

HOSHIKI MONTHLY

August / September 2013

The last two months have been very busy at Hoshiki. We started off with our Family Fun day out in August then the hard work began! 30 of our juniors spent most of August training hard for the tournament, Geoff put in the hard yards training for his fight at Hammers, 3 of our most experienced instructors attained the honour grade of Sensei, 3 of our Juniors attained their full Junior 1st Dan and 46 students graded through to their next Kyu rank! Thank you to all instructors and parents for all your support and help during this busy time.

WELCOME

Welcome to Mia, in our Saturday morning junior class. It's great to have you as a part of our club.

JUNIOR 1st DAN GRADING

Congratulations to Riley B, Taylor & Jude on attaining their full Junior 1st Dan! The high standard and focus they each displayed was outstanding as well as their impressive skills both using nunchakus and during their defence against multiple attackers. Their consistent training was evident throughout their grading and we are proud to have 3 focussed, disciplined and enthusiastic Junior 1st Dan's in the club. We have also been very impressed with their development over the past year as assistant instructors in all of the junior classes. Well done and congratulations!





HONOUR GRADE OF SENSEI

We were extremely pleased to award the Honour Grade of Sensei to 3 of Hoshiki's most experienced instructors. **Sensei Greg** was awarded the title on 21st August, followed by **Sensei Scott** on 4th September and then **Sensei Bill** on 18th September.

The title of Sensei means "one who has gone before" as well as "Teacher/Friend". To become a true Sensei the Black Belt must show empathy whilst maintaining discipline, they must have a genuine interest in all students and be able to nurture and develop those students both in Martial Arts training and personal growth. Sensei Greg, Sensei Scott and Sensei Bill all display these qualities and are an integral part of our club. We are very lucky to have 3 experienced, loyal and excellent instructors.





GRADING RESULTS FOR AUGUST & SEPTEMBER

JUNIORS

Congratulations to Charlie, Mia, Paige, Ryan Alannah, Elisha & Ilsa on attaining their 9th Kyu (yellow bars)



Congratulations to Archie, Tiarnach, Lachlan C & Cianan on attaining their 8th Kyu (yellow belt).



Congratulations to Tiana, Evan, Gabe & Ruby on attaining their 8th Kyu (yellow belt).



Congratulations to Charlotte, Gabe, Gabrielle, Ruby, Tiana & Evan on attaining their 7th Kyu (green bars).



Congratulations to Ethan S, Emily, Xavier, Matt, Oskar, Nathan & Will on attaining their 7th Kyu (green bars)



Congratulations to Sam, Mitchell, James, Josh, Liam & Aidan on attaining their 5th Kyu (red bars).



Congratulations to Zac, Adam & Daniel on attaining their 3rd Kyu (brown bars).



Congratulations to Jordan, Noah & Riley W on attaining their 1st Kyu (black bars).



Congratulations to Blake, Sharlotte, Luke R & Nick on attaining their 1st Kyu (black bars).



SENIORS

Congratulations to Nick & Ella on attaining their 8th Kyu (yellow belt)



KICKBOXING FIGHTS AT HAMMERS

After training extremely hard for the last few months, Geoff fought in his first kickboxing fight at Hammer's on August 18th. Although he didn't win and despite fighting a heavier and experienced opponent who had quite a number of fights under his belt; Geoff held his own in the ring and maintained excellent defence throughout the fight as well as some great front kicks (see photo!).



We were very proud of Geoff and his courage to not only step into the ring but to then refuse to back down and get in his combinations whilst keeping up excellent defence which meant almost all of his opponent's punches didn't get past Geoff's gloves. Special thanks to Rob for all his help training Geoff and to everyone else who was able to come along on the day to support him

JUNIOR TOURNAMENT

We had our biggest contingent yet with 30 of our junior students participating in the Loong Fu Pai Twilight Tournament on August 24th. It was a great afternoon and wonderful to see the anticipation and excitement throughout the day. We were very lucky to firstly have so much support from our senior instructors and also from many parents in preparing everyone, and secondly to have so much support on the day. A special thank you to our senior instructors and students who wore their gi to help on the day – Sempai Kate, Sempai Mary-Anne, Alicia, Delphine, Rob & Geoff and thank you to all the families who came along to support everyone as well.



Once again our students made us very proud displaying excellent behaviour, sportsmanship and skill as well as cheering each other on. At one point we got 'goose bumps' hearing about 6 of our students starting up a chant whilst one of 'their own' fought a close round of sparring.

Congratulations to the following students who won a trophy:

Continuous Sparring – various divisions

- 1st place – Riley B
- 2nd place – Nathan H
- 3rd place – Riley W
- 3rd place – Xavier

Kata – various divisions

- 2nd place – Jude
- 3rd place – Cassidy
- 3rd place – Noah
- 3rd place – Luke K

Points Sparring – various divisions

2nd place – Riley W

3rd place – Jude

Tile Break – various divisions

2nd place – Archie

3rd place – Jordan

Sumo – various divisions

1st place – Lachlan T

3rd place – Will A

3rd place – Riley W

Longest Kick

1st place – Kai



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

Juniors

- Mia, Isla, Paige, Charlie, Alannah, Elisha & Ryan will all be attempting their 8th Kyu (yellow belt)
- Erin will be attempting her 8th Kyu (yellow belt)
- Oliver will all be attempting his 7th Kyu (green bars)
- Will, Lucas & Lachlan will all be attempting their 5th Kyu (red bars)
- Scott, Ethan D, Kai & Jacob will be attempting their 3rd Kyu (brown bars)
- Lachlan T, Jackson O, Luke K & Conall will be attempting their 2nd Kyu (brown belt)

- Luke M & Fletcher will be attempting their 1st Kyu (black bars)
- Jasper will be attempting his Full Junior 1st Dan

Seniors

- Lauren, Ella, Nick & Trent will all be attempting their 7th Kyu (green bars)
- Rob, Geoff, Claudia, Brad & Chris will all be attempting their 3rd Kyu (brown bars)

Blitz Martial Arts Magazine

Remember to grab a copy of Blitz at your local newsagency. It is always packed with great articles, techniques, seminars, products & the October edition features Shihan Matt & Rob Tassi with some impact drills (pg 58 &59)

FAMILY FUN DAY AT ACTION INDOOR SPORTS

We had a great afternoon at Action Indoor Sports in August. 32 kids and about 16 parents came along for an afternoon of sport, party pies and lots of fun! It was wonderful to see kids from all our classes mixing in and having a great time. Thanks to all those who were able to come along and have some fun outside of the dojo.



AMERICAN EXPRESS CLUB DISCOUNT

American Express Currency Exchange is now open inside Ringwood Eastland Post Office. Through Sempai Shell, American Express would like to offer all HK Martial Arts members and families our 'family and friend' offer. This entitles you to **preferred exchange rates** (better than American Express's daily published rate) on all your foreign currency transactions and **\$0 commission**.

American Express Currency Exchange offers over 60 foreign currencies in cash, prepaid travel cards, Travellers Cheques and foreign exchange specialists that can help with all your foreign exchange needs.

Come and speak to our foreign exchange specialists at Eastland, mention this offer and be rewarded by its benefits.

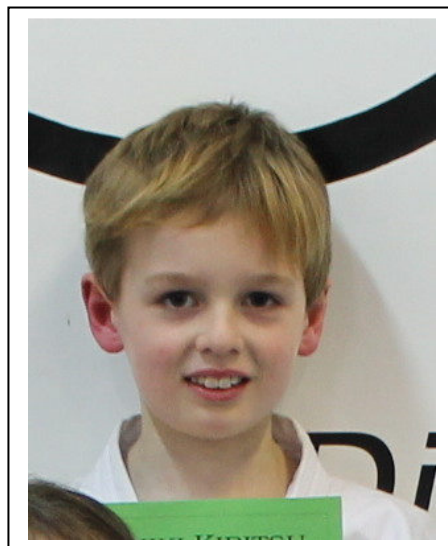
JUNIOR STUDENT PROFILES

Lucas - 6th Kyu (green belt)

Hi, my name is Lucas, I am 8 years old. My favourite activity is sparring against different people.

I got my green belt on the 24th of June 2013.

One of my favourite sports is basketball. I barrack for the Mighty Tigers in football. I like playing Pokemon on my DS and my favourite Pokemon is TERA-KIAN!



Gabrielle - 7th Kyu (green bars)

Hi my name is Gabrielle. I am seven years old. I enjoy doing martial arts because it teaches me how to defend myself and learn to be disciplined.

I also like swimming, doing craft, scooter riding & having family night watching a movie.

I love spaghetti Bolognese, roast chicken, ice cream and chocolate. When I grow up, I want to be a teacher or a police woman.



Mitchell - 5th Kyu (red bars)

Hi! My name is Mitchell Clark. I am nearly 8 years old and go to Ringwood Heights Primary School.

I like playing all different types of sports, but my favourites are footy, karate, cricket and basketball. I also do swimming lessons. I have just graded for my red bars in karate and have learnt lots of important things like discipline, respect and honour.

I barrack for the Richmond Tigers and got to see them play in their first final in 12 years the other day (but unfortunately they lost 😞). I also enjoy playing with my friends and playing on the DS, Wii and ipad.



SENIOR STUDENT PROFILES

Ella – 8th Kyu (Yellow belt)

My name is Ella Caulfield and I am 17 years old and a student at Yarra Valley Grammar. I have been doing martial arts and kickboxing at Hoshiki Kiritsu for six months now, but it doesn't feel like it! I found Hoshiki Kiritsu through a woman who came into my work with her two sons in uniform. I wrote down the name and within a couple of months I started the Sunday morning classes. I wanted to do martial arts as a way of learning to defend myself but I've gotten a lot more than I ever expected out of it. I've found that my fitness, flexibility and strength have all improved since I started, and I'm more motivated to keep exercising outside of class as well. Learning to fight has been a lot more difficult than I originally thought, but that means I find it a lot more rewarding when I can see an improvement. My favourite part about being at Hoshiki Kiritsu is the atmosphere and friendliness. From my first class I felt welcomed, and this group of people is the most supportive and friendly I have ever met, especially considering we spend most of our time trying to hit each other! My goal at Hoshiki Kiritsu is to improve my skills so that one day I'll be at the same level as the older members and the Sensei's.



TRAINING TIP

WHEN SPARRING STAY UP ON YOUR TOES – NO HEELS ON THE GROUND . BEING ABLE TO MOVE IN ANY DIRECTION AT ANY TIME IS EXTREMELY IMPORTANT, IF YOU ARE FLAT FOOTED YOU HAVE TO FIRST RAISE YOUR HEELS OFF THE GROUND & THEN MOVE. THIS SLIGHT DELAY IN MOVEMENT CAN BE THE DIFFERENCE BETWEEN EVASION & IMPACT.

QUOTE OF THE MONTH:

“You can never cross the ocean until you have the courage to lose sight of the shore” – Christopher Columbus

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



Blake



Archie



Adam



Ethan



Daniel



Conall



Charlotte



Cassidy



Xavier



Will A



Lachlan T



Taylor



Sharlotte B



Riley W



Riley B



Oskar



Noah



Nathan K



Nathan H



Matt B



Luke K



Lachlan P



James



Kai



Jude & Jordan



Jude & Jordan



Jacob



Josh



Kai



EthanD

