

# HOSHIKI MONTHLY

December 2012 / January 2013

Once again as another year at Hoshiki draws to a conclusion, take the time to look back and reflect on our achievements in 2012. I can honestly say that HK Martial Arts is stronger now than at any time in its history and this is something every student, parent and instructor should be immensely proud of.

The year was punctuated with many highlights including junior gradings and tournaments, kickboxing bouts, 5 articles in Blitz Martial Arts Magazine and high level senior gradings, however the one thing that always makes me the proudest is the **club spirit** – the support and genuine friendship and goodwill that exists from the youngest junior to the most experienced of instructors. This is why we continue to grow and thrive & as everyone knows Maree and I consider everyone in Hoshiki part of our extended family.

I hope everyone has had a lovely Christmas and restful break over the holidays and look forward to seeing you all in February.

Thank you everyone, Shihan Matt & Sensei Maree.

## CLASSES RESUME ON:

- |                                |   |
|--------------------------------|---|
| <i>Saturday morning class</i>  | - Class resumes on 2 <sup>nd</sup> February 2013  |
| <i>Monday afternoon class</i>  | - Class resumes on 4 <sup>th</sup> February 2013  |
| <i>Wednesday night class</i>   | - Class resumes on 6 <sup>th</sup> February 2013  |
| <i>Friday morning class</i>    | - Class resumes on 8 <sup>th</sup> February 2013  |
| <i>Sunday kickboxing class</i> | - Class resumes on 10 <sup>th</sup> February 2013 |

## 2<sup>nd</sup> DAN GRADING ON 19<sup>TH</sup> DECEMBER

Congratulations to Dai Sempai Scott who achieved his 2<sup>nd</sup> Dan grading just before Christmas.



This gruelling grading is a true test of both physical fitness and mental strength. Dai Sempai Scott trained intensively over recent months to prepare and he didn't disappoint us with an excellent grading on the night. After performing 4 katas, Dai Sempai was then required to demonstrate his self defence skills whilst blindfolded using submission holds, locks and joint manipulation. The real fun then began with 18 rounds (each 2 minutes) of wrestling and sparring against both one and two opponents.

Dai Sempai displayed a high standard of skill, technique, control and focus. He began his training with me 20 years ago and has been an excellent instructor and I'm so pleased to see him grade through to 2<sup>nd</sup> Dan. Congratulations! And a special thankyou to Sensei Jules for helping Dai Sempai with his preparation and training and for running the grading on the night.

## GRADING RESULTS FOR DECEMBER 2012

### JUNIORS

Congratulations to Anika & Gabrielle and William, Emily, Nathan & Xavier on attaining their 9<sup>th</sup> Kyu (yellow bars)



Congratulations to Josh, Anthony, Sam, James, Will, Tess, Lachlan, Liam, Aidan, Niamh, Lucas & Mitchell on attaining their 7<sup>th</sup> Kyu (green bars).



Congratulations to Scott and Sam on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Harry, Kai, Jacob & Jack on attaining their 5<sup>th</sup> Kyu (red bars).



## SENIORS

Congratulations to Delphine & Alasdair on attaining their 3<sup>rd</sup> Kyu (brown bars).



## **END OF YEAR CHRISTMAS PARTY & PRESENTATIONS**

Congratulations to all of our 2012 award winners:

### **SENIORS**

- Club Champion - Jane
- Most Consistent - Andy
- Black Belt of the Year - Sempai Shell
- Most Determined - Kate
- Most Improved - Frances
- Tameshiwara - Mary-Anne

### **JUNIORS**

- Club Champion - Riley B
- Most Consistent - Daniel
- Most Courageous - Lachlan T
- Most Determined - Riley W
- Most Disciplined - Ben
- Most Improved - Jack

Thank you to all those who were able to come along to our end of year party and presentation day. There were almost 150 of us and we had a wonderful day chatting with everyone and enjoying a delicious banquet - thank you to everyone for contributing to lunch.

And thank you to everyone for your very generous gifts. Our new bonsai looks fantastic in the Japanese garden and we hope to purchase some outdoor furniture when we redo our undercover area this year.



Jack



(Back row) – Mary-Anne, Frances, Kate, Jane, Shell, Andy  
(Front row) – Riley B, Riley W, Ben, Lachlan & Daniel.



## **UPCOMING GRADINGS FOR FEBRUARY / MARCH**

### **Juniors**

- Matthew, Felix & Oskar and Ethan S will all be attempting their 9<sup>th</sup> Kyu (yellow bars)
- Emily, William, Nathan & Xavier and Gabrielle & Anika will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Ben, Lana, Ethan & Scott and Sam will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Conall, Daniel, Adam & Zac will all be attempting their 4<sup>th</sup> Kyu (red belt).
- Lachlan T, Luke K & Jackson O will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Noah, Jordan, Abbey, Jackson D, Luke M, Luke R, Sharlotte, Fletcher, Nick, Blake & Riley W will all be attempting their 2<sup>nd</sup> Kyu (brown belt).

### **Seniors**

- Trent & Nick will be attempting their 8<sup>th</sup> Kyu (yellow belt).

## **NEW CURRICULUMS**

We have updated both our senior and junior curriculums. The senior curriculum now covers 10<sup>th</sup> Kyu through to 5<sup>th</sup> Dan whilst the junior one covers 10<sup>th</sup> Kyu through to 4<sup>th</sup> Dan. There will be a new curriculum for every student in the dojo at the beginning of the year. Please take care of your copy as extra ones will cost \$10 each as they are all now professionally bound and presented.

## **HK'S SPONSOR CHILD**

We recently received an update from our sponsor child. For those who may not be aware, Hoshiki have been sponsoring a child through World Vision for the last 3 years. His name is Kosal Sok, he is from Cambodia and is now 10 years old. Our sponsorship has contributed to health education, bicycles, school equipment and a road. Kosal is looking happy and healthy and we are pleased HK can help both him and his community.

## **TRAINING TIP**

**“EVERY MARTIAL ARTIST IS RESPONSIBLE FOR MAINTAINING THEIR STANDARD OF SKILL. THIS MEANS THAT 6 WEEKS OUT OF THE DOJO DOES NOT MEAN 6 WEEKS OF NO TRAINING. PRACTICE OVER THE HOLIDAYS IS ABSOLUTELY ESSENTIAL.”**

## QUOTE OF THE MONTH:

*“To let circumstances dictate one’s state of mind is human;  
to let the mind dictate the circumstances is sage.”*

*See you at training,  
SHIHAN MATT*

Here are a few snaps from Dai Sempai Scott’s 2<sup>nd</sup> Dan grading

