

HOSHIKI MONTHLY

June / July 2013

JUNIOR BLACK BELT GRADING

We were extremely proud on Saturday 29th June 2013 as we watched 4 of our juniors – *Danny, Zac R, Cassidy & Nathan K* - successfully grade through to their Junior Black Belt.



They commenced their training together 4 ½ years ago and have spent the last 6 months training extremely hard to prepare for this grading. The grading requires an enormous amount of focus, discipline, fitness, skill and technique and we had very high expectations! All four of them exceeded our expectations and achieved a very high grading standard. Thanks to everyone who was able to come along and support them and special thanks to Dai Sempai Andrew Haug from Zen Do Kai for coming along – he was most impressed. **Congratulations Danny, Zac R, Cassidy & Nathan K on a magnificent grading, we are proud to have another 4 black belts in Hoshiki!**





CONGRATULATIONS TO SEMPAI JANE & SEMPAI KATE

Congratulations to Sempai Jane and Sempai Kate who both attained the rank of "Sempai" in June.

Sempai Jane never misses an opportunity to train and as well as training in the senior classes twice a week she is a regular instructor in the junior classes on a Saturday morning and also assists with any kickboxing fight training. She has developed into an excellent instructor and her enthusiasm is always present at every class. We are also very lucky to benefit from her vast experience as a PE teacher and her extensive knowledge in sport and fitness.



Sempai Kate trains twice a week in our senior classes and probably should have her own key to the dojo as she is also a regular instructor in our junior classes both on Saturday mornings and Monday afternoons. Sempai Kate has become an excellent instructor always putting a lot of thought into her classes and always thinking of new and interesting ways for warm-ups and teaching skills. She has a gift for breaking down more complex tasks so the juniors can understand them.



It's fantastic for Hoshiki to have two such dedicated instructors among our ranks.

WELCOME

Welcome to Ella in our senior class and also to Paige, Charlie, Alannah, Elisha, Ryan & Isla in our Saturday morning Junior class. It's great to have you all as a part of our club.

GRADING RESULTS FOR JUNE & JULY

JUNIORS

Congratulations to Erin & Tiana on attaining their 9th Kyu (yellow bars)



Congratulations to James, Josh, Will, Aidan, Niamh, Lucas, Liam, Sam, Anthony, Mitchell & Lachlan on attaining their 6th Kyu (green belt)



Congratulations to Ethan D & Scott on attaining their 4th Kyu (red belt)



Congratulations to Harry, Kai & Jacob on attaining their 4th Kyu (red belt)



Congratulations to Conall on attaining his 3rd Kyu (brown bars)



SENIORS

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



Congratulations to Trent on attaining his 8th Kyu (yellow belt)



Congratulations to Brad on attaining his 4th Kyu (red belt)



Congratulations to Delphine on attaining her 2nd Kyu (brown belt)



UPCOMING JUNIOR 1ST DAN GRADING

Jasper, Jude, Riley B & Taylor will all be attempting their Junior full 1st Dan grading on September 7th (Jasper in Oct). Since attaining their Junior Black Belt last year they have continued to train regularly, constantly improving their technique and level of skill as well as assisting with other junior classes each week and beginning to develop as assistant instructors.

This grading focuses on defence against multiple attackers and therefore requires students to demonstrate an advanced level of awareness and skill. We are looking forward to an excellent grading.

UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

Juniors

- Archie, Lachlan C, Tiarnach, Cianan & Erin will all be attempting their 8th Kyu (yellow belt)
- Tiana, Ruby, Evan & Gabe will all be attempting their 8th Kyu (yellow belt)
- Will, Xavier, Nathan, Matthew, Emily, Oskar & Ethan S will be attempting their 7th Kyu (green bars)
- Gabrielle, Charlotte & Oliver will be attempting their 7th Kyu (green bars)
- Josh, Liam, Niamh, Aidan, Will, Lucas, Mitchell, James, Sam & Lachlan will all be attempting their 5th Kyu (red bars)
- Zac, Daniel & Adam will all be attempting their 3rd Kyu (brown bars)
- Lachlan T, Jackson O & Luke K will all be attempting 2nd Kyu (brown belt)
- Noah, Jordan, Fletcher, Sharlotte, Riley W, Luke M, Luke R, Nick and Blake will be attempting their 1st Kyu (black bars)

Seniors

- Ella will be attempting her 8th Kyu (yellow belt)

FAMILY FUN DAY AT ACTION INDOOR SPORTS

Our Annual Family Fun Day is on this weekend – Saturday 3rd August at Action Indoor Sports in Ringwood 12.15 – 2.15pm. Cost is \$18 and includes heaps of organised sports, lunch, refreshments & loot bag. If you haven't already replied it may not be too late – contact Sensei Maree ASAP to see if there are any places left!

UPCOMING JUNIOR TOURNAMENT

It's been great to see so many of our juniors training hard for the upcoming tournament on Saturday 24th August. Special thanks to Adrian, Rob, Sempai Kate, Sempai Jane & Sempai Mez for helping out with the extra Sunday morning sessions over the last month. It will be a great afternoon / evening and if you're free to come along and support our kids we'd love to see you. Details are: Carwatha Secondary College, Browns Rd, Noble Park. Doors open 2.00pm and 3.00pm start.

KICKBOXING FIGHTS AT HAMMERS

We are really pleased that **Geoff** has decided to represent Hoshiki in the next round of light / semi contact kickboxing fights at Hammers Gym on Sunday 18th August – 3/198 Whitehorse Rd, Blackburn.

He has been extremely focused and training intensely for many weeks now. Thanks to Sempai Jane, Rob & Gav for their help training with Geoff. If you are free that afternoon come along and support Geoff and watch some great amateur fights.

UPCOMING HONOUR GRADES OF SENSEI

I'm extremely pleased to announce that over the next 2 months Dai Sempai Bill, Dai Sempai Greg & Dai Sempai Scott will all be preparing to receive the important honour of becoming a "Sensei". This is not a title that is awarded lightly and after many years of dedication to Hoshiki including, teaching, developing students and fighters, adding to our curriculum and providing support and advice to anyone needing it this is a title that will be well deserved.

JUNIOR STUDENT PROFILES

Nathan H - 8th Kyu (Yellow belt.)

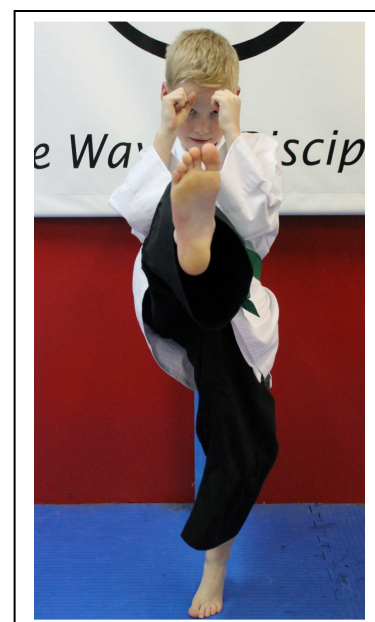
Hi, I'm Nathan and I like marshmallows, mentos, pascal swirls, chocolate chip cookies (I could go on but mum said that's enough). I like doing karate to show my defence (and also to "play" with my brother) and now have my yellow belt and will be going for my green bars soon. I like being able to learn to speak Japanese. In my spare time I like to play with my trashies, play Minecraft and watch TV. I also like to play soccer and video games. I don't like thunderstorms or brussel sprouts but I love going to Nanny & Poppy's beach house



Will R - 6th Kyu (green belt)

Hi, my name William Ramage and I am 10 years old. I like karate because you get to learn Japanese and it is really exciting to grade to a darker belt every time. I just got my green belt on the 24th June 2013.

I love to play outside and do lots of sports like Basketball, Cricket, Football, and karate. I like playing Minecraft and I go for Hawthorn in the footy.

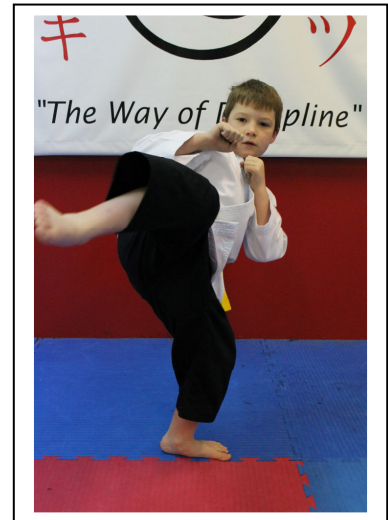


Xavier - 8th Kyu (Yellow belt.)

Hi, I have just turned 8 years old and I am in Grade 2 at school. I love Karate and I am looking forward to my next grading and my next tournament.

I also do swimming, tennis and Auskick.

My favourite food is pizza.



Sam - 6th Kyu (green belt)

Hi, my name is Sam I am 8 years old. I have been doing karate for 1 and a half years now and have just graded for my green belt a week ago. I really like my club because I have learnt lots of things such as defence, discipline, respect, honour and many other things as well.

I go to Holy Spirit where I enjoy learning about computers and love playing with my friends. I also enjoy going swimming, movies, parks and scooter riding. My favourite Pokémon is CHARZARD.



HONG KONG TRAINING

On Saturday 25th May 2013, Dai Sempai Bill, Dai Sempai Greg and myself set off to Hong Kong for a 10 day intensive training trip. We were particularly keen to follow up on and gain a deeper understanding of Wing Chun and weaponry from my visit in 2011. The first dojo we visited was Pangea Wing Chun and Pilates where **Sifu Nima King** explained and demonstrated the importance of correct body posture, joint alignment and recruitment of major muscle groups. These applications were very practical and we could immediately see how they could be practically applied in Hoshiki's self defence techniques.

with Sifu Nima King

with Sifu Wan Kam Leung



Next we visited **Sifu Wan Kam Leung** from Practical Wing Chun Kung Fu. He is an extremely fit and capable 68 year old who had actually trained with and performed stunts with Bruce Lee. Once again he and his instructors emphasized controlling the centre and using core strength and stability to maintain balance and distance.

World Title Boxing - We were very honoured to be invited by **Jay Lau** from DEF Boxing to the official weigh in and press release for the Hong Kong Night of Champions. We were invited to have photos taken as the Australian Delegation with Rex Tso (WBC Super Fly Weight Champion) and then provided with excellent seats for the big night. Jay and Rex humbly welcomed us to train with them at their gym 3 days after the fight!

with Champion Rex Tso



with Jay Lau & Rex Tso



Kali and Weaponry Defence – Next up was training with **Sifu Chris Collins** from Wing Tsun who is also an ex-US Marine, Stunt Actor and weaponry expert. Sifu Chris gave us 2 hours of invaluable strategies and techniques with kali and knife attacks and defences.

Muay Thai – finally we visited **Master Benny Yu** who is one of the best Thai Boxing trainers I have seen. He humbly imparted some knowledge & strategies for training fighters. He was also extremely happy to see us after training with him 2 years ago.

with Master Benny Yu



with Sifu Chris Collins



It is worth noting that whilst 5 of the instructors we trained with were professional, humble and extremely knowledgeable we also visited 2 other clubs that were very poor, not only in their training techniques but also in their understanding of what it means to be a true Sensei. One of those teachers claimed to be a 10th Dan, how that could be I don't know.

As well as training we also had a chance to visit some of the more spiritual places in Hong Kong, the first being the home and neighbourhood that Bruce Lee grew up in. This was a fantastic experience and he is still so revered in Hong Kong even 40 years after his death. The second was many of the Buddhist temples from Central Hong Kong to the outlying areas such as Stanley where we met and spoke with many of the monks.

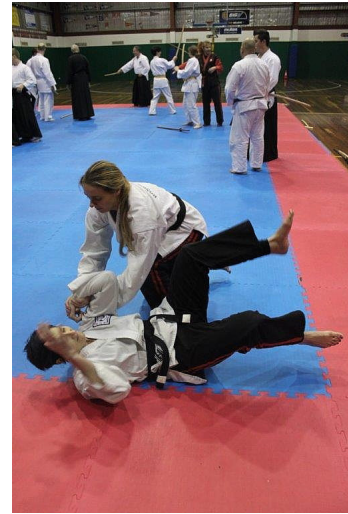


We gained an enormous amount of knowledge and look forward to sharing it with the club over the coming months.

Bushido Seminar – by Sempai Lana Hudson

Early on a cold Sunday morning Sempai Shell, Sempai Kate and I ventured out to Craigieburn to attend a Bushido Seminar. Six members from Idokan Australia had recently been in Kyoto, Japan where they took part in an Elite Jujutsu seminar that was taught by the leaders of some of the oldest styles of Jujutsu still being taught. These members were eager and willing to share some of their learnings of the basic skills from four traditional styles of Jujutsu which are not taught outside of Japan.

The morning commenced with five standing techniques from Shinden Ryu Jujutsu. These techniques were generally defending against a grab and involved taking down the attacker and applying a form of lock. We very quickly learned that in order to perfect these techniques we needed to use quite soft hands and minimal movement.



The second style was Shibukawa Ru Jujutsu which is approximately 400 years old. These techniques were against a tanto (knife) and were designed to be used in battle. The key take-away from these techniques was the ability to be able to disarm and control the tanto without a lot of strength.



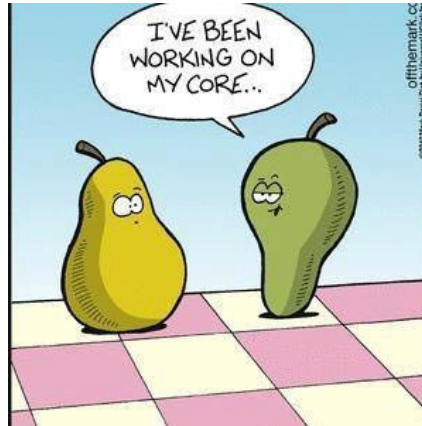
After a much needed warm lunch, we studied Yanagi Ryu Jujutsu which is approximately 250 years old. This style was very traditional in its techniques and was encompassed by a ceremonial process. We did two sets, the first set involved three kneeling techniques and the second set involving four standing techniques. This style also got our voices active as it is famous for its use of kiai.

The final session of the day was Muso Chishin Ryu Heiho Aikijujutsu being a style of kenjutsu. We learnt two katas where we role-played being a samurai with a wakizashi (short sword) defending against a samurai with a katana (long sword). The katas were performed with two people (attacker and defender) and very quickly we had to master not only the use of one weapon but the use of two different sized weapons at the same time (which was definitely a challenge for us who had not used the swords previously).

Overall, the day was extremely valuable and gave us great insight into Jujutsu and their traditional styles. A huge thank you to Kyoshi Kevin Walsh who welcomed us into the seminar, shared his insights and assisted us with the finer points of Jujutsu.

JOKE CORNER

Courtesy of Sempai Jane...



TRAINING TIP

WHENEVER POSSIBLE TRY TO ENGAGE YOUR CORE – OTHERWISE KNOWN AS HARA (JAPANESE) OR CHI (CHINESE). BY DOING THIS WE DO NOT THINK OF OUR LIMBS IN ISOLATION TO THE TRUNK OF THE BODY. IF WE CAN DRIVE & BALANCE FROM THE CORE THIS THEN RECRUITS LARGER & MORE STABLE MUSCLE GROUPS & ALLOWS US TO BETTER WITHSTAND STRIKES, MANIPULATIONS & EXTERNAL FORCES.

QUOTE OF THE MONTH:

“If you refuse to accept anything but the very best, you will very often get it.”

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