

# HOSHIKI MONTHLY

April / May 2013

What an eventful couple of months it has been! The junior tournament was fantastic then a few days later we had Dai Sempai Greg's amazing 2<sup>nd</sup> Dan grading followed a week later by Gav & Chris stepping into the ring for their kickboxing fights at Hammers Gym.

We have been extremely lucky to have the support of many of our instructors, senior students and parents all helping with everyone's training during this busy time. It's times like these when I'm so proud to see our club spirit at its best. Read on for all the details!

## DAI SEMPAI GREG'S 2<sup>nd</sup> DAN GRADING

Congratulations to Dai Sempai Greg who successfully attained his 2<sup>nd</sup> Dan on May 22<sup>nd</sup>. 2<sup>nd</sup> Dan is renowned as a "marathon" grading and requires an enormous amount of fitness, motivation, discipline and hard work. To spar and wrestle your way through almost 20 rounds, some against two people, as well as defend yourself blindfolded and also perform 4 kata is a big ask for anyone let alone when you are over 60!

Under the guidance of Sensei Jules, Dai Sempai Greg has been training extensively since late last year and his hard work was evident on the night. It was a magnificent grading and we are proud to have Dai Sempai as another 2<sup>nd</sup> Dan in our ranks. Thank you to Sensei Jules for all of his hard work in training Dai Sempai Greg. And thank you to everyone who came along on the night to support Dai Sempai, particular our guests from Loong Fu Pai Martial Arts – Kancho Terry Lim (8<sup>th</sup> degree & founder) & Dai Sensei Wayne Boyd (4<sup>th</sup> degree).



Sensei Maree, Kancho Terry Lim, Shihan Matt, Dai Sempai Greg, Sensei Jules, Dai Sensei Wayne Boyd





## **CONGRATULATIONS TO SEMPAI MARY-ANNE**

Sempai Mary-Anne Brown (AKA Mez) was promoted to “Sempai” on 17<sup>th</sup> April. She always puts a lot of thought and effort into her teaching and preparation of classes and has already begun proving herself as an excellent instructor. We are looking forward to some more of her interesting classes. Congratulations Sempai Mez!



## **WELCOME**

Welcome to our six new Juniors – Archie, Cianan, Tiarnach, Lachlan C, Tiana & Erin. It’s great to have you all as a part of our club.

## **JUNIOR TOURNAMENT**

About 40 of us headed over to Noble Park on Sunday 19<sup>th</sup> May for another Loong Fu Pai tournament. We had 19 students competing in various events on the day. It was a lot of fun and we were immensely proud of our students who all represented Hoshiki with excellent behaviour. When they weren’t competing and trying their best, they were on the sidelines cheering on others from our club. Whilst not everybody won a trophy, just coming along to compete is a big achievement and all competitors should be very proud of themselves for having a go. Congratulations to the following students for entering the tournament – **Emily, Will.A, Jacob, Riley.B, Xavier, James, Archie, Gabrielle, Conall,**

**Luke.M, Sam, Luke.R, Kai, Ethan.S, Daniel.T, Jasper, Fletcher & Josh and Delphine from the senior class.**

Special thanks to our instructors **Jane & Kate** for your enormous help both at the tournament and preparing the kids in class over the last few months.

Thank you also to all of the senior students, instructors & parents who have been helping out with tournament training, especially **Adrian, Rob, Geoff, Sempai Shell, Sempai Mez & Delphine**. And thank you to everybody who came along on the day to support their kids and the club.

Congratulations to the following students who won trophies:

**Continuous Fighting** – 1<sup>st</sup> place – Xavier - 10<sup>th</sup> - 6<sup>th</sup> Kyu  
1<sup>st</sup> place – Daniel .T - 5<sup>th</sup> – 1<sup>st</sup> Kyu  
2<sup>nd</sup> place - Conall - 5<sup>th</sup> – 1<sup>st</sup> Kyu  
2<sup>nd</sup> place - Riley B - Black Belt  
3<sup>rd</sup> place – Archie - 10<sup>th</sup> – 6<sup>th</sup> Kyu

**Sumo Wrestling** - 1<sup>st</sup> place – Luke.M - 30-39 kgs  
2<sup>nd</sup> place – Jasper - 30-39kgs  
3<sup>rd</sup> place – Will. A - 19kgs &under

**Kata** - 2<sup>nd</sup> place – Kai - 5<sup>th</sup> – 1<sup>st</sup> Kyu  
3<sup>rd</sup> place - Daniel .T - 5<sup>th</sup> – 1<sup>st</sup> Kyu

**Points Sparring** - 2<sup>nd</sup> place – Kai - 5<sup>th</sup> – 1<sup>st</sup> Kyu  
2<sup>nd</sup> place – Riley.B – Black belt

**Rapid Fire** - 2<sup>nd</sup> place – Riley.B - Black belt



## GRADING RESULTS FOR APRIL & MAY

### JUNIORS

Congratulations to Tiarnach, Archie, Lachlan C & Cianan on attaining their 9<sup>th</sup> Kyu (yellow bars)



Congratulations to Oliver, Charlotte, Gabrielle & Ethan S on attaining their 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Matthew, Oskar & Felix on attaining their 8<sup>th</sup> Kyu (yellow belt)



## **SENIORS**

Congratulations to Lauren on attaining her 8<sup>th</sup> Kyu (yellow belt)



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

### **Junior Black Belt Grading – Saturday 29<sup>th</sup> June 10am**

Cassidy, Danny, Zac & Nathan will be attempting their Junior Black Belt on Saturday 29<sup>th</sup> June. They began preparing for this grading at the beginning of the year and have been training two or three times a week for the last few months. The grading requires a high level of skill, technique, fitness, focus and discipline and we are looking forward to a strong grading. Please come along to support them if you are free.

### **Juniors**

- Tiana & Erin will be attempting their 9<sup>th</sup> Kyu (yellow bars)
- Will, Xavier, Nathan, Felix, Matthew, Oskar & Ethan S will be attempting their 7<sup>th</sup> Kyu (green bars)
- Aidan, Will, Lucas, Anthony, Josh, Liam, Lachlan, Niamh, Sam, James & Mitchell will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Scott & Ethan will be attempting their 4<sup>th</sup> Kyu (red belt)
- Harry, Kai & Jacob will be attempting their 4<sup>th</sup> Kyu (red belt)

### **Seniors**

- Trent & Nick will be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Brad will be attempting his 4<sup>th</sup> Kyu (red belt)
- Delphine will be attempting her 2<sup>nd</sup> Kyu (brown belt)

## **1<sup>st</sup> DAN GRADING**

Sempai Lana & Sempai Shell have been training for their 1<sup>st</sup> Dan grading which will be later in the year. The grading involves multiple yuksuko's (self defence applications) using timber weapons, empty handed defences against a knife as well as kata. We are really looking forward to it as we haven't had a 1<sup>st</sup> Dan grading for many years. There will be further details about the date in the next newsletter.



## **KICKBOXING FIGHTS AT HAMMERS**

After intense training over the last 6 weeks, Gav & Chris both stepped into the ring for their respective kickboxing fights at Hammers on Sunday 2<sup>nd</sup> June. Not only does it take a lot of training to prepare for a fight but it also takes a lot of courage to step into the ring. First up was Chris and this was his first fight. He fought extremely well, moving around the ring well and holding his own against a much younger opponent. Although he didn't win Chris got in some great combinations and slipped his opponent's punches quickly following up with his own barrage of jabs, crosses & hooks.

Next up was Gav who was also fighting a much younger opponent. This was Gav's third fight and he was in top shape for it (thanks to some trekking in Nepal recently!). Gav was on the offensive from the word "fight" and stayed busy with great combinations the whole time, often taking control and forcing his opponent around the ring. It was a very close fight and despite Gav's fitness dominating his opponent's the end result was a draw.

Congratulations to both Chris & Gav on excellent fights – we were really proud of you both!

Thank you to everyone who came along on the day to support Gav & Chris – it was great to have a crew from Hoshiki cheering them on. Special thanks to Jane, Geoff & Rob for all of the extra training sessions you did with them and also to Adrian, Mez & Alicia for videoing and taking photos.

*Friday night training – where else would you want to be...*



# CONGRATULATIONS TO SHIHAN MATT ON 30 YEARS OF MARTIAL ARTS

It is 30 years this year since Shihan Matt commenced his martial arts training. Congratulations on achieving so much in martial arts over this time and making Hoshiki a style enriched with an abundance of accumulated martial arts knowledge.

## JUNIOR STUDENT PROFILES

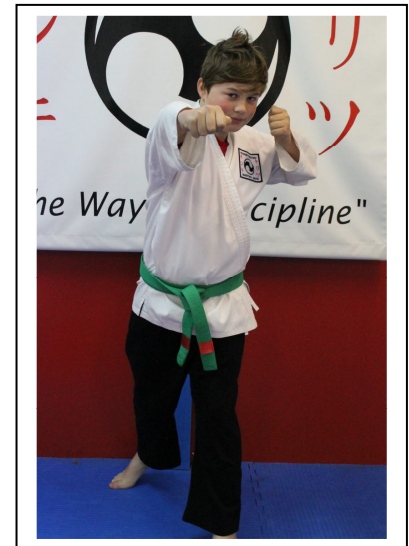
### *Anthony - 6<sup>th</sup> Kyu (green belt)*

Hi, my name is Anthony and I am 8 years old. I like karate because I learn how to defend myself. I will be going for my green belt soon. I love to play video games and build Lego, especially Star Wars models. I love watching Star Wars, the Clone Wars too. I do Auskick at North Ringwood Saints, and I go for St Kilda in the AFL. I like playing team sports like footy, soccer and cricket.



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

Hi, my name is Ethan Davey and I am 11 yrs old. I will soon be graded for my red belt level and I have really enjoyed being a Hoshiki Kiritsu karate member. I also play basketball, roller hockey and love skiing. My favourite past time is Minecraft and I have just helped to set up a Minecraft club at school. One of the things I really like about our karate club is that we get to learn the names of karate moves in Japanese. I've been to Japan and really loved it, it is where I learned to ski. I am really looking forward to working towards my black belt. Our club is a great place to learn karate, the teachers are really supportive to all of its members.



## SENIOR STUDENT PROFILES

### *Lauren Keays - 8<sup>th</sup> Kyu (yellow belt)*

Hi, I'm Lauren Keays. I'm a PE and Health teacher at Koonung Secondary College. I live in Fairfield but have previously lived in Queensland, Frankston, London and Canada. In my school days I played Basketball and Dancing. Martial Arts this year after years of wanting to start a martial art, but not sure which one to choose. I really wanted to feel more confident so was looking for something that would improve my self-defence skills and also assist in building in



my fitness levels. I teach with Jane Thornton who suggested that I come along and the idea of adult classes appealed to me. I really love coming to class every Wednesday as I feel like I've learnt something and am improving after every lesson. I also enjoy the supportive environment, where the more experienced belts are so willing to teach the lower belts.

## **CONGRATULATIONS TO RILEY BROWN**

In our last newsletter we congratulated some of our Junior Black Belts who all did their first gradings as graders but neglected to mention Riley Brown as one of those. Our apologies to Riley and congratulations and thank you for your enthusiasm, positive attitude and assistance.

## **WORLD CHAMPION AT HAMMERS**

On 7<sup>th</sup> April Dai Sempai Greg and I went down to Hammers Gym to see kickboxing World Champion Caley Reece train with her husband Darren Reece. Caley is from Riddlers Gym in W.A. We were in awe watching her train, her technique was so sharp and fast, she was a real inspiration.



## **TRAINING TIP**

VISUALISATION IS A POWERFUL TOOL THAT IF DONE REGULARLY CAN HELP YOU ACHIEVE YOUR GOALS. TAKE 10 MINUTES EACH DAY TO CLOSE YOUR EYES AND THINK CLEARLY, SPECIFICALLY AND IN DETAIL ABOUT YOUR NEXT GOAL, HOW YOU WILL GO ABOUT ACHIEVING IT AND SEE YOURSELF ACTUALLY ACHIEVING IT.

## **QUOTE OF THE MONTH:**

*“Blood makes you related, loyalty makes you family.”*

*See you at training,  
SHIHAN MATT & SENSEI MAREE*

# **HOSHIKI KIRITSU CALENDAR**

## **JUNE – DECEMBER 2013**

### **June**

- Mon 24<sup>th</sup> – Last class for term 2
- Sat 29<sup>th</sup> – Junior Black Belt Grading – 10am
- Last class for term 2

### **July**

- Mon 15<sup>th</sup> – Term 3 classes commence

### **August**

- Sat 3<sup>rd</sup> – Family Fun Day at Action Indoor Sports Centre – 12.30pm
- Sat 17<sup>th</sup> – Loong Fu Pai Twilight Junior Tournament

### **September**

- Mon 16<sup>th</sup> – Last class for term 3
- Sat 21<sup>st</sup> – Last class for term 3

### **October**

- Mon 7<sup>th</sup> – Term 4 classes commence
- Sat 19<sup>th</sup> – Seniors & parents dinner

### **November**

- Sun 10<sup>th</sup> – Loong Fu Pai Tournament (Senior & Junior)

### **December**

- Fri 13<sup>th</sup> – Last small group fitness training session for term 4
- Sun 15<sup>th</sup> – Last kickboxing class for term 4
- Sat 14<sup>th</sup> – Last class for term 4
- Hoshiki End of Year BBQ & Presentation Day
- Mon 16<sup>th</sup> – Last class for term 4

# A FEW SHOTS FROM THE TOURNAMENT, 2<sup>ND</sup> DAN GRADING & KICKBOXING FIGHTS AT HAMMERS



Will



Gabrielle



Jacob



Jasper



James



Josh



Jacob



Luke R



Luke M



Kai



Luke M & Xavier



Fletcher



Conall & Kai



Sam



Gabrielle



Daniel



Archie



Xavier



Archie



Emily



Riley B



Ethan S



Riley B



Emily



James & Josh



Jasper



Daniel, Luke R & Kai



Conall



Fletcher



GO HOSHIKI!!





