

HOSHIKI MONTHLY

June / July 2012

Whilst it is the middle of Winter, here at Hoshiki we won't have to worry about feeling the cold too much as more than half the club – 62 of our students to be exact, will be too busy training hard for gradings over the next 2 months! These gradings will cover 10 different ranks starting at 8th Kyu (yellow belt) all the way up to 5th Dan. So we are going to have a very busy term indeed as we cover the bulk of our curriculum.

As well as all the gradings to prepare for we also have the upcoming Junior Tournament with Loong Fo Pai to prepare for as well. So keep up your intake of fruit and vegies so you have plenty of energy to train hard this term!

Because we have many important events coming up for the rest of the year there is a calendar of important dates at the end to mark in your diary.

WELCOME

Welcome to **Scott** in our Saturday junior class. It's great to have you as a part of our club.

GRADING RESULTS

JUNIORS

Congratulations to Lachlan, James, Joshua, Tess, Liam, Lucas, Mitchell, , Nicholas, Will, Aidan, Anthony & Sam on attaining their 9th Kyu (yellow bars).



Congratulations to Luke K on attaining his 5th Kyu (red bars).



SENIORS

Congratulations to Rob on attaining his 6th Kyu (green belt).



Congratulations to Darren & Chelsea on attaining their 1st Kyu (black bars).



UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

Juniors

- Anthony, Tess, James, Joshua, Liam, Lachlan, Nicholas, Sam, Aidan, Will, Lucas & Mitchell and Scott P will all be attempting their 8th Kyu (yellow belt)
- Jude C will be attempting his 7th Kyu (green bars)
- Jack, Harry, Charlie, Kai, Jacob, Ben, Lana & Ethan will all be attempting their 6th Kyu (green belt)
- Adam, Conall, Daniel & Zac will all be attempting their 5th Kyu (red bars).
- Jackson O, Lachlan & Luke K will be attempting their 4th Kyu (red belt)
- Riley W, Nick, Fletcher, Sharlotte, Blake, Jordan & Abbey will all be attempting their 3rd Kyu (brown bars)
- Noah, Jackson D, Luke R & Luke M will all be attempting their 3rd Kyu (brown bars)
- Cassidy, Zac, Nathan & Danny will all be attempting their 1st Kyu (black bars)
- Jess, Mandy, Mia, Riley, Natalie, Taylor, Jasper, Jude, Elly & Thomas will all be attempting their Junior Black Belt (Junior Probationary 1st Dan)

Seniors

- Claudia, Brad, Chris, Frances & Katie will all be attempting their 5th Kyu (red bars)
- Delphine & Alasdair will be attempting their 3rd Kyu (brown bars)

RENSHI MATT'S 5TH DAN GRADING

- a note from Sensei Maree

Renshi Matt will be grading for his 5th Dan on Wednesday 8th August, 7.30pm. Renshi commenced his training in Martial Arts 29 years ago and has been teaching for the last 21 years. Over this time his focus has been on developing HK and training everyone else. He began to focus on his 5th Dan training last year has been training consistently ever since. I hope everyone will be able to come along to support him on this very special occasion. Sensei Maree

TOURNAMENT

The Junior Twilight Tournament run by Loong Fu Pai will be held on Saturday 18th August in Noble Park – starts at 4.30pm. Sensei and I have both met with Kancho Terry Lim a few times now. He is the head of this style and we have a great deal of respect for him and the way he runs his martial art. We are confident that this tournament will be run in a safe and fair manner. The tournament is for 14 years and under. The events we recommend our students to consider entering are Continuous Sparring (no contact), Sumo Wrestling and Longest Kick – there are various divisions and rules so please speak with us for further information. I hope many of our junior students will consider entering the tournament as it will be a great experience and also a lot of fun. Entry forms and fee must be submitted no later than Thursday 9th August otherwise a late fee is charged. Please see us for an Entry Form and further details.

MOUTHGUARDS & GROIN GUARDS FOR JUNIORS

It is a requirement that all of our red belts and above wear mouthguards during sparring. These can be purchased from Chemist Warehouse for approx \$8.00 – the Elastoplast Junior ones are quite good or you can ask your dentist about getting one. Our lower rank students are not required to have one but may choose to. Mouthguards are compulsory for anyone competing in the upcoming tournament.

Groin guards are optional for the upcoming tournament and whilst it has not been a requirement to wear one at our classes it may be something worth considering, particularly for our red belts and above. See Sensei Maree if you wish to purchase one - they are \$15.

2nd Dan Grading – Loong Fu Pai

Sensei Maree, Dai Sempai Greg and myself were invited by Kancho Terry Lim to go along to a 2nd Dan grading at one his dojos in Cockatoo on 5th July. We were honoured to be invited and found ourselves warmly welcomed by all of his students and instructors. It was an excellent grading and the two young men who graded were very disciplined, strong and focussed. Many of the requirements were similar to our 2nd dan grading and it was useful to compare the requirements between the styles for benchmarking.

AWARENESS OF OUR ENVIRONMENT

Part of our martial arts training includes improving our awareness of our environment. It doesn't matter where you are, awareness of what is going on around you is so important to either prevent or reduce the chances of an incident occurring – be it an attack or an accident.

Even when you are in the dojo, it is important to be aware of what is going on around you. You may be sparring but you still need to concentrate on those around you as well as the person you are sparring. If all your focus is on your partner you can easily be injured or injure others around you if you are not aware of where they are. Improving your awareness in the dojo will then carry on to an improved awareness of your environment in general – regardless of where you are.

BLITZ ARTICLES

When you have a moment, take a look at the June, July & August editions of Blitz in the dojo – we are in the Technique Workshop section.

KATA INSTRUCTIONAL DVD

Regardless of you rank or age group, it is worth considering all students purchase a copy of the Instructional Kata and Sequence DVD. Whilst the katas and sequences are taught in class they need to be practiced at home. The DVD is an invaluable tool to ensure that you are practicing correctly. They are only \$20 a copy. I still refer to my original VHS tape from 25 years ago if I wish to query any of the higher Dan katas.

TOPS PRINTED

We are doing another print run of Hoshiki tops - this will most likely be the last one for this year. If you have a t-shirt, top or jacket you would like printed please get it to us by Monday 6th August at the latest.

The cost is \$14 to have front and back printed or \$10 for just the front printed (smaller size tops - usually kids size 10 and smaller can only get the front printed as the design on the back is too big).

JUNIOR STUDENT PROFILES

Lachlan Turner - 5th Kyu (red bars)

Hi, my name is Lachlan Turner and I am 8 and a half years old. My birthday is the 20th of December. I am in Grade 3 at Yarra Valley.

I have been doing karate for about two years and am now on red bars. I really enjoy karate and hope to reach black belt one day. I have two brothers, Cameron and Alfie, and hope that one day they will take up Karate as well.

I enjoy keeping busy and like to be outside and playing sport, I think I would like to be a sports teacher when I am older! I go for the Blues and love going to see them play with my Dad.

I am soon going skiing and hope to be better than my Mum and Dad soon, I love going fast.



Harry Deakin-7th Kyu (green bars)

Hi, my name is Harry Deakin, my birthday is on August 17th when I will turn 11. I have a dog called Buddy, he is a black Labrador and he is 7 months old. I have a nice house with a cool swimming pool, me and my family love to jump in it when it is a hot day, I also enjoy playing on my trampoline. My home town is Shanklin on the Isle of Wight which is in England, we moved to Australia 2 ½ years ago. As well as Karate, I also play in the Norwood Junior football team, I love AFL and practice every day. To relax in the evening I enjoy watching TV, I especially love films about dogs.



James Harvey -9th Kyu (yellow bars)

Hi, my name is James and I am 8 years old and I like going to the beach and riding the waves on my boogie board.

I also like playing with my tech decks and sliding them along my ramp and doing tricks.

My favourite food is pizza and my favourite type is margherita. I have five people in my family and have a guinea pig called Cocoa.



SOCIAL EVENTS

Action Indoor Sports

On Saturday 28th July a group of about 70 of us headed down to Action Indoor Sports in Ringwood. We had a wonderful afternoon playing all kinds of games including soccer, basketball and dodgeball. It was great to catch up with everyone outside the dojo and have some fun. Thanks to all those who were able to come along and be part of all the fun.



Upcoming Social

Our next social will be for the 'grown ups'. All of our adult students and parents of our junior students are invited to join us for dinner at Tokyo Sake in North Ringwood on Sat October 13th. Mark the date in your diaries, more details will follow closer to the date.

COMPRESSION TOPS

I have been wearing a compression top and pants during training for the last few years now and have found it to be so important in keeping my muscles warm and preventing or minimising injury - particularly during the colder months. It might be something that you want to consider doing as a preventative measure.

CONGRATULATIONS

Congratulations to Sensei Maree on 20 years of training in Martial Arts. She began her training back in April 1992 at the Whitefriars dojo in Donvale.

TRAINING TIP

“WHILST PREPARING FOR ANY TYPE OF TOURNAMENT OR COMPETITION IT IS IMPORTANT TO SIMULATE THE CONDITIONS AND RULES OF THE SPECIFIC COMPETITION EG THE LENGTH OF THE ROUNDS, WEARING THE SAME EQUIPMENT AS IN THE COMPETITION, TRAINING IN THE SAME SIZE AREA AND UNDER THE SAME RULES.

BETWEEN ROUNDS IT IS ALSO EXTREMELY IMPORTANT TO DEEP BREATH (IBUGI) IN THROUGH THE NOSE AND OUT THROUGH THE MOUTH SLOWLY AND DELIBERATELY TO RE-OXYGENATE THE BLOOD AND SLOW THE HEART RATE.”

QUOTE OF THE MONTH:

“There is no short cut to any destination worth going”

*See you at training,
RENSHI MATT*

CALENDAR AUGUST – DECEMBER 2012

AUGUST

- Wed 8th – 7.30pm – Renshi Matt's 5th Dan grading
- Sat 18th – 4.30pm – Junior Tournament with Loong Fu Pai

SEPTEMBER

- Sat 15th – 10am – Junior Black Belt grading

OCTOBER

- Sat 13th – Senior social night

NOVEMBER

- Wed 28th – 7.30pm – Senior Black Belt grading

DECEMBER

- Sat 15th – 12.00pm – End of year BBQ & Presentation day