

HOSHIKI MONTHLY

August / September 2012

The last two months have been very rewarding watching the progress and development of our Junior students. The tournament in August was a great success, the many gradings in September have been of a very high standard and the junior Black Belt grading was a fantastic day. Thank you to all of our senior students who have helped out with gradings recently – we could not have done it without you - your support is very much appreciated!

JUNIOR BLACK BELT GRADING

Congratulations to Riley, Jasper, Jude, Mia, Jess, Taylor, Natalie, Elly, Mandy & Thomas on attaining their Junior Black Belt! Over the past 4 and a half years of consistent training they have encouraged, challenged and supported each other and now have built an unbreakable bond by completing their Junior Black Belt together as well as providing a great example to the rest of our junior students. They have been putting in extra training of 2, 3 or 4 sessions a week for the last two months and this showed through on the day.

Their focus, discipline and self-motivation by far exceeds their age and we are extremely proud of the entire group. They have been asked to really push themselves beyond their comfort zone and sacrifice other activities and have done so with great enthusiasm and determination.

Thank you to all of the senior Black Belts and Black Bars who came along to help at the grading – we really appreciate your support. And thank you to Dai Sensei Wayne & his wife Yvonne for coming along from Loong Fu Pai martial arts. They were most impressed with the high standard. Special thanks to Sempai Shell, Jane & Mez for helping out with all the extra sessions over the last few months. And thank you to the parents of our new black belts for all your support bringing the kids to all the extra training sessions.



JUNIOR TOURNAMENT

On Saturday 18th August HK entered 28 juniors in the Loong Fu Pai Martial Arts Tournament. With ranks from 9th Kyu to 2nd Kyu we were well represented in our 3 chosen events – Sumo, Continuous sparring and Longest Kick. Sensei Maree and I were extremely proud of the way all of our students conducted themselves and fought. We took home a total of 15 trophies for the entire day – a fantastic achievement considering this was everyone's first tournament and quite often we were up against vastly more experienced opponents! Congratulations to all the kids who competed on the day and made us so proud:

Continuous Sparring – various divisions

2nd Place - Lachlan T, Luke K & Riley B

3rd Place - Luke M & Danny R

Sumo – various divisions

1st Place - Luke M, Lachlan T & Mia

2nd Place – Danny R, Lana & Sharlotte

3rd Place – Jess, Jasper & Jackson O

Longest Kick

1st Place – Luke K

Adam, Ben, Blake, Cassidy, Conall, Daniel T, Elly, Harry, Jacob, James, Jude, Kai, Nathan, Noah, Riley W, Taylor & Thomas all performed well in their divisions. Well done to everyone for having a go and supporting and cheering each other on.

Thanks to Dai Sempai Greg and Sempai Shell for helping out with officiating on the day and to Delphine for being our official photographer. A very big thankyou also to the parents who not only supported their own children but were also in there encouraging all of the HK kids. Once again our club spirit was evident and Loong Fu Pai and a number of other styles commented to me about the fantastic support we had.





SHIHAN MATT'S 5TH DAN GRADING **- a note from Sensei Maree**

On 8th August Shihan Matt was awarded the title of 'Shihan' after successfully grading through to full Godan (5th Degree) under the supervision of Kancho Terry Lim (8th Dan – Loong Fu Pai). The grading panel also included Dai Sensei Wayne Boyd (4th Dan - Loong Fu Pai), Sensei Glenn Smith, Sensei Jules Blewer and myself.

Some styles do not require a formal grading for 5th Dan as it is sometimes awarded as an honorary rank, but Shihan felt it was important to challenge himself and set an example for the rest of the club. It was a very intense 45 minute grading in front of 50 students including 17 HK black belts and another 30 spectators and provided much inspiration, particularly to the many junior students who were in attendance.

Congratulations Shihan on an outstanding grading! And a very special thankyou to Andy Bickell for all the extra time and effort he put into training with Shihan. There is a brief summary & photo from the grading on Pg 14 of October Blitz.
A penny for your thoughts Andy??





CONGRATULATIONS TO SEMPAI SHELL

On 5th September Shell Carroll was promoted to 'Sempai'. She attained her Black Belt last year and has been training and instructing regularly ever since. Sempai Shell has a real passion for martial arts and has proven herself to be an excellent instructor. We look forward to her taking classes more often in the future. Congratulations Sempai Shell!



GRADING RESULTS

JUNIORS

Congratulations to Scott P, Josh, Liam, Anthony, Lucas, Aidan, Nicholas, James Mitchell, Will, Tess, Sam & Lachlan on attaining their 8th Kyu (yellow belt)



Congratulations to Jude C and Scott on attaining their 7th Kyu (green bars).



Congratulations Jack, Harry, Jacob, Charlie, Kai, Ben & Lana on attaining their 6th Kyu (green belt)



Congratulations to Daniel, Zac, Adam & Conall on attaining their 5th Kyu (red bars).

Congratulations to Jackson O & Luke K on attaining their 4th Kyu (red belt)



Congratulations to Jordan, Abbey, Blake, Riley W, Fletcher & Sharlotte on attaining their 3rd Kyu (brown bars).



Congratulations to Luke M, Luke R, Noah & Jackson D on attaining their 3rd Kyu (brown bars)



SENIORS

Congratulations to Frances & Katie on attaining their 5th Kyu (red bars)



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

Juniors

- Tess, Lachlan, Anthony, Nicholas, Josh, Liam, Sam, Aidan, James, Mitchell, Will & Lucas will all be attempting their 7th Kyu (green bars).
- Sam, Ethan, Jude & Scott will all be attempting their 6th Kyu (green belt)
- Jack, Harry, Charlie, Kai & Jacob will all be attempting their 5th Kyu (red bars).
- Lachlan T, Adam, Daniel, Conall & Zac will all be attempting their 4th Kyu (red belt)
- Nick will be attempting his 3rd Kyu (brown bars)
- Noah, Jackson D, Luke R & Luke M and Charlotte, Nick, Blake & Fletcher will all be attempting their 2nd Kyu (brown belt).
- Danny, Cassidy, Nathan & Zac will be attempting their 1st Kyu (black bars)

Seniors

- Trent & Nick will be attempting their 9th Kyu (yellow bars).
- Claudia, Brad, Chris & Rob will all be attempting their 5th Kyu (red bars).
- Delphine & Alasdair will be attempting their 3rd Kyu (brown bars).
- Jane, Kate, Andy, Alicia & Darren will all be attempting their Probationary 1st Dan (Black Belt)

JUNIOR STUDENT PROFILES

Adam - 5th Kyu (red bars)

Hi, my name is Adam Hugo and I just turned 9 on the 5th September and I am in Grade 3 at Blackburn Primary. I have been learning Karate for about 2 years and I really enjoy sparring and I had great fun at the recent tournament. I love watching football especially my favourite player Jobe Watson and I hope the Bombers do better next year.

I can't wait until the cricket season starts so I can play for Blackburn Cricket Club under 10's and I have told my dad that he has to be the coach again this year. My favourite food is pasta, any type and lots of it.



Kai - 6th Kyu (green belt)

Hi, my name is Kai and I am nearly 8 years old and in Grade 2. I like karate, playing tennis, basketball and football and I barrack for the mighty Tigers. I also love Lego, playing Wii, Playstation and computer games and I taught myself how to boogie board last summer.

My favourite food is spaghetti bolognese and rainbow ice cream. I have a younger brother Kobe and a Nanny and Poppy that live nearby in Ringwood, and a Nanny and Pa that live in Ararat. My Dad has just started karate but I am a much higher belt grading than him.



Lachlan P - 8th Kyu (yellow belt)

My name is Lachlan Joel Pantu and I am 7 years old. I go to Ringwood North Primary School and am in grade one. I have been doing Martial Arts for 6 months and just got my Yellow Belt – Yay!

When I am not at school I like to go outside and dig in the garden, drawing or playing lego. Sometimes I like to play the Wii. My favourite game is Mario Kart. I also do swimming and breakdancing at the moment. Before Martial Arts I did tennis.

My Dad has just started at Hoshiki Kiritsu and he and I have great fun sparring and trying to remember our Japanese.



SENIOR STUDENT PROFILES

Trent Somers - 10th Kyu (white belt)

My name is Trent Somers and I have just commenced with Hoshiki. I am married with two boys. One of my sons, Kai, is a member of Hoshiki and I thought that martial arts would be something the two of us could do together, but it is also something I have wanted to try for a while but have not had a lot of time to look into it.

I grew up in Ararat where I played a number of sports including football, cricket, basketball, tennis and golf. It has probably been 10 years since I have played any of them but I enjoy watching all sports on TV. I follow TIGERS in the AFL and let's hope next year we can make the finals.

Martial arts is very new to me as I haven't done anything like this before, so thanks for all of the pointers and coaching I have received.

I thought I had a little bit of fitness because I go for runs (or should I say slow jogs) occasionally but figured out pretty quickly after my first session at Hoshiki that I am not fit at all.

I previously worked at Nestle Peters Ice Cream at Mulgrave, and now work with Jenny Craig in their Finance department in the city. I enjoy spending time with my family and watching the Tigers with my boys. I look forward to learning more from the team at Hoshiki and thanks to everyone who have already made me feel very welcome.



DINNER AT TOKYO SAKE

After such a busy term, we thought it would be nice to relax and enjoy a night out. We have organised a dinner at our local Japanese restaurant - Tokyo Sake in North Ringwood. All of our senior students & partners and parents of our junior students are invited to join us for dinner on Saturday 13th October at 7.00pm. The set menu is \$30 per person and you can BYO wine. Hope you can join us. Please RSVP to Sensei Maree by Wednesday 10th October.

BLITZ MARTIAL ARTS MAGAZINE

As Martial Artists we should always keep up to date with what is happening within our martial arts & kickboxing community. Blitz, International Kickboxer & Inside MMA are all excellent publications. Blitz has given Hoshiki many opportunities to contribute and has written articles on our achievements in the past and will be featuring the Junior Black Belt grading and Sensei Maree in the November edition. Please support those that support us and Martial Arts in general! You can grab a copy at the Newsagency at Eastland.

THANKYOU TO "THE CAKE SCHOOL"

A very special thank you to Fran McGregor (cousin of the Gammino family) for the beautifully decorated and divine tasting cake that she donated from her cake school

in Ringwood to the celebration dinner for the junior black belts. If you're interested in cake making and decorating look up Fran's website www.thecakeschool.com.au.

CONGRATULATIONS

Congratulations to Lachlan Campbell in our senior class on his recent engagement to Susan Alexander (eldest daughter of Dai Sempai Bill & his wife Therese). They have been together for many years and now that Lachlan's black belt grading is on the horizon Dai Sempai Bill has finally given his permission for them to marry – once Lachlan has that black belt tied firmly around his waist of course. All the best for a wonderful life together!

Hoshiki Girls Dinner

A lovely night was held by all at our girls dinner a few months ago, it was a great opportunity to catch up for a chat without holding up training! Thank you to Sempai Sam for making the delicious HK cake. *Sensei Maree.*



TRAINING TIP

WHEN DEVISING A PERSONAL KATA IT IS IMPORTANT TO CHOOSE TECHNIQUES THAT YOU ARE COMFORTABLE PERFORMING. OTHER POINTS TO REMEMBER TO HELP YOU IN THIS CREATIVE PROCESS ARE:-

1. WRITE DOWN THE FORM'S MOVES & DIRECTION
2. IMAGINE THE BUNKAI (APPLICATION) ATTACHED TO EACH TECHNIQUE
3. VARY THE HEIGHT & SPEED OF THE FORM TO INCREASE VISUAL STIMULATION
4. USE THE GUTTURAL "KIAI" FOR IMPACT & TO EMPHASIS THE DEVASTATING TECHNIQUES.

REMEMBER THAT KATA IS TELLING A STORY WITHOUT ANY WORDS – YOU MUST DEMONSTRATE CLEARLY TO THOSE WATCHING EXACTLY WHAT THE TECHNIQUES ARE.

QUOTE OF THE MONTH:

*“If we did all the things we are capable of doing,
we would literally astonish ourselves.”*







Pictures from the Junior Black Belt Grading 15/9/12





See you at training,

SHIHAN MATT