

HOSHIKI MONTHLY

February / March 2012

Welcome back to training in 2012! We've started the year by getting back to basics in all of our classes. Correct stances, good footwork and movement, hands up and correct technique for kicks and punches are all essential to one's foundation as a martial artist and it's important to regularly spend time on this to maintain a strong foundation at all belt levels.

WELCOME

Welcome to ***Rob Tassi & Jamie Redfern*** in our Wednesday night class. It's great to have you both as a part of our club.

NEW JUNIOR CLASS

I'm pleased to announce that we have started up another Junior class on a Monday afternoon. On 19th March we welcomed 13 new students to our dojo to try out their first HK class. It was great to have so many enthusiastic beginners and we look forward to their progression with HK. The original Monday class will now run from 4.00pm until 4.45pm and the **NEW** class will run from 5.00pm until 5.45pm.

GRADING RESULTS

JUNIORS

Congratulations to Kai, Jacob, Charlie & Harry on attaining their 8th Kyu (yellow belt).



Congratulations to Ben, Lana & Ethan on attaining their 7th Kyu (green bars)



Congratulations to Zac & Daniel on attaining their 6th Kyu (green belt)



Congratulations to Jackson D & Luke R on attaining their 4th Kyu (red belt)



SENIORS

Congratulations to Scott Louder on being made Dai Sempai – which means Advanced Instructor. Dai Sempai Scott commenced his training back in 1992. After 8 years of training (4 years as an instructor) he took a break from martial arts. He has been back at training for the last two years and has proven to be a great asset to the club, most recently when he prepared our newest Black Belts for their grading last year. Well done Dai Sempai!



UPCOMING GRADINGS FOR APRIL / MAY

Juniors

- Jude C will be attempting his 8th Kyu (yellow belt)
- Harry, Charlie, Kai & Jacob will all be attempting their 7th Kyu (green bars)
- Luke K will be attempting his 6th Kyu (green belt)
- Lachlan will be attempting his 5th Kyu (red bars)
- Luke M, Riley, Jordan & Abbey will all be attempting their 4th Kyu (red belt)
- Sharlotte, Fletcher, Nick & Blake will all be attempting their 4th Kyu (red belt)

Seniors

- Jamie will be attempting his 9th Kyu (yellow bars)
- Rob will be attempting his 8th Kyu (yellow belt)
- Claudia, Brad & Chris will all be attempting their 6th Kyu (green belt)
- Delphine & Alasdair will be attempting their 4th Kyu (red belt)

MORNING MARTIAL ARTS CLASS & FITNESS CLASS

Monday morning Martial Arts Class – the time for this class has changed and it now runs from 9.30am – 11.00am and we'd love to have some more students in this class so if you know of anyone who may be interested please give them our details.

Friday morning Fitness Class – this class runs from 9.15am – 10.15am and is a small group fitness class that incorporates basic kickboxing. Babies & toddlers are welcome. We still have a few spots in this class and if we have more interest we will run another class on a Thursday morning. If you know of anyone who may be interested please give them our details

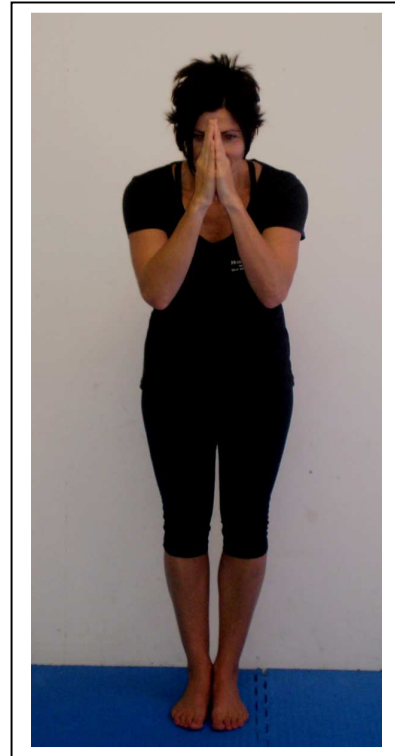
SUNDAY KICKBOXING

TIME CHANGE

There has been a change to the time for the Sunday morning kickboxing class. The Dojo will now open at 9.30am for personal training and the kickboxing class will run from 10 – 11am.

BOWING

We have introduced a formal bow in and out procedure for the Sunday Kickboxing class. It is a very simple Muay Thai bow as shown here by Kate:



KICKBOXING / CLASS WEAR

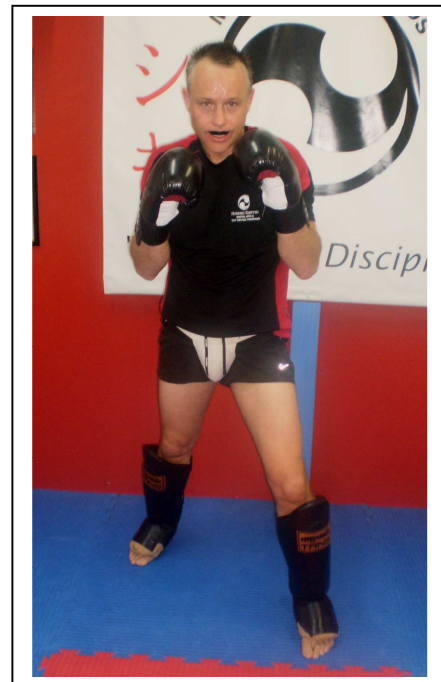
We should always try to simulate fight conditions during Kickboxing classes. This means we train as we fight with all protective equipment on or next to you at all times. It is a good idea to wear hand wraps and mouthguards during the entire class.

Minimum requirements are:

- 12oz boxing gloves
- Groin guard for men
- Shin/instep elastic slip-ons
- Exterior shin/instep guards
- Mouthguard

Optional Extras

- Hand wraps
- Head guard



Andy in minimum gear

FIGHTER TRAINING

If anybody is interested in fighting in an inter-club please let me know as soon as possible so we can start formulating your training plan and getting a base level of fitness. At this stage we think the next tournament will be around June / July. Please understand that the training is hard & intense for at least 8-10 weeks before the bout, the level of commitment is 100% as we are a slightly older club we generally draw opponents that are about 15 – 20 years younger than us. The next Interclub Challenge is at **Hammers Gym Sunday 27th of May.** Andy, Jane & Gav have already started training & will be representing Hoshiki.

HOSHIKI TOPS

Our order of printed Hoshiki tops arrived recently – thanks to those who are proudly wearing their new HK tops. If there is enough interest, we'll do another order later in the year.

WEBSITE

Please familiarise yourself with our website as it contains not only the latest information in the form of this newsletter, it also contains an in-depth view of Hoshiki Kiritsu and the training we provide.

JUNIOR STUDENT PROFILES

Luke K - 5th Kyu (green bars)

Hi, my name is Luke and I am 10 years old. I am in a rounders team at Ringwood North Primary School with some grade 5's and 6's.

I have loved Green Tree Frogs since I could talk and now I have two! I like to hold them and they are very cool to hold. They are both green and turn brown at night.

I like playing soccer with my friends and family. I like playing in my back garden with my soccer posts.

I have squad swimming two mornings a week at 6.55am. I also do competitions at different places.

I love building Lego myself on a table. I can build hard and easy Lego. I have once built a war ship that was very hard to build.



Conall - 6th Kyu (green belt)

An interview with Conall Maunsell...

Dad: Mate, how old are you, and how long have you been doing Karate.

Conall : I just turned 7, and I have been doing Karate for over 2 years, and I am a green belt.

Dad: What grade are you in, and do you like school?

Conall: I am in grade 1 at Ringwood Heights, and yep I like school.

Dad: What do you want to be when you grow up?

Conall: I want to be a Military Police.

Dad: Why do you want to be in the Military Police?

Conall: Because then I will fight for the universe and save the universe.

Dad: Well that is pretty good, so what do you like about karate?

Conall: We do fighting, and we kick and we do exercise.

Dad: What sort of cars do you like?

Conall: I like Audi's, Toyota's, and motorbikes.

Dad: What sports do you play?

Conall: Karate, and I play basketball, and when I am older I am going to play rugby.

Dad: Did you score any goals in basketball this year?

Conall: Yes.

Dad: How many?

Conall: 20.

Dad: No you didn't!

Conall: Yes I did and nana was watching.

Dad: No mate, you didn't – who do you barrack for in Football?

Conall: Collingwood, and in Rugby the Melbourne Rebels, and in Rugby League the Melbourne Storm, and in soccer, Melbourne Heart.

Dad: How many brothers and sisters do you have?

Conall: One.

Dad: A brother or a sister?

Conall: Once sister, her name is Erin.

Dad: Is she your favourite sister?

Conall: Yes.



Dad: What else do you have to say?

Conall: I love all my soldiers, and my cars, and my guitar what nana gave me, and lego.

Dad: Ok, any final things to say?

Conall: Thank you for videoing me.

Dad: That is ok, I am just recording you not videoing you...A last question – what is your opinion on Chuck Norris?

Conall: What's that?

Dad: OK, thank you, goodbye.

[A full transcript of this recording can be purchased from any ABC Store]

SENIOR STUDENT PROFILES

Chris Oakley - 7th Kyu (green bars)

Hi all, my name is Chris and I have been part of the Hoshiki Kiritsu family for about 7 months. I am currently training for my 6th Kyu. My wife's name is Fionna and we have two cheeky sons, Jackson (currently 6th Kyu) and Braedyn.

I first learned about HK when Fionna and I were thinking about starting Jackson in a martial art. Fionna is a travel agent and had been booking flights for Matt and Maree for a few years so when Maree mentioned they had a karate dojo in Ringwood we decided to take Jackson along. I have always been interested in martial arts. I have trained in Tae Kwon Do and a kung fu style called Choy Lay Fut so after taking Jackson to a few classes I decided to join as well. I enjoy every aspect of training (leg dips and pushups not so much) but my favourite would have to be sparring. I also try to make it to as many Sunday mornings as possible as I'd eventually like to compete in a kickboxing fight or two.



Outside of the dojo I am the assistant branch manager of Lawrence & Hanson (L&H), an electrical wholesaler in Bayswater. I play basketball a couple times a week and also coach Jackson's basketball team. I enjoy spending as much time as possible with my family, reading, online gaming and long walks on the beach...wait wrong profile...

SENIOR & JUNIOR BLACK BELT TRAINING.

ALL SENIOR BROWN BELTS

THE SENIOR BLACK BELT GRADING WILL BE HELD ON 28TH NOVEMBER 2012. YOU SHOULD BE UTILISING THE 7– 7.30 & 9 - 9.30PM ON A WED NIGHT & THE 9.30 – 10AM TIME SLOT ON A SUNDAY. THESE TIMES PROVIDE AN EXCELLENT OPPORTUNITY WHILST THE DOJO IS EMPTY TO

PRACTICE YOUR PERSONAL KATAS, SEINCHIN OR ANY OTHER SKILL YOU WISH TO DEVELOP. FROM THE 1ST JULY IT WILL BE COMPULSORY THAT YOU ATTEND TRAINING EVERY WEDNESDAY AND SUNDAY AS WELL AS TRAINING AT LEAST TWICE A WEEK AT HOME.

ALL JUNIOR BLACK BARS

THE JUNIOR BLACK BELT GRADING WILL BE HELD ON 15TH SEPTEMBER 2012. THIS GIVES US ALMOST 2 FULL TERMS TO TRAIN HARD. DURING TERM 3 YOU WILL BE REQUIRED TO TRAIN TWICE A WEEK IN THE DOJO – THE EXTRA DAY WILL BE SPECIFIED IN THE NEAR FUTURE, AND ALSO ONCE OR TWICE A WEEK AT HOME PRACTISING.

FOR ALL THOSE ATTEMPTING THEIR BLACK BELT THIS YEAR – SENIORS AND JUNIORS, YOU MUST MAKE A COMMITMENT TO BE AT EVERY CLASS AND TO MAKE SURE THAT 100% FOCUS AND ENERGY IS PUT INTO TRAINING FOR YOUR BLACK BELT. PLEASE DECIDE NOW WHETHER OR NOT YOU WANT TO OR ARE ABLE TO MAKE THIS COMMITMENT AS THE TRAINING IS COMPULSORY FOR ANYONE THAT ATTEMPTS THEIR BLACK BELT AND ALWAYS HAS BEEN.

THANKS – TO ALANA B, RILEY B, JASPER T, JESS, MANDY & TAYLOR D - OUR JUNIOR BROWN BELTS WHO HAVE BEEN HELPING WITH THE OTHER JUNIOR CLASSES DURING TERM 1.

BLITZ MAGAZINE

If you get the opportunity to buy a copy of “Blitz” which comes out monthly you’ll find that it is an excellent Martial Arts Magazine. There are always interesting articles and discussions about numerous styles of Martial Arts and there are often some great training tips. In the words of Molly – “Do yourself a favour and get a copy”. Blitz also produce a couple of other good magazines – “International Kickboxer” and “Inside MMA Magazine”. We have also been approached to provide the “Drill of the Month” article later in the year.

NORTH RINGWOOD PRIMARY SCHOOL FETE

North Ringwood Primary School have kindly invited us to give a demonstration at their school fete on Saturday 5th May at 12.30pm. We will put together a 15 minute demo that will include Junior Martial Arts, Senior Martial Arts, Kickboxing & Women’s Self Defence. If you would like to participate please let Sensei Maree know – you will need to be there at 12.15pm on the day. We will practice the demo during class the week before hand.

JOKE CORNER

*From Alana - Why did the man work in the bakery?
So he could loaf around.*

*From Abbey - Why didn't the ballerina cross the road?
Because it was tutu hard.*

As we all know nothing lasts forever & unfortunately our faithful Tigers clock that has kept reasonably good time for the past 4 years has finally passed on. This is an emotional time for me so please make allowances, I did however suspect that the old time keeper had a yearning to return to 1980.



TRAINING TIP

“WHILST ENGAGED IN SPARRING IT IS IMPORTANT TO BE AWARE THAT A SUDDEN CHANGE IN “CONDITIONS” IS QUITE LIKELY. THIS MEANS THAT WHEN THE “GRAPPLING”, “GROUND”, “SPRAWL”, “UP”, OR “BREAK” COMMANDS ARE GIVEN WE MUST BE ABLE TO ADAPT TO THE SCENARIO THAT PRESENTS ITSELF. WE SHOULD ALSO BE THINKING OF OTHER SCENARIOS AND OPPORTUNITIES THAT WE CANNOT PRACTICALLY IMPLEMENT SUCH AS DUMPS, LEG SHOOTING AND WRESTLING.”

QUOTE OF THE MONTH:

“Don't count the days but make the days count.”

*See you at training,
RENSHI MATT*