

# HOSHIKI MONTHLY

April / May 2012

We've had a number of gradings over the last two months and it has been great watching everyone focus hard on their grading requirements. I've really enjoyed the variety of ranks we have had grading this term ranging from 9<sup>th</sup> Kyu (yellow bars) all the way up to 1<sup>st</sup> Kyu (black bars). Preparing so many different ranks for gradings simultaneously has enabled me to see the many stages of the 'journey' to black belt all in a short space of time. With so many students both senior & junior preparing for their Black Belt later this year it has made me reflect upon the first group of students I prepared for Black Belt in Oct 1995. They all commenced their journey back in April 1992 and this year marks the 20<sup>th</sup> year anniversary of when I opened my 1<sup>st</sup> Martial Arts Club on 7<sup>th</sup> April 1992 in the gym at Whitefriars College in Donvale. This reinforces for me the importance of constantly practising all that we have learnt in the past whilst continuously striving to learn more in the future. We must never forget that no matter how basic the skill, it must be constantly honed and practiced, and we must also allow ourselves to be open to new skills and methods. This is especially relevant in our martial art as we teach so many different skills and facets of combat that each one needs to be regularly improved so it becomes second nature whilst we remain receptive to any new concepts, techniques or combat systems. What I taught 20 years ago I must still practice today and is still relevant, but we must also continue to seek more information and allow Hoshiki to evolve.

## WELCOME

Welcome to all of the students in our new Monday class ***Aidan, Anthony, Callum, James, Josh, Lachlan, Liam, Nicholas, Sam, Tess, Will, Lucas & Mitchell.*** It's great to have you all as a part of our club.

## BLITZ MAGAZINE

Blitz magazine asked us to contribute to 3 of their 'Technique Workshops' this year. The first is in the June edition which is now available – *see Contents on page 6 & page 50.* We will also be contributing to the July & August issues. Thank you to Andy and Sensei Jules for their assistance. Blitz has many excellent articles about a variety of martial arts, kickboxing and MMA and is well worth the read so try to pick up a copy this month. There will of course be copies in the dojo if you'd like to read about our workshop contribution.

## GRADING RESULTS

### JUNIORS

Congratulations to Jude C on attaining his 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Luke K on attaining his 6<sup>th</sup> Kyu (green belt)



Congratulations to Lachlan & Jackson O on attaining their 5<sup>th</sup> Kyu (red bars).



Congratulations to Kai, Charlie, Jacob & Harry on attaining their 7<sup>th</sup> Kyu (green bars).



Congratulations to Riley W, Nick, Fletcher & Sharlotte and Blake, Jordan, Abbey & Luke M on attaining their 4<sup>th</sup> Kyu (red belt).



## SENIORS

Congratulations to Rob on attaining his 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Chris, Claudia & Brad on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Delphine & Alasdair on attaining their 4<sup>th</sup> Kyu (red belt)



Congratulations to Frances & Katie on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Andy, Alicia, Kate, Jane & Lachlan on attaining their 1<sup>st</sup> Kyu (black bars).



## **UPCOMING GRADINGS FOR JUNE / JULY**

### **Juniors**

- Anthony, Tess, Callum, James, Joshua, Liam, Nicholas, Sam, Aidan & Lachlan and Will, Lucas & Mitchell will all be attempting their 9<sup>th</sup> Kyu (yellow bars)
- Jude C will be attempting his 7<sup>th</sup> Kyu (green bars)
- Ben, Lana & Ethan will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Adam, Conall, Daniel, Zac & Luke K will all be attempting their 5<sup>th</sup> Kyu (red bars).
- Noah, Jackson D & Luke R will all be attempting their 3<sup>rd</sup> Kyu (brown bars)

### **Seniors**

- Rob will be attempting his 7<sup>th</sup> Kyu (green bars)
- Darren & Chelsea will be attempting their 1<sup>st</sup> Kyu (black bars)

## **INTERCLUB FIGHTS**

The Interclub Challenge was held at *Hammers Gym* on Sunday 20<sup>th</sup> of May. Andy & Jane trained intensively for 2 months and their 100% commitment was evident on the day. After a long day and a record card of 76 fights, Andy & Jane stepped into the ring for their 2<sup>nd</sup> Semi-contact kickboxing bout. First up was Andy who fought a young and quite skilful fighter from Edge Martial Arts. Andy fought hard and well putting together some nice boxing combinations and moving well around the ring. He lost narrowly on points.

Next up was Jane who fought a girl from Hammers. Jane dominated the fight with penetrating jabs and roundhouse kicks and won both rounds easily. She then volunteered to fight again only 10 minutes later. Once again she dominated the fight with superior fitness and great moving, evasion and accurate combinations. Having one fight is hard enough but having the courage to front up again with virtually no rest and then win easily again is a great feat and made me extremely proud of her guts and willingness.

Well done to both Andy & Jane, you guys represented HK extremely well and once again set an example to the rest of the club.

Thanks to all our junior and senior members for coming along and supporting our fighters once again, we had a massive contingent and the club spirit could be heard right throughout the fights. Thanks to Rob and Chris for being there for the entire training process and putting themselves on the line to help

prepare our fighters. Thanks to Shell & Gav for supporting the guys at their sparring sessions at Mark Cook's gym.





## **ROUND COMMANDS**

We now have a number of commands that are to be implemented during bag and combat rounds in senior classes. It is important that these become a natural part of our combat rounds to ensure we become adaptable and well-rounded martial artists.

The commands are:

- Grapple - Break - Ground - Control - Up / Tatei - Change / Hunte  
- Catch - Shoot - Sprawl

They are listed on the dojo wall with a detailed explanation for each command.

## **FETE**

Thank you to everyone who was able to support us and participate in the demonstration at the North Ringwood Primary School Fete. We had a contingent of over 50 Hoshiki members and parents come along and we were able to display the various classes we offer at Hoshiki in a compact demonstration. I was extremely proud of the discipline and behaviour of our junior students as they represented the club – well done!





## **GUEST INSTRUCTORS**

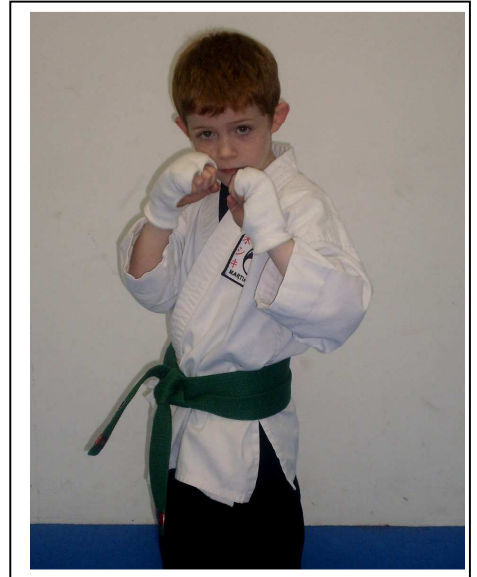
On Wednesday night 25<sup>th</sup> April we were visited by an old instructor/mentor of mine from Zen Do Kai - Kyoshi Martin Ruzic 8<sup>th</sup> Dan & also Kyoshi Jason Gambin 6<sup>th</sup> Dan. Kyoshi Martin has over 40 years experience in martial arts and brought to class a wealth of knowledge and experience. His particular focus is traditional kata and it's application. He was able to assist all of us in improving our stances and discussed the strength in having correct stances and posture. We were very grateful to him for making the time to come down to the club as he has an extremely busy schedule.



## **JUNIOR STUDENT PROFILES**

### **Jackson O - 5<sup>th</sup> Kyu (red bars)**

Hi my name is Jackson Oakley and I am 7 years old, I'm in Grade 1 at Ringwood Nth primary. I have been doing Karate for the last 2 years and have just graded and got my red bars. I am enjoying Karate a lot and can't wait till I become a junior black belt. My dad Chris is now doing Karate too, and he is going for his green belt soon, but I will still be higher grading than him, ha ha. Maybe one day my baby brother Braedyn will start doing Karate too and I can teach him everything I know already. I also play basketball with Spirit Magic, Lego and playing Video games on the Wii, I enjoy all of these things too.



### **Jack - 7<sup>th</sup> Kyu (green bars)**

#### **Jack - Aged 8 years & 5 months**

In order to profile Jack, his Mum asked around for a five words or less description that may best sum him up. The results somewhat surprised him!

Grandma: Jack is curious, intelligent & fun to be with

Grandpa: He is like a "bee in a bottle!"

Uncle Pete: "The Provoker" and a Giggler

Zia Ida: A real Timekeeper

Patrick (cousin): I like playing Lego & trains with him

Nanny: Very organised & handsome

Poppy: Loves to antagonise his brother

Rhett (cousin): "Mr Google" because he knows so much

Aunty Nikker: It breaks my heart that he barracks for Richmond not Collingwood!

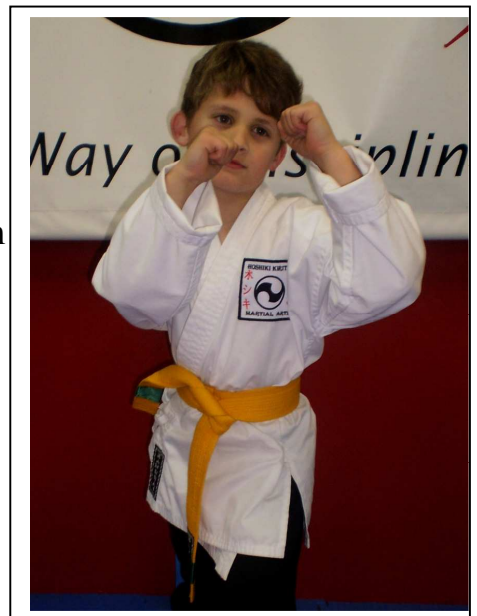
Sam (brother): No comment. Jack censored what Sam wanted to say...

Mum: Not a nasty bone in his body, routine focused & organised, sweet, loving and a great friend! He also likes to be the man of the house when Dad is away for work.

Dad: Happy & bouncy with such a great memory

Gran: Very articulate & a great Grandson

Rosa (Teacher): A sweet boy, so well mannered & very bright



#### **Jack:**

*Favourite Music:* NOT One Direction!

*Best Buddies:* Fynn, Damien, Sam & Tom

*Hobbies:* Karate, Swimming, playing the Wii, Motorbike riding, planning holidays

*Wants to be when he grows up:* A Scientist and also Manage a Restaurant

*Dislikes:* Sad movies, green beans, oranges, noisy kids & cricket!

### **Aidan – 10<sup>th</sup> Kyu (white belt)**

Hi, I'm Aidan Mayorkinos and I'm 6 years old, almost 7. My birthday is on the 18<sup>th</sup> of May and I'm having a party at Action Indoor Sports Centre with some of my friends from school. I go to St Anne's Primary School and I'm in Grade 1. My favourite thing to do at school is play transformers. When I am not at school I like to watch DVD's, play with my friends and my transformers. I am also very interested in trains. I have a little sister named Paige. She is three years old and drives my Mum, Dad and I crazy!! We have two dogs named Saxon and Carla. I have only just started coming to Karate this term and the part I enjoy the most is poison ball. So far I have learnt to do my blocks, punching and kicking. When I grow up I want to be a train driver.



## **SENIOR STUDENT PROFILES**

### **Rob Tassi - 8<sup>th</sup> Kyu (yellow belt)**

Hi all, my name is Rob Tassi.

I'm a Plumber and am self employed, running my own plumbing maintenance business called Greenaway Plumbing.

I started doing Martial Arts when I was about six years old. While my friends were playing footy, my father put me into Karate - he was a black belt in Judo so there were many afternoons being spent being thrown around the lounge room. The first style I did was the most influential being Tang Soo Do. The instructor was a little Korean man called Mr Shin who I idolised. I trained with him up to 5 days a week and competed in some tournaments until I was a teenager. I will never forget him saying to me that Martial Arts is there to protect us and not to harm others for no good reason, and to have respect for my elders and higher ranked members.

After that I went from one style to another and stopped at Shu Ko Kai for a couple years, which was largely sports orientated which I enjoyed a lot as I was used to a more traditional style.

After I started working, I stopped training for about 15 years until my middle boy Daniel finally found a sport he enjoyed at Hoshiki Kiritsu and decided to try it again, largely to have more interaction with his sports. We are both loving every minute of it.

Thanks to everyone for being so welcoming to us both and especially to Matt and Maree for their dedication to teaching my boy Daniel the values that Mr Shin taught me so long



ago!! Thanks again to you both, I feel like the little boy starting fresh again learning all the time from all the members, I may even be good enough one day to get my first Black belt with Hoshiki Kiritsu something I hold in very high regard.

## **BLACK BELT IS AN APPRENTICESHIP**

10<sup>th</sup> Kyu - Black Belt, as we all know takes approximately 4 years of constant training and learning to complete the 10 gradings from 10<sup>th</sup> Kyu White Belt to Shodan Ho Black Belt. So like any other 4 year period of learning ie. apprenticeship, degree etc. the attainment of Black Belt signifies a certain level of knowledge and proficiency. As like a newly qualified tradesperson the new Black Belt is only at the end of being a novice and the beginning of the intermediate stage of learning.

Unfortunately there is a common misconception that anyone who wears a Black Belt is automatically an expert both by the public and quite often the practitioner themselves. Nothing could be further from the truth as a skill or technique is never really understood until it is taught, so whilst we might have learnt a set of skills, to know them intimately we need to teach and explain them to a variety of students and have those students question us and our knowledge and logic. Each Dan rank also requires its own particular skills and techniques and also demands a minimum number of years of constant study. I strongly believe that a newly appointed Black Belt should search out and compare their knowledge with other Martial Arts and fighting systems to broaden their experiences and improve their skills.

December 2012 signifies 25 years since I attained my Black Belt in 1987 and 17 years since Sensei Maree attained hers in 1995. I can honestly say that the 4 years from 1988 - 1992 I learned more as a Black Belt than I did from 1983 - 1987 grading for my Kyu ranks.

In short, the attainment of Black Belt signifies the beginning of another journey of self-improvement, enlightenment, sharing, competing, achieving and teaching.

**"Black Belt is part of the Journey - not the Destination"**

## **TRAINING TIP**

“IT IS IMPORTANT TO REGULARLY STRIKE IMPACT EQUIPMENT SUCH AS FOCUS MITTS, FOREARM SHIELDS, BELLY PADS, HEAVY BAGS AND KICK SHIELDS WITH 100% POWER AND SPEED. BY USING FULL POWER WE GAIN A MUCH BETTER UNDERSTANDING OF NOT ONLY HOW MUCH THIS TRAINING TAKES OUT OF US PHYSICALLY BUT ALSO HOW IT AFFECTS OUR BALANCE, RECOVERY AND POSTURE. EQUALLY AS IMPORTANT IT GIVES THE PERSON HOLDING THE VARIOUS PIECES OF EQUIPMENT A REALISTIC IDEA OF WHAT IT IS LIKE TO WITHSTAND 100% IMPACT. IF WE DO NOT PUT OURSELVES UNDER THE PHYSICAL DURESS OF 100% IMPACT WE ARE TRAINING IN AN UNREALISTIC MANNER AND COULD BE IN FOR A SHOCK IF WE EVER HAD TO RECEIVE OR DELIVER FULL SPEED AND FORCE.”

## **QUOTE OF THE MONTH:**

*“The greatest of all faults is to be conscious of none.”*

*See you at training,  
RENSHI MATT*