

HOSHIKI MONTHLY

February / March 2013

Everyone seems to have settled back in really well after the long break and we have had a great start to the year with 7 new students joining the club and 35 students grading already. This year is going to be pretty busy with numerous gradings including Junior Black Belt, Senior 1st Dan and Senior 2nd Dan and also some tournaments during the year.

WELCOME

Welcome to Geoff & Lauren in our Senior class and also to Charlotte, Evan, Ruby, Gabe & Oliver in our Junior classes. It's great to have you all as a part of our club.

GRADING RESULTS FOR FEBRUARY & MARCH

JUNIORS

Congratulations to Oliver, Ruby, Evan, Ethan, Charlotte & Gabe on attaining their 9th Kyu (yellow bars)



Congratulations to Matthew, Felix & Oskar on attaining their 9th Kyu (yellow bars)



Congratulations to Emily, Nathan, Xavier & William on attaining their 8th Kyu (yellow belt)



Congratulations to Ben, Lana, Ethan & Scott on attaining their 5th Kyu (red bars)



Congratulations to Conall, Zach, Daniel & Adam on attaining their 4th Kyu (red belt).



Congratulations to Jackson O, Lachlan & Luke K on attaining their 3rd Kyu (brown bars)



Congratulations to Jackson D, Nick, Fletcher, Riley W, Blake, Luke M & Luke R on attaining their 2nd Kyu (brown belt)



Congratulations to Jordan, Sharlotte & Noah on attaining their 2nd Kyu (brown belt)



SENIORS

Congratulations to Lauren on attaining her 9th Kyu (yellow bars)



Congratulations to Rob, Claudia, Chris, Frances & Geoff on attaining their 4th Kyu (red belt).



UPCOMING GRADINGS FOR APRIL / MAY

Juniors

- Ethan, Gabrielle, Evan, Ruby, Gabe, Charlotte & Oliver will all be attempting their 8th Kyu (yellow belt)
- Matthew, Felix & Oskar will all be attempting their 8th Kyu (yellow belt)
- Tess, Aidan, Will, Lucas, Anthony, Josh, Liam, Lachlan, Niamh, Sam, James & Mitchell will all be attempting their 6th Kyu (green belt)
- Kai, Harry & Jacob will be attempting their 4th Kyu (red belt)

Seniors

- Trent, Nick & Lauren will be attempting their 8th Kyu (yellow belt).
- Delphine will be attempting her 2nd Kyu (brown belt)

2nd DAN GRADING on MAY 22nd

We are very excited that Dai Sempai Greg will be attempting his 2nd Dan grading on the 22nd of May. Dai Sempai has been training with Hoshiki for over 14 years and has been a big part of the club. He has also had experience training in Goju Kai Karate. He has been preparing since late last year and we would like to thank Sensei Jules who is now overseeing his preparation. We are also hopeful that there will be some guest instructors from Loong Fu Pai at the grading. Please put **Wednesday 22nd May** in your diary to come along and support Dai Sempai in his “marathon” grading.

DOJO HOURS

We have extended the opening hours of the Dojo to give people the chance to practice informally before & after class. The hours are:-

Monday – 3.45pm – 6pm (school terms) **Saturday** - 8.45am – 11am (school terms)
Wednesday – 7pm – 9.30pm all year **Sunday** - 9.30am – 11.30am all year

JUNIOR STUDENTS PROFILES

Liam - 7th Kyu (green bars)

My name is Liam Watts, I am 8 years old. I love doing karate and I will be going for my green belt soon. My favourite thing at karate is flying kicks. I also do cubs, keyboard and have started footy. My favourite football team is Collingwood. I have 3 chickens called Wookie, Sparkles and Star. I love animals and go to rallies to help them. I also love playing computers.



Ben - 5th Kyu (red bars)

Hi, my name is Ben Russi and I have just started my 3rd year at Hoshiki Kiritsu. I recently graded for red bars. I go to Ringwood North primary and I'm in grade 3 and like to play downball with my friends at lunchtime.

I enjoy playing Skylanders on the PS3 and swimming in our pool at home. I have just joined the North Ringwood tennis club and really enjoy having lessons. One day I hope to be a professional player like Nadal!

At home I live with my mum, dad, older sister Emily & older brother Alex & enjoy going on holidays with them.



SENIOR STUDENT PROFILES

Geoff Abell - 4th Kyu (red belt)

My name is Geoff and I have recently joined Hoshiki Kiritsu. I have done martial arts on and off all my life and nine years ago was a 1st Dan Black belt in Zen Do Kai. Unfortunately the pressures of running my own company and having children meant I no longer had the time to devote to training. Late last year my kids, Emily & William, joined the Saturday morning class. Watching and helping them train made me realise just how much I have missed it.

It is great to find such a family orientated and supportive club. Everyone has made me feel very welcome and I am enjoying the challenge, not only in getting fit again but getting back to the standard I was nine years ago. The best part is being able to share my love of martial arts with my children.



BLITZ ARTICLES

I spent some time over the Summer writing articles on various aspects of martial arts. I've sent some into Blitz and hopefully they may appear in future issues. In the meantime I wanted to share some of them with the club. The first is titled "*Auditory & Peripheral Vision Training*" and discusses the importance of training both our visual and auditory awareness – it is attached to the end of this newsletter. There are another 6 articles which cover the following subjects: *Women in Martial Arts, Dojo Atmosphere, Tournament & Tradition, The benefits of impact training, Designing Martial Warm ups & In close Striking*. We will be doing the photo shoots for the rest of the articles over the next few months so please let Sensei Maree know if you are interested in helping out. Thanks to everyone who have already been involved in the completed articles.

BLACK BELT DEVELOPMENT

Black Belts please consider your ongoing development by stepping up to take various components of class ie warm up & stretch, specific skills, drills, general knowledge sharing and philosophy. Remember that any Black Belt is eligible for their Sempai title after 6-9 months of continuous training and demonstrating the ability to teach and develop lower ranked students.

Thanks to Kate & Jane for their constant help & input on Saturdays in developing the juniors - they have both shown great initiative & leadership.

CONGRATULATIONS TO OUR JUNIOR BLACK BELTS

5 of our Junior Black Belts - Jasper, Jess, Jude, Mandy & Riley W - all did their very first gradings as graders recently, grading 10 of our juniors through to 9th Kyu and 8th Kyu whilst overseen by instructors Kate & Jane. Their comments and assessments were very thorough and thoughtful and we were extremely proud of their professional attitude and enthusiasm. We were also pleased to have Luke M (2nd Kyu), Danny (1st Kyu) & Cassidy (1st Kyu) assist with gradings recently also providing some excellent observations.



SAFETY EQUIPMENT

The following safety equipment **MUST** be worn by **ALL** students during combat rounds:

- Shin/Instep Pads
- Mouthguard
- 12oz gloves or above (Snrs)
- 6oz gloves (Jnr red belts and above)
- Hand pads (Jnrs below red belt)

ALL male students must also wear a groin guard.

Please see Sensei Maree if you require any equipment or have any questions.

UPCOMING TRAINING TRIP TO HONG KONG

I will be travelling to Hong Kong at the end of May with Dai Sempai Bill and Dai Sempai Greg to spend 10 days training in various martial arts and kickboxing studios. We will be revisiting some of the instructors I spent time with in 2011 and have also made some new contacts. We are looking forward to bringing back some more knowledge to further enrich Hoshiki. Special thanks to our Hoshiki Travel Agent – Fiona Oakley at Flight Centre Eastland (wife of Chris & mum of Jackson). Be sure to visit Fiona for your next holiday!

TOURNAMENTS

We are looking forward to participating in some more tournaments with Loong Fu Pai this year and perhaps some other styles as well. Loong Fu Pai are running 3 tournaments this year.

- Sunday 19th May (Juniors & Seniors)
- Saturday 17th August – Twilight - (Juniors only)
- Sunday 10th November – (Juniors & Seniors)

Next term we will spend time on tournament specific training and I encourage all students to think about entering and having a go. Enter as many divisions as possible to get the most out of the day. Participating in a tournament is a great experience and there will be plenty of Hoshiki people there to support you – there were at least 50 of us from Hoshiki at the last two tournaments all cheering our students and it's a lot of fun.

GI PANTS FOR SENIOR BLACK BELTS

We have decided to add black gi pants with two red stripes down each side as part of the uniform for all Black Belts at Sempai rank and above. They are \$35 each. It is optional and if you would like to order a pair please see Sensei Maree.



TRAINING TIP

AWARENESS IS AN ESSENTIAL PART OF DEFENDING YOURSELF. AWARENESS IN THE DOJO MAY IMPROVE YOUR SKILL OR PREVENT AN ACCIDENT, AWARENESS OUTSIDE THE DOJO MAY PREVENT AN ACCIDENT OR A POTENTIAL ATTACK. ALWAYS BE AWARE OF YOUR SURROUNDINGS.

QUOTE OF THE MONTH:

“A person will always perform better under the expectation of reward than through the fear of punishment.”

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Scott Keays 0404201522



*Have a safe & happy Easter. See you at training,
SHIHAN MATT & SENSEI MAREE*

Drill – Auditory & Peripheral Vision Training

Reflex conditioning- as we all know having well trained, lightning fast reflexes is a mandatory skill for any proficient Martial Artist and for that matter any athlete in general. The sharpening of our spontaneous physical reactions is something that must be actively developed as very few of us are blessed naturally with cat- like reaction times.

I know that in my 30 year martial arts career, the times when my reflexes were honed the best was when I felt at my most confident and capable. It seems to me that a quick reaction time built into your body through reflex training also translates into a quick thinking mind. This generally increases everything from your awareness, ability to anticipate, react, balance yourself, regain balance & even choose & execute the right techniques.

So how do we develop these explosive reflexes, given that so much of our training can seem to be rehearsed & sometimes a little too contrived & compliant?

To really “switch on” our reflexes I believe we need to start by building our overall awareness by developing our senses, hearing, peripheral vision, & intuition.

Hearing

Listening is something we all hopefully do intently within the dojo when an instructor is speaking- but how often do we “listen” to where other people are in relation to us?

The first sign of an attack is quite often not until we have been physically or at least verbally accosted; to me this seems to be too late. If we can develop our ability to listen & feel we can often anticipate trouble before it begins & hopefully avoid or diffuse it.

Drill 1. – Auditory training



Place one student in the centre of the dojo with their eyes shut or blindfolded (this automatically heightens their sense of hearing) they are then surrounded by 4 or 5 students. Each student then randomly stalks in towards the designated centre person, the aim of the exercise is for the student to hear the attackers & then quickly turn to face that general direction in a balanced fighting stance – this then heightens their awareness & increases listening sensitivity.

This exercise can be performed with varying degrees of difficulty – from students wearing shoes on different surfaces (hard surfaces being more audible & soft being less audible) to intentionally scuffing a foot or rustling a Gi or approaching as quietly as possible.

The result from regularly relying on hearing & anticipation only is for the student to become more sensitive to the sound of someone approaching & thus being able to intercept & trigger the decision making process earlier than was otherwise possible.

Peripheral vision.

Quite often combat within the dojo is one on one – when sparring or practicing drills we become a little myopic and focus only on our direct opponent or partner. Which leads us to inadvertently shutdown our peripheral vision. In order to be more aware & increase the ability to anticipate we need to train our peripheral vision to be fully engaged & active.

Drill 2 - Peripheral vision training.

Stand straight with correct posture & balance .Keeping your eyes focused forward, outstretch your arms to the side, hands at eye level & point your fingers forward, move your arms forward & back so your fingers are within the very fringe of your peripheral vision range.

Move your arms back so your fingers are just within your peripheral vision then hold them still – your fingers will soon blend into the background. Now wriggle your fingers and your vision will pick them up again, and then stop moving them and they will blend and be lost again. Repeat this exercise to increase peripheral awareness of movement.



Then substitute your hands for people and incorporate footwork. This will increase the ability to use your peripheral vision as a reflex and thus be aware of people who would not normally be in your field of view.

These two exercises can then be combined and put into more practical use.



Drill 3 Detect & React



Using either hearing or peripheral vision the person in the centre now initiates a strike combination as soon as they sense the presence of a world- be attacker. The emphasis here is to be completely reactive to the attack and not pre-empt the type of attack, number of attackers or distance.

It is quite possible to have 3 different means of first contact with your training partner in 3 similar approaches:

1. Peripheral vision (early interception)
2. Hearing (early interception)
3. Touch (late interception)

This way the drill teaches us to react to different distances and forms of attack.

To develop impact and power as well as anticipation and reflexes it is a good idea to introduce shields / focus mitts, belly pads etc. and then combine impact with locks, holds and breaks.



With the very high incidence of attacks these days, commencing with an unexpected “King Hit”, how important then is early detection & instant, skilled reaction?



Shihan Matt Charnley – 5th Dan
Hoshiki Kiritsu Martial Arts

Special thanks to Kate, Chris & Darren for making themselves available for the photos. And also to Dai Sempai Greg for editing all of the articles I’ve written so far.