

# HOSHIKI MONTHLY

February / March 2014

We have had a solid start to the year with lots of hard training sessions full of sparring, bag work & kata. This year has started with a spectacular Senior 1<sup>st</sup> Dan grading and we have plenty of high ranking gradings and tournaments to come throughout the year. In June we have a Tournament, a Junior Black Belt grading & Junior 1<sup>st</sup> Dan grading; in July we have our Family Fun Day; August is another Tournament; September is another Senior 1<sup>st</sup> Dan grading and October is the last Tournament for the year. We will be pretty busy this year – so eat lots of vegies, get plenty of early nights and stay healthy, fit and strong so you can train hard!

## CONGRATULATIONS – SENIOR 1<sup>ST</sup> DAN GRADING

Congratulations to Sempai Lana & Sempai Shell on attaining their full 1<sup>st</sup> Dan on 12<sup>th</sup> March. They both wore a traditional “Hakama” as worn by the Samurai and their grading focused on defences using timber weapons, empty-handed defences against knives and also kata. We were very impressed with the extremely high standard they displayed. Their weaponry control and technique were excellent and their yuksukos demonstrated fast and swift movements that proved to be very effective. We were particularly pleased with the practicality of their defences. They spent a lot of time preparing for this grading which was also evident in the high standard of their kata. Thank you to all the senior and junior students who were able to come along to support them.





## WELCOME

Welcome to Luca, Jack, Nick, Isla T, Harley, Tara & Sam M in our junior classes and to Fee & Steve in our senior kickboxing class. It's great to have you all as a part of our club.

## GRADING RESULTS FOR FEBRUARY / MARCH

### JUNIORS

Congratulations to Sam, Nick, Harley, Ella, Tara, Jack & Isla T. on attaining their 9<sup>th</sup> Kyu (yellow bars).



Congratulations to Isla M, Becky, Paige & Mia on attaining their 7<sup>th</sup> Kyu (green bars).



Congratulations to Alannah, Archie, Elisha, Erin & Lachlan C on attaining their 7<sup>th</sup> Kyu (green bars).



## **SENIORS**

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



## UPCOMING GRADINGS FOR APRIL / MAY

### Juniors

- Ryan will be attempting his 7<sup>th</sup> Kyu (green bars)
- Gabrielle, Charlotte, Ruby, Ethan S, Evan, Gabe, Oliver & Luca will be attempting their 5<sup>th</sup> Kyu (red bars)
- Emily, Will, Matthew, Xavier, Oskar, Nathan H & Tiana will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Scott will be attempting his 2<sup>th</sup> Kyu (brown belt)

### Seniors

- Jason & Susanna will be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Ella, Trent & Steve will all be attempting their 6<sup>th</sup> Kyu (green belt)

## JUNIOR SEMPAI GRADINGS IN APRIL / MAY

Three of our Junior 1<sup>st</sup> Dan Black Belts will be attempting their Junior Sempai Rank in April and May. They will be required to take the class for at least 20 minutes and demonstrate their skills as an instructor and an ability to break down and teach a range of skills. Riley B will be the first to grade this Saturday 5<sup>th</sup> April at 10am. Any juniors are free to come along and participate in the class or watch.

## TOURNAMENTS

The Loong Fu Pai tournaments this year will be slightly different to the past. There will be three tournaments at which participants can accumulate points. Points are awarded for both participation and also places. Those with the most points are then invited to participate in a "Championship" tournament later in the year. Due to our own extensive curriculum we will be actively involved in tournament specific training for two of the tournaments however we will still support and encourage those students who may wish to compete in all three tournaments throughout the year.

The **first tournament is on Sunday 1<sup>st</sup> June at 9am** and we will be running tournament specific classes leading up to it. These classes commence on **Sunday 27<sup>th</sup> April 11am – 11.45am** and will run every week for 5 weeks until the tournament. Students competing in the tournament should endeavour to attend as many of these classes as possible.

The events for this tournament are:

- Sumo
- Points sparring
- Rapid Fire
- Continuous sparring
- Kata
- Tile breaking

As soon as we have further details and entry forms we will let you know. Please think carefully about what events you would like to compete in so we can have an accurate plan as to who needs to train in what event.

## **JUNIOR BLACK BELT & TOURNAMENT TRAINING**

We have now commenced intense black belt training for those junior students who will be attempting their junior black belt in June. They will be training at their regular session every week as well as an extra session every Sunday at 9am or Wednesday at 6.30pm. We look forward to the benefits all their hard training will bring when we see them grade in June.

If any seniors are free to help with any of the Junior Black Belt training or Tournament training sessions at 11am on Sundays, please let us know as your assistance will be much appreciated.

## **KICKBOXING CLASSES - EQUIPMENT**

For all those who train in the Sunday morning kickboxing class could you please ensure that all protective equipment are **put on before class** commences (except gloves which should be close by) to ensure maximum safety and also maximise training time. Below is Rob wearing all necessary equipment:

- Shin/instep leg pads
- Mouth guard
- Groin guard
- Boxing gloves (*minimum 10oz*)



## **ALL MARTIAL ARTS CLASSES- EQUIPMENT**

Please note that the following equipment is ESSENTIAL for Juniors and Seniors when participating in sparring:

- Shin/instep leg pads – *All students*
- Mouth guard – *All students*
- Groin guard – *All male students*
- Hand mitts - *Juniors 10<sup>th</sup> – 5<sup>th</sup> Kyu (white belt to red bars)*
- Boxing gloves – *minimum 6oz - Juniors 4<sup>th</sup> Kyu and above*
- Boxing gloves – *minimum 10oz – Seniors*

## **TERM 2 MONDAY CLASSES & CALENDAR**

Please note that due to Easter Monday, Term 2 Monday classes will resume on Monday 28<sup>th</sup> April. See attached Calendar for all important dates for the year.

### **JUNIOR STUDENT PROFILES**

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

Hi my name is Emily Abell and I am 8. I am a green belt and have been doing karate for about 1 and a half years.

The most exciting part of karate for me is sparring and tournament training.

My brother and my dad are also part of Hoshiki and it is fun being able to train and practice together.

The other activities I do are swimming and tennis and my other interests are skateboarding, listening to music and reading a good book. And that's me!



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

Hi, my name is Archie. I am 8 years old and have just got my green bars. My favourite part about martial arts is the tournaments they do.

I go to Ringwood North primary school and I am in grade 3. What I like about school is all the maths we do. At recess and lunch I like to play on the basketball courts. At home I like to play lego and read lots.



#### **Charlotte G. - 6<sup>th</sup> Kyu (green belt)**

Hi my name is Charlotte. I am 7 years old and in Grade 2 at Ringwood North Primary School. I have been doing karate at Hoshiki Kiritsu for 1 year now and graded for my green belt at the end of last year. I also do swimming lessons and have just started learning to play the keyboard.

At home I love playing on the trampoline with my little sister Alex. This year I will be training hard to grade for my red bars and red belt.



## **TRAINING TIP –**

WHEN PERFORMING KATA TRY TO ENVISAGE BREAKING A TAMESHIWARI BOARD AS THIS WILL IMPROVE YOUR FOCUS, SPEED, ACCURACY AND INTENTION. IT IS ALSO USEFUL TO USE THREE OR FOUR WELL POSITIONED BOARDS SO THREE OR FOUR CONSECUTIVE MOVES FROM A KATA CAN BE EXECUTED TO IMPROVE FLOW AND TIMING.

## **QUOTE OF THE MONTH:**

*“Today’s preparation determines tomorrow’s achievements”.*

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

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*The following article was published in the January 2014 edition of Blitz. Please take a minute to read it as we are endeavouring to transfer non-martial arts exercises / warm-ups into martial arts specific ones. Thanks to Sempai Jane for assisting with the photo demonstrations.*

## **Martial Warm Ups**

*By Shihan Matt Charnley*

How much time do we spend at the beginning of every class ensuring our bodies are ready for the rigours of Martial Arts training?

If the average class runs for 90-120 minutes then I estimate that at least 20-25 minutes is spent warming up & stretching before the formalities of martial arts education commence. This obligatory part of class is quite often seen as mundane & uninteresting, simply performed to avoid injury & increase flexibility.

So if we change our mindsets & our routines the warm up can be made into a Martial Arts specific skill that can improve our combat skills, balance & overall technique.

Running, skipping, star jumps, burpees, crouch walking, squatting, rotating arms & legs etc are all excellent ways to warm up – no doubt. But are they helping us to build skills that are specific to Martial Arts? Let’s look at how we can substitute conventional warm up activities & exercises with more functional martial arts specific warm ups.

By performing 40-50 elbow to knee crossovers we achieve our objective of warming up. By performing 40-50 Thai knees with accompanying retraction of the hands we are working almost the identical muscle groups & at the same time honing a necessary skill.

By replacing these main- stream warm ups with Martial Arts specific exercises we are ensuring that every minute & every action possible is improving our overall skill as a technician.

I believe we must always be constantly looking for ways to maximise our time in the dojo. This way we are always bettering ourselves. By utilizing every minute from the commencement of class until the final bow out we are ensuring our students are receiving the very best instruction we can provide.

**Swap the warm up of running on the spot for fighting stance change-throughs**



**Change elbow-to-knee crossovers into alternating grappling knees**



**Swap standard star jumps for alternating side-kicks**

**Change static leg-swings into continual front / back-kicks**



**Convert bicycle crossovers into ground fighting guard change-overs**



# HOSHIKI KIRITSU CALENDAR 2014

## March

- Wed 12<sup>th</sup> – Senior Full 1<sup>st</sup> Dan Grading
- Sun 23<sup>rd</sup> &  
Wed 26<sup>th</sup> – Junior Black Belt training commences
- Mon 31<sup>st</sup> – Last class for Term 1

## April

- Sat 5<sup>th</sup> – Last class for Term 1
- Mon 28<sup>th</sup> – Term 2 classes commence
- Sat 26<sup>th</sup> – Term 2 classes commence
- Sun 27<sup>th</sup> – Tournament training commences

## June

- Sun 1<sup>st</sup> – Loong Fu Pai Tournament – Some Jnr events & Snr events – 9am
- Sat 14<sup>th</sup> – Junior Black Belt Grading – 10am
- Mon 23<sup>rd</sup> – Last class for term 2
- Sat 28<sup>th</sup> – Junior Full 1<sup>st</sup> Dan Grading – 10am  
– Last class for term 2

## July

- Mon 14<sup>th</sup> – Term 3 classes commence
- Sat 19<sup>th</sup> – Term 3 classes commence
- Sat 26<sup>th</sup> – Family Fun Day – details TBC

## August

- Sun 17<sup>th</sup> – Loong Fu Pai Tournament – All Jnr events & Snr events

## September

- Mon 15<sup>th</sup> – Last class for term 3
- Sat 20<sup>th</sup> – Last class for term 3

## October

- Mon 6<sup>th</sup> – Term 4 classes commence
- Sat 11<sup>th</sup> – Term 4 classes commence
- Sun 19<sup>th</sup> – Loong Fu Pai Tournament – All events & Championship events

## December

- Fri 12<sup>th</sup> – Last small group fitness training session for term 4
- Sat 13<sup>th</sup> – Last class for term 4  
– Hoshiki End of Year BBQ & Presentation Day
- Sun 14<sup>th</sup> – Last kickboxing class for term 4
- Mon 15<sup>th</sup> – Last class for term 4