

# HOSHIKI MONTHLY

October / November 2013



We have had another wonderful year at Hoshiki full of many achievements. Throughout the year many of our juniors and some seniors participated in 3 Loong Fu Pai tournaments where we brought home a total of 30 trophies and in June and August we saw Chris, Gav & Geoff all fighting at Hammers.

Some time was taken during the year to go out and gather further knowledge. This included a training trip to Hong Kong attended by Shihan and Sensei's Greg & Bill; and 2 Melbourne seminars attended by Sempai's Lana, Shell & Kate. Later in the year we had a successful demonstration at Holy Spirit Fete and also found some time to socialise at the Family Day at Action Indoor Sports and the Seniors dinner at Tokyo Sake.

We have welcomed 26 new students during the year and featured in 6 editions of Blitz Martial Arts Magazine. So far this year we have had 160 gradings. Among these was Sensei Greg's 2<sup>nd</sup> Dan, Junior Black Belt and 1<sup>st</sup> Dan gradings and we still have another 31 gradings to take place in December – including Sempai Lana & Sempai Shell's 1<sup>st</sup> Dan on 18<sup>th</sup> December. We have also seen the development of our senior instructors continue to grow from strength to strength this year and were extremely pleased to promote 4 instructors to the rank of Sempai and 3 to the honourable rank of Sensei.

Thank you to all of our senior students – both coloured and black belts – for all of your support and assistance throughout the year. We are very lucky to have such a supportive club where there is always someone willing to put up their hand to help out with gradings, tournament training and general classes. And thank you to all the parents of our junior students for all of your support throughout the year – it is very much appreciated.

Enjoy your Summer break, stay safe and have a very Merry Christmas!

## CONGRATULATIONS – JUNIOR 1<sup>ST</sup> DAN

Congratulations to Jasper on attaining his full Junior 1<sup>st</sup> Dan. Jasper trains 4 times a week and the only thing that has stopped him from coming to class this year has been a mid-term family holiday! This consistent training was evident throughout his grading as he displayed excellent focus and skills. His nunchakus kata was very impressive with excellent control of his weapon as were his defences against multiple attackers. Jasper has also developed well this year as an assistant instructor, regularly assisting in all of the junior classes. Well done and congratulations!



## CONGRATULATIONS TO SEMPAI ALICIA

Congratulations to Sempai Alicia who recently attained the rank of “Sempai”. Sempai Alicia is a regular in our senior classes and is also a regular instructor in our junior classes on Monday afternoons.

Sempai Alicia is also a qualified personal trainer and we are fortunate to benefit from her experience in this field. Her classes are interesting and informative and she often thinks ‘outside the square’ providing students with a different way of looking at things which is important given that self defence can be so unpredictable. Congratulations Sempai!



## CONGRATULATIONS DAI SENSEI

Congratulations to Dai Sensei Maree who was promoted to the rank of Probationary 4<sup>th</sup> Dan (Yondan – Ho) and awarded the title of Dai Sensei.

## UPCOMING FULL 1<sup>ST</sup> DAN GRADING

Sempai Lana & Sempai Shell will be attempting their full 1<sup>st</sup> Dan grading on **Wednesday 18<sup>th</sup> December – 7.30 pm**. They have spent a lot of time preparing for their grading, particularly over the last few months. Given that both Sempais put an enormous amount of effort and thought into their martial arts training we are looking forward to a very creative and high standard grading. We have not had a 1<sup>st</sup> Dan grading for over 6 years and it is a particularly interesting and traditional grading to watch. Those grading are required to wear a traditional “Hakama” as worn by the Samurai with a focus on defences using timber weapons, empty-handed defences against knives and also kata. We hope that you will be able to come along to support them on the night.

## DATES FOR END OF YEAR AND NEW YEAR

**Monday afternoon class** - Last class is on 16<sup>th</sup> December 2013  
- Class resumes on 3<sup>rd</sup> February 2014

**Wednesday night class** - Last class is on 18<sup>th</sup> December 2013  
- Class resumes on 5<sup>th</sup> February 2014

**Saturday morning class**- Last class is on 14<sup>th</sup> December 2013  
**(due to our Christmas party classes will start 1 hour later than normal on this day)**  
- Class resumes on 1<sup>st</sup> February 2014

**Sunday kickboxing class**- Last class is on 15<sup>th</sup> December 2013  
- Class resumes on 2<sup>nd</sup> February 2014

## WELCOME

Welcome to Becky & Ella in our junior classes and to Steve & Jason Craig, Jason Hugo & Adrian Brown (previously known as chief bag holder and assistant trainer, now official student) in our senior classes. It's great to have you all as a part of our club.

## CHRISTMAS PARTY AND PRESENTATION DAY

We hope to see everyone at our Christmas party and presentation day. Even if you can only make it for the presentations, please make a big effort to attend and honour those who have excelled throughout the year. All junior students receive a personalised participation medal and there will be trophies awarded to 6 of our outstanding juniors and 5 of our exceptional seniors.

WHEN: Saturday 14<sup>th</sup> December.

WHERE: It is being held again in the **Multipurpose Room** at **Ringwood Heights Primary School** – Cnr Felix and Aurum Cres – car parking is available in the school.

TIME: The party starts at **12pm** and Presentation of trophies and medals will be at **1.30pm**. **Morning classes on that day will start one hour later than normal with the second class finishing at 11.45am.**

BBQ's will be available for use and it is BYO meat, drinks and either a salad or dessert to share. There is a list in the dojo so we can organise food to share. BYO chairs or picnic blanket.

*We need a second BBQ so please let us know if you are able to bring one along.*



# GRADING RESULTS FOR OCTOBER & NOVEMBER

## JUNIORS

Congratulations to Becky on attaining her 9<sup>th</sup> Kyu (yellow bars).



Congratulations to on Becky, Paige, Mia, Isla & Charlie on attaining their 8<sup>th</sup> Kyu (yellow belt)



Congratulations to on Alannah, Erin, Elisha & Ryan attaining their 8<sup>th</sup> Kyu (yellow belt).



Congratulations to Lucas & Will on attaining their 5<sup>th</sup> Kyu (red bars) and to Oliver on attaining his 7<sup>th</sup> Kyu (green bars).



Congratulations to Scott on attaining his 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Jackson O, Lachlan T, Luke K & Conall on attaining their 2<sup>nd</sup> Kyu (brown belt).



Congratulations to Fletcher & Luke M on attaining their 1<sup>st</sup> Kyu (black bars).



## SENIORS

Congratulations to Lauren, Steve & Ella on attaining their 7<sup>th</sup> Kyu (green bars)



Congratulations to Claudia, Geoff & Brad on attaining their 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Jason, Rob, Delphine & Trent on attaining their 9<sup>th</sup> Kyu (yellow bars), 3<sup>rd</sup> Kyu (brown bars), 1<sup>st</sup> Kyu (black bars) & 7<sup>th</sup> Kyu (green bars)



## **TOURNAMENT**

Well done to Sempai Alicia and Riley B who both entered the Loong Fu Pai tournament in November.

Congratulations to Riley who competed in numerous events in the Junior section and won the Continuous Sparring in the Black Belt division.

Sempai Alicia competed for the first time in the Senior section and fought well in both the Continuous Sparring and Points Sparring. Congratulations on competing in your first tournament.



## **UPCOMING GRADINGS FOR DECEMBER**

### **Juniors**

- Ella will be attempting her 9<sup>th</sup> Kyu (yellow bars)
- Emily, Matthew, Will, Nathan, Oskar & Xavier will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Charlotte, Evan, Ethan S, Gabe, Gabrielle, Oliver, Ruby & Tiana will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Aidan, James, Josh, Liam, Lucas, Mitchell, Will & Sam will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Kai, Jacob & Ethan D will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Adam, Daniel & Zach M will all be attempting their 2<sup>nd</sup> Kyu (brown belt)

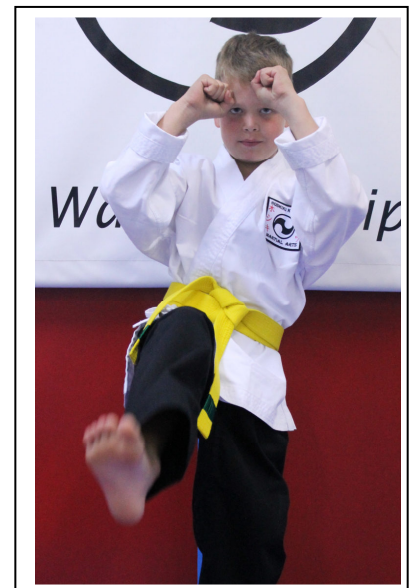
## **JUNIOR STUDENT PROFILES**

### **Evan S -7<sup>th</sup> Kyu (green bars)**

Hello my name is Evan Stumpf and I am 8 years old. I started karate last February so I could learn self defence. I have a twin sister Ruby and a younger brother Gabe who learn Karate too. I also have a baby brother called Kurt he is nearly 2 but too small for karate.

I am an Essendon supporter and my favourite players are Jobe Watson and Dyson Heppell. I love it when we go to watch the footy too.

I like skateboarding, riding my bike and bill cart and I like to go fishing to catch Murray Cod when we go to our farm on the Murray River. I have also just joined the 1st. Maroondah scouts group which is heaps of fun. I also love it when we go away camping in our caravan.



**Matthew - 7<sup>th</sup> Kyu (green bars)**

Hi! My name is Matthew and I am 6 years old. I have been doing Hoshiki Kiritsu for 1 year now and have my green bars. I am in Prep at Ringwood Heights Primary School. My favourite subject at school is Maths.

I like jumping on the trampoline and swimming in my cousin's pool. I have an older brother and an older sister, my sister has just started training too. I am going to keep working hard at Martial Arts until I get my Black Belt!



**Ethan S - 7<sup>th</sup> Kyu (green bars)**

Hi my name is Ethan and I got my green bars on the 21 of September 2013 and my favourite thing about karate is competing in the tournaments.

My favourite thing to do is hang out with my best friend Jordan and play on my DS and my favourite game is Pokemon black 2 also my favourite Pokemon is TOTODILE!!!!

I also love reading and playing on the tramp and the best book I've read is the Hobbit. On Saturdays I play basket ball for the Donvale Dunkers.



**Will A - 7<sup>th</sup> Kyu (green bars)**

My name is William Abell. I am 6 years old and I am in Prep at Ringwood Heights Primary. I like Hoshiki Kiritsu for the exercise and the poison ball. I also like being able to train with my sister Emily.

My hobbies are playing Skylanders and Lego hero Factory. I also go to swimming lessons and tennis lessons. I hope to get my red belt next year and get two trophies at the next tournament.



**TRAINING TIP - RELAX & BREATHE**

RELAXING ENABLES YOU TO EVADE AND MOVE FASTER AND ALSO ALLOWS YOU TO ATTACK OR STRIKE WITH GREATER SPEED. BREATHING REGULARLY ALLOWS YOU TO MAINTAIN A STRONG EVEN WORK RATE. SO ALWAYS REMEMBER TO RELAX AND BREATHE.

**QUOTE OF THE MONTH:**

*"What you get by achieving your goals is nothing compared to what you become"*

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

# *Sudden Impact*

(An article by Shihan Matt that recently featured in Blitz Martial Arts Magazine)

We all know that one of the main objectives of any Martial art or combative sport is to avoid being hit. Right? Well, yes and no. Shihan Matt Charnley, founder of Hoshiki Kiritsu Martial Arts, looks at the benefits of how less predictable impact and conditioning training can develop Martial Artists.

Imagine yourself rehearsing a pre-set drill with a partner in class. More often than not the drill will run flawlessly, the speed and intensity will vary, but generally the drill will go to plan. Let's now change things slightly – you have completed seven or eight repetitions when for some reason you are struck in the jaw or nose. Now try to complete the drill immediately after the impact - whilst your mind is grappling with the pain, disorientation, blurred vision, fear and loss of balance. This scenario illustrates how sustaining impact that is **NOT** expected, especially to the head, changes our ability to function not only as martial artists but also in general life.

So what will be the benefits of impact conditioning within the dojo?

The reason I ask this question and have always been so emphatic that some form of impromptu impact and conditioning is essential for any serious martial artist, goes back some 27 years to 1986. After training for approximately 3 years in Martial arts I started to crave more knowledge. I felt something was missing and at the same time could see the kickboxing movement beginning to gather momentum. I decided to start boxing training and armed with the false confidence that training in a combative art sometimes gives you; I visited the Fitzroy All Stars gym in inner Melbourne. The first thing that I noticed was the level of impact – it was real, intentional, constant and most importantly in no way rehearsed or structured. Over the next few weeks I experienced that impact for myself in the form of some very humbling sparring sessions. For the first time in 3 years I understood that defending yourself meant negotiating and surviving sustained impact. And that training without the realism of impact was false.

So how far can we take impact conditioning within the dojo? – well I suppose like anything impact needs to be developed from a basic or light level and then intensified in frequency and power. In regards to impact conditioning and defending the head, well obviously this is something that is quite different but necessary nonetheless, as the head / senses cannot be conditioned to withstand impact to the degree the rest of the body can.

Most Martial Arts classes involve many, many different ways to condition the body. From simple isometric body hardening exercises such as partnered squats, to the deliberate repetitive striking of certain limbs, to lightly shin kicking the thighs or striking tensed abdominals. These drills are done in a deliberate and controlled fashion and definitely help us mitigate pain, condition our bodies and to some extent harden the mind because the pain is “programmed” or expected.

What I have noticed however from many years of Martial Arts, kickboxing and boxing training is that the impact we sustain during battle is **not programmed**. Therefore it has to be dealt with spontaneously which quite often involves recovery of our senses, balance and composure.

Real impact compromises everything we are trying to do and will most definitely be present if we are involved in a real encounter or contact fighting.

To maximise the use of impact and conditioning I believe there are 3 imperatives when implementing the training. These are:-

1. **Proportional**- the level of impact must be tailored to the specific needs of the individual student in relation to their size and competition / grading requirements
2. **Realistic** – sufficient impact to properly test the defences and ability to recover.
3. **Spontaneous** – the impact **must not** be predictable or contrived into a repetitious drill that can be constantly braced for or anticipated.

If we regularly use impact and conditioning whilst training under all conditions we will be infinitely better prepared for sustained and intentional attacks. As we all know there is no avoiding at least some impact in the course of training – it is how we react to it that determines what happens next.

### Drill 1

Whilst trying to execute various techniques Rob is hit with various pads or limbs. The intensity, timing and frequency of the strikes are of course varied to make the drill as random as possible.

**The result** - the student learns to negotiate impact and recover from its considerable affects.



### Drill 2

Conditioning / protecting the head and body from impact. Part one of this drill needs to be done with a great deal more caution. A helmet could be used depending on the skill level of the individual student.

Rob is still required to execute as many different techniques as possible. The difference being the impact is directed at the head and body which improves defence immensely. It also impresses upon the student that sometimes contact to the body has to be sustained in order to ensure the head is protected. This is a most important concept and is often the difference between an effective martial artist and one who has only focused on scoring points.

**The result** - the student learns to protect the head and remain balanced whilst executing techniques.



### **Drill 3**

To further improve resilience to impact students are spontaneously tested during kata.

**The result-** the student is struck during active meditation / kata whilst they are focused in a different direction. This allows the impact to be completely random and unforeseen.



In summary, it's great to teach our students the finer points of delivery techniques on the subtleties of evasion but we leave them sadly lacking if they have never experienced sudden impact.