

HOSHIKI MONTHLY

December 2011 / January 2012

Happy New Year! I hope everyone had a very Merry Christmas and that you have all been enjoying the holidays. We have enjoyed having a break from training but are now looking forward to classes starting up again in a couple of weeks. If you get a chance over the next few weeks take a moment to think about setting some goals for 2012 – both martial arts goals and other personal goals. Start to focus on how you will go about achieving these goals and visualise yourself taking the first step towards achieving them. We will spend time during classes this year setting goals, focusing on these goals, not losing sight of them and ultimately working hard towards achieving them. It is therefore important to start this process now and to think about what your goals will be.

CONGRATULATIONS

Congratulations to Sempai Scott and his wife Fiona on the safe arrival of little **Jack Robert** who was born on 5th December. We look forward to seeing Jack and his big brother Bailey down on the dojo floor very soon.

CLASSES RESUME ON:

Wednesday night class - 1st February 2012

Saturday morning class - 4th February 2012

Sunday kickboxing class - 5th February 2012

Monday morning class - 6th February 2012

Monday afternoon class - 6th February 2012

BLACK BELT GRADING

Wednesday 14th December saw our first Black Belt gradings for 6 years. Mel, Shell & Mez all performed magnificently on the night. After over 4 years of training and a very intense last 6 months the ladies displayed all the skills required to become a Black Belt in Hoshiki. In front of a packed Dojo of friends, relatives, Senior and Junior Hoshiki members, the girls displayed focus, control, discipline, speed, fitness and power whilst performing all Grade Katas, a personal Kata, Static Self Defence, Ground Defence, Endurance rounds, Sparring and a written component in the form of an essay.

Mel, Shell and Mary-Anne all commenced their training together over 4 years ago and have trained as a tight knit group ever since, encouraging, supporting and pushing each other along the way to achieve their goals. As well as assisting with teaching in our junior classes for quite some time now, they have also extended their training outside the dojo by teaching various self defence courses with Sensei Maree to groups of women, in secondary schools and to intellectually disabled adults.

I welcome them as Black Belts to our Instructor group and look forward to them continuing their martial arts journey and becoming excellent instructors – Congratulations!



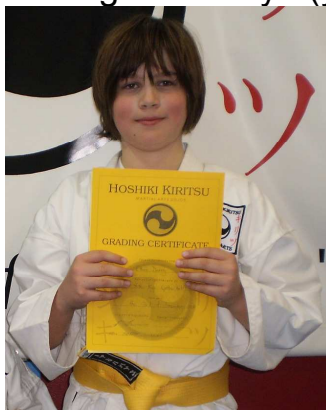
GRADING RESULTS

JUNIORS

Congratulations to Jude, Harry, Kai, Jacob & Charlie on attaining their 9th Kyu (yellow bars).



Congratulations to Ethan on attaining his 8th Kyu (yellow belt).



Congratulations to Jack, Jackson L, Luke K, Sam & Cooper on attaining their 7th Kyu (green bars)



Congratulations to Lachlan, Adam & Conall on attaining their 6th Kyu (green belt)



Congratulations to Fletcher, Blake, Nick & Sharlotte on attaining their 5th Kyu (red bars)



Congratulations to Cassidy, Zac, Danny & Nathan on attaining their 2nd Kyu (brown belt)



Congratulations to Riley, Jude, Thomas, Natalie, Taylor, Mandy, Elly, Alana, Jasper, Jess & Mia on attaining their 1st Kyu (black bars)



UPCOMING GRADINGS FOR FEBRUARY / MARCH

Juniors

- Harry, Charlie, Kai & Jacob and Jude will all be attempting their 8th Kyu (yellow belt)
- Ben, Lana & Ethan all be attempting their 7th Kyu (green bars)
- Daniel, Zac & Coby will all be attempting their 6th Kyu (green belt)
- Fynn, Jackson O & Jackson B will all be attempting their 5th Kyu (red bars)
- Jackson D & Luke R will be attempting their 4th Kyu (red belt)

END OF YEAR CHRISTMAS PARTY & PRESENTATIONS

Thank you to all those who were able to come along to our end of year party and presentation day. We had almost 100 people join us for what was a fabulous day - great weather, delicious food and lots of fun was had by all. Thank you to everyone for the gift for Sensei and I for a weekend away - we look forward to using it during the year.

Congratulations to all of our 2011 award winners:



Back row – Jane – Club Champion, Gav – Comedy Award, Kate - Most Consistent, Sempai Scott - Black Belt of the Year (in honour of Sempai Lulyeta), Delphine – Most Improved.

Front row – Andy - Most Determined, Luke R – Jnr Most Improved, Jackson – Jnr Most Determined, Noah – Jnr Most Courageous, Elly – Jnr Most Consistent, Taylor – Jnr Most Disciplined, Luke M – Jnr Club Champion.

PROFESSIONAL DEVELOPMENT-Martial Arts

Diploma

I'm pleased to say that I recently received my Diploma in Sports Coaching & Development (specialising in Martial Arts). It has been a beneficial and worthwhile course, especially in regards to using a more scientific approach to preparing fighters for the ring. It was also reassuring to find that many of the things taught in the course and that are accepted as industry best practice we have already implemented at Hoshiki and are currently teaching.

TRAINING TIP

WHILST YOU ARE PREPARING FOR YOUR NEXT GRADING BE CONSCIOUS OF THE SKILL THAT IS EMPHASISED IN THAT PARTICULAR GRADING AND ENSURE THAT YOU FOCUS ON ACQUIRING THAT SKILL AND BUILD IT INTO YOUR REPERTOIRE AS YOU MAKE YOUR WAY TO BLACK BELT OR YOUR NEXT DAN LEVEL eg. Red Belt – ground fighting

QUOTE OF THE MONTH:

“The noble pursue the path, the average pursue their duties and the misguided pursue fame and fortune.”

*See you at training,
RENSHI MATT*