claudia and Brad on attaining their 7th Kyu (green bars)



Congratulations to Delphine, Rick, Jim, Alasdair & Steve on attaining their 5th Kyu (red bars)



Congratulations to Andy, Jane, Kate & Lachlan on attaining their 2nd Kyu (brown belt)



UPCOMING GRADINGS FOR DECEMBER

Juniors

- Harry, Charlie, Kai & Jacob will all be attempting their 9th Kyu (yellow bars)
- Cooper, Jackson L, Jack, Luke K & Sam will all be attempting their 7th Kyu (green bars)
- Conall, Coby, Lachlan & Adam will all be attempting their 6th Kyu (green belt)
- Blake, Fletcher, Nick & Sharlotte will be attempting their 5th Kyu (red bars)
- Cassidy, Danny, Nathan & Zac will all be attempting their 2nd Kyu (brown belt)
- Alana, Elly, Jasper, Jess, Jude, Mandy, Mia, Natalie, Riley, Taylor & Thomas will all be attempting their 1st Kyu (black bars)

Seniors

- Mary-Anne, Melinda & Shell will be attempting their Black Belt grading

JUNIOR STUDENT PROFILES

Zach McLeod - 7th Kyu (green bars)

My name is Zach McLeod and I am 7 years old. I like going swimming in my pool and also going to the beach. We go for holidays down to Phillip Island and do lots of fun stuff like watching the pelicans and the sting rays being fed. I specially like when dad and I go fishing at the trout farm, I caught my first fish there. Our friend Glen also sometimes takes us on his boat fishing, I always catch the most fish.

My favourite sport is football, I barrack for the Saints. I play Auskick for the Park Orchard Sharks and am looking forward to playing in the tackers. This year I got to play in a grid game which was great fun.

I have two brothers - Sam is 3 years old, he likes chasing, and Maxi is 1 and a half and he likes to climb everything. The best thing I like about Karate is keeping healthy and I also like doing push ups. My mum and dad help me a lot with hard stuff!!!

The End



Luke Redfern - 5th Kyu (red bars)

Hi, my name is Luke and I am 7 years old. I am in Grade 1 at Ringwood North Primary.

I have a sister Emily, Mum – Vickie, Dad – Jamie and Molly our dog.

Activities that I enjoy doing are basketball, guitar and best of all karate. I also love to play Pokemon on my DS, draw, read and play with my Go Go's. My favourite colour is red and I look forward to getting my red belt.

My favourite number is 23. When I grow up I want to be a professional karate and basketball person.



SENIOR STUDENT PROFILES

Claudia Davey - 7th Kyu (green bars)

I joined Hoshiki Kiritsu earlier this year to work on my fitness after having my boys (Jesse, 2 and Tyler, nearly 1). I have never done any martial arts before but I am really enjoying it. I love having the goal of a belt to work towards and, although a lot of it feels completely out of my comfort zone, I feel like I have learnt so much already. I guess I will eventually get used to the sparring and grappling... Before having children I worked as the Human Resource Manager at a not-for-profit Employment Service and now volunteer as Secretary on the Committee of

Management. I also do a little bit of work for my husband's building business. I enjoy travelling, snow skiing is my all-time favourite sport and I love to spend time with my family and friends.



Katie McGrath - 7th Kyu (green bars)

My name is Kate, I live in Lilydale and started training at Senior Martial Arts Monday morning class April this year. I have two children, Charlotte 8yo and Sam 6yo. I am working for a Building Company, which my husband set up with another Builder. I look after the administrations, accounts and book keeping.

I am a qualified Personal Trainer but closed down my business in 2009, to balance out family life. I am still training a couple of clients. I love learning about nutrition, fitness and weight management.

I am an animal lover and vegetarian. I support charities supporting animal rights. I enjoy running, tennis, movies and spending quality time with my family and friends.



TEACHING TITLES IN HK MARIAL ARTS

As we all know, whenever Martial Artists are engaged in any form of formal training, whether it be normal class, gradings, tournaments or seminars, there are a number of titles that are used to address various instructors. The meanings of these titles will vary slightly depending on which Martial Art or even between the various styles within the same Martial Art.

The following is a breakdown of what each title means and which rank it relates to in HK Martial Arts.

1. **Sempai** - means "Senior student" or "Instructor". This rank is usually awarded approximately 6 months after the attainment of Black Belt (Shodan-Ho) once the Black Belt has shown the ability to consistently teach all ranks from 10th Kyu to 1st Kyu and demonstrated adequate knowledge of the HK curriculum. It is desirable to have the rank of Sempai before attempting a Full Shodan - 1st Dan grading. "Sempai" is signified by a white bar on the Black Belt.
2. **Dai Sempai** - means "Advanced Instructor" or "Advanced Senior". This title is usually awarded as part of the 2nd Dan (Nidan) marathon grading but can also be awarded between the ranks of Shodan and Nidan if the Black Belt displays adequate knowledge and leadership. "Dai Sempai" is signified by Red Kenji script on the belt if awarded at 2nd Degree level, if awarded prior to this it is signified by a red bar on the Black Belt.
3. **Sensei** - means "Teacher / Friend". This title is usually awarded at 3rd Dan (Sandan) but can be awarded to an advanced 2nd Dan if the Black Belt displays an adequate level of knowledge and possess all the qualities needed to be deemed a true Sensei.
The title of Sensei is of the highest importance. To become a true Sensei the Black Belt must show empathy whilst maintaining discipline, they must have a genuine interest in all students and be able to nurture and develop those students both in Martial Arts training and personal growth. The title of Sensei brings with it enormous

responsibility and expectation, it also allows the Black Belt to promote other Black Belts to Sempai and Dai Sempai. There is no visible change to belt.

4. **Renshi** - means "Polished/Tempered Practitioner" and is usually awarded at 4th Dan (Yondan). Renshi means that the Black Belt becomes the Sensei's Sensei and must have an indepth knowledge of all rank requirements from 10th Kyu to 3rd Dan in the HK Martial Arts as well as all its combative systems. The rank is signified by a white stripe above a red stripe on the Black Belt.
5. **Shihan** - means "Master" and is usually awarded at 5th Kan (Godan) or held by the highest rank in a particular style of Martial Art. The title of Shihan can only be awarded to a practitioner 35 years or older and the Black Belt must have an indepth knowledge of the entire HK Martial Art System and hold a Diploma in Martial Arts/Sports Coaching. It is signified by a red stripe above a white stripe on the Black Belt.
6. **Kyoshi** - means "Professor or Philosophy" and is usually awarded at 6th Dan (Rokudan). The title of Shihan can only be awarded to a practitioner 40 years or older and the practitioner must have a deep understanding of the Martial Arts philosophy and be able to instruct senior instructors up to the level of 5th Dan Black Belt. It is signified by a red stripe in the centre of the belt.

Other ranks such as Hanshi, Kancho and Soke are all reserved for 7th, 8th, 9th or 10th Degree Black Belts.

Remember the importance of addressing an instructor by their appropriate title whilst inside the Dojo or in uniform. If we are attending seminars, camps or at another Dojo or Martial Art it is correct practice to find out what titles have been awarded to the various instructors and use them, otherwise Sensei is universally accepted.

Please remember especially for our junior students that titles are only to be used inside the Dojo or whilst in uniform - otherwise it's Matt, Maree, Jules etc...

HK Titles & Ranks

Renshi Matt	- 4 th Dan
Sensei Maree	- 3 rd Dan
Sensei Jules	- 3 rd Dan
Sensei Glenn	- 3 rd Dan
Dai Sempai Bill	- 2 nd Dan
Dai Sempai Greg	- 1 st Dan
Sempai Scott	- 1 st Dan
Sempai Sam	- Shodan Ho
Sempai Lana	- Shodan Ho

Any title is awarded in a formal ceremony whether it is at the end of a grading or class and is endorsed with a formal certificate.

Sempai	Shodan Ho or Shodan	White Bar / Red Bar
Dai Sempai	Shodan or Nidan	Red Bar / Red Script
Sensei	Sandan	Red Script
Renshi	Yondan	White & red stripe & script
Shihan	Godan	Red & white stripe & script
Kyoshi	Rokudan	Red stripe through centre & script
Hanshi		

JOKE CORNER

From Mia:

- How does a BBQ defend itself?
With a Karate Chop.

From Dan:

- Why did the boy bring a ladder to school?
Because he thought it was a high school
- Knock knock
Who's there?
Open the door and you find out!

TRAINING TIP

WHILST PRACTISING MARTIAL ARTS, WHETHER IT BE SELF DEFENCE, IMPACT WORK, SPARRING, TAKEDOWNS OR SUBMISSION DRILLS – IT IS ESSENTIAL TO PRACTICE “PLAN B” OR FAILURE AND RECOVERY TECHNIQUES. IF THE DESIGNATED TECHNIQUE OR COMBINATION YOU ARE APPLYING DOES NOT WORK FOR WHATEVER REASON WE MUST BE ABLE TO ADAPT INSTINCTIVELY. THIS MEANS THAT WE SHOULD NEVER RELY ON COMPLIANCE OF AN OPPONENT. NO-ONE WILL PLACE THEIR ARM IN EXACTLY THE RIGHT POSITION AND FOR THE EXACT AMOUNT OF TIME FOR YOU TO LOCK IT UP.

QUOTE OF THE MONTH:

*“One never notices what has been done;
one can only see what remains to be done.”*

*Take a moment to look back at all that you have achieved this year,
both in and outside of the dojo and be proud of those achievements.*

*See you at training,
RENSHI MATT*