

# **HOSHIKI MONTHLY**

**December 2013 / January 2014**

Happy New Year! We hope everyone has had a lovely Christmas and enjoyed some time off and you are refreshed and ready to get back into training. This is our 19<sup>th</sup> year at Hoshiki and we are looking forward to continuing to build strong minds and bodies whilst improving our self defence and fitness. Can't wait to see everyone at training in a week or so!

## **CLASSES RESUME ON:**

***Friday morning fitness class*** - 31<sup>st</sup> January 2014

***Saturday morning junior classes*** - 1<sup>st</sup> February 2014

***Sunday kickboxing class*** - 2<sup>nd</sup> February 2014

***Monday afternoon junior classes*** - 3<sup>rd</sup> February 2014

***Wednesday night senior class*** - 5<sup>th</sup> February 2014

## **WELCOME**

Welcome to Susanna in our senior class. It's great to have you as a part of our club.

## **CONGRATULATIONS DAI SENSEI**

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

## **CHRISTMAS PARTY & PRESENTATIONS**

It was great to see almost the whole club in attendance at our end of year presentations in December. We had a wonderful afternoon enjoying lunch and relaxing with everyone. Thank you for taking the time to come along and honour our outstanding students for the year and also for contributing to a delicious banquet lunch. And thank you to everyone for your generous gift - we are using it to purchase a new video camera. Special thanks to Adrian for bringing along his BBQ.

## ***Congratulations to our award winners for 2013:***

### **SENIORS**

- Club Champion - Sempai Jane
- Most Determined - Rob
- Most Consistent - Delphine
- Black Belt of the Year - Sempai Kate
- Most Disciplined - Geoff

### **JUNIORS**

- Club Champion - Riley B
- Most Consistent - Cassidy
- Most Courageous - Charlotte G
- Most Determined - Nick
- Most Disciplined - Josh
- Most Improved - Fletcher



*Geoff, Fletcher, Sempai Jane, Josh, Rob, Riley B, Delphine, Cassidy, Sempai Kate, Charlotte & Nick*

## **GRADING RESULTS FOR DECEMBER**

### **JUNIORS**

Congratulations to Nathan H, Emily, Xavier, Oskar, Matthew & Will A. on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Ruby, Gabrielle, Ethan S, Gabe, Oliver, Tiana, Evan & Charlotte on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Liam, Josh, James, Will R, Lucas, Mitchell, Sam & Aidan on attaining their 4<sup>th</sup> Kyu (red belt).



Congratulations to Jacob & Kai on attaining their 3<sup>th</sup> Kyu (brown bars).



Congratulations to Zach M, Adam & Daniel on attaining their 2<sup>nd</sup> Kyu (brown belt).



## **UPCOMING GRADINGS FOR FEBRUARY / MARCH**

### **Juniors**

- Ella will be attempting her 9<sup>th</sup> Kyu (yellow bars)
- Isla M, Mia, Paige & Becky will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Lachlan C, Archie, Erin, Alannah, Elisha & Ryan will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Ethan D will be attempting his 3<sup>rd</sup> Kyu (brown bars)
- Scott will be attempting his 2<sup>nd</sup> Kyu (brown belt)

### **Seniors**

- Susanna will be attempting her 9<sup>th</sup> Kyu (yellow bars)

### **TRAINING TIP**

WHEN CLEARING OUR MIND AT THE START OF CLASS IT IS IMPORTANT TO BREATHE DEEPLY (IBUGI BREATHING) TO LOWER BRAIN WAVES INTO ALPHA STATE WHICH WILL ENABLE US TO VISUALISE MORE CLEARLY AND MORE DIRECTLY TO THE SUB-CONSCIOUS MIND. THIS BECOMES EVEN MORE IMPORTANT AS WE ALL SET OUR GOALS AT THE START OF THE YEAR.

### **QUOTE OF THE MONTH:**

*“A solid step forward speaks louder than  
a hundred empty, fair words”*

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