

# HOSHIKI MONTHLY

April / May 2014

The last two months have been focussed on both tournament and grading preparations and we have had lots of extra classes running to enable everyone to properly prepare. Special thanks to our senior students and parents for all of your help with the extra training. It is so rewarding to see our students attain a special belt, become a Sempai or enter a tournament and it is with the support of all our members and parents that they can achieve these goals.

## CONGRATULATIONS TO OUR 3 NEW JUNIOR SEMP AIS

Congratulations to Sempai Jasper, Sempai Jude and Sempai Riley who were all awarded the title of Junior Sempai recently. They were each required to submit a written lesson plan and teach a junior class for a minimum of 30 minutes. Each class had almost 20 junior students, 6 senior black belts and at least a dozen spectators – and we expected them to take the class with confidence, to speak clearly and teach a range of skills all at just 10 or 11 years of age! Well, each of them well and truly exceeded our expectations, we could not have been prouder of the three boys. Their classes were well planned, interesting and enjoyable. We are extremely lucky to have 3 junior instructors who are developing excellent teaching skills. Well done Sempai Jasper, Sempai Jude & Sempai Riley!!





Thanks to Sensei Greg, Sempai Kate, Sempai Jane & Sempai Lana for attending the Junior Sempai Gradings. Having senior instructors present really enhanced the honour that was achieved.

## TOURNAMENT WRAP UP

Congratulations to all our junior students who competed in the Loong Fu Pai Tournament on Sunday 1<sup>st</sup> June. We had 17 students compete in Sparring, Sumo, Kata, Tile Break & Rapid Fire and we brought home 7 trophies.

Once again our students represented Hoshiki with respect and all competed with discipline and focus always trying their very best. Well done to all of you for having a go, we were extremely proud.

Special thanks to our senior instructors for all of your time and effort in preparing the kids at Sunday training over the last 5 weeks and then spending the day helping at the tournament – thank you Sempai Mez, Sempai Jane, Sempai Alicia, Delphine, Geoff, Rob & Adrian.



*Tournament training on Sundays*

Congratulations to the following students who competed:

**Emily, Will.A, Riley.B, Cassidy, Sharlotte, Matthew, Becky, Charlotte, Archie, Nathan, Blake, Sam, Tara, Daniel, Jasper, Fletcher & Josh.** Just coming along to compete is a big achievement and all competitors should be very proud of themselves for having a go.



Congratulations to the following students who won trophies:

**Sumo Wrestling** -

- 1<sup>st</sup> place – Daniel - 30-39 kgs
- 2<sup>nd</sup> place – Matthew – 29 kgs & under
- 2<sup>nd</sup> place – Becky – 50 kgs
- 3<sup>rd</sup> place – Sempai Jasper – 40-49 kgs

**Continuous Fighting** -

- 3<sup>rd</sup> place – Archie - 10<sup>th</sup> – 6<sup>th</sup> Kyu

**Points Sparring** -

- 3<sup>rd</sup> place – Sempai Jasper – Black belt

**Tile Break** -

- 2<sup>nd</sup> place – Archie – 8 yrs & under



# WELCOME

Welcome to Bianca, Tamara, Jessica, Angus, Kobe, Felix & Lachlan in our junior classes and to Sarah in our senior kickboxing class. It's great to have you all as a part of our club.

## QUEEN'S BIRTHDAY – ONE CLASS ON MONDAY 9<sup>TH</sup> JUNE

Due to the low numbers in the past on long weekends, we have decided to **combine the 4pm & 5pm classes** and run one class only on the Public Holiday - Monday 9<sup>th</sup> June. Class on this day will be from 4pm – 4.45pm for Monday students. There will be NO class at 5pm.

## GRADING RESULTS FOR APRIL / MAY

### JUNIORS

Congratulations to Nathan, Matthew, Emily, Will, Tiana and Oskar on attaining their 5<sup>th</sup> Kyu (red bars).



Congratulations to Jacob & Kai on attaining their 2nd Kyu (Brown Belt).

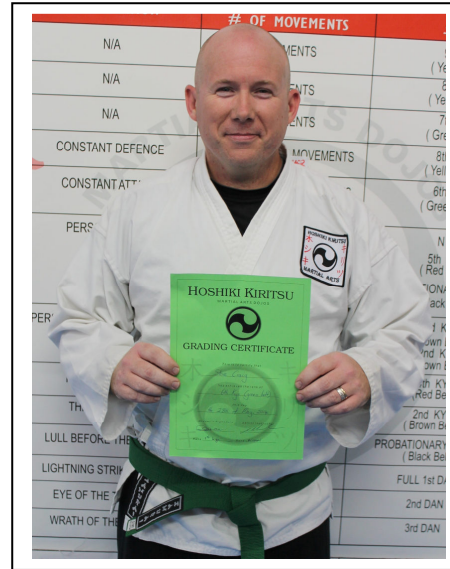


## **SENIORS**

Congratulations to Jason on attaining his 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Steve on attaining his 6<sup>th</sup> Kyu (green belt)



## **UPCOMING GRADINGS FOR JUNE / JULY**

### **JUNIOR BLACK BELT GRADING – Saturday 14<sup>th</sup> June 10am**

Nine of our junior students will be attempting their Junior Black Belt grading. *Fletcher, Sharlotte, Noah, Jordan, Blake, Luke M, Luke R, Nick & Riley W* have all been training for more than 4 years and over the last 4 months have trained particularly hard putting in numerous extra sessions to prepare for their grading. The grading requires a high level of skill, technique, fitness, focus and discipline and we are looking forward to a strong grading. We are also fortunate enough to have Kancho Terry Lim (9<sup>th</sup> Degree) & Dai Sensei Wayne Boyd (4<sup>th</sup> Degree) from Loong Fu Pai Martial Arts attending the grading.

### **JUNIOR 1<sup>st</sup> DAN GRADING – Saturday 28<sup>th</sup> June**

Cassidy, Zac & Nathan will be attempting their Junior 1<sup>st</sup> Dan grading which focuses on defence against multiple attackers and requires an advanced level of skill and awareness. Since attaining their Junior Black Belt last year we have watched them continue to improve their level of skill and look forward to a strong grading.

### **Juniors**

- Jack, Nick, Isla, Harley, Ella, Tara & Sam will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Erin, Archie, Lachlan C, Alannah & Elisha will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Gabrielle, Charlotte, Ethan S & Luca will be attempting their 5<sup>th</sup> Kyu (red bars).

- Josh, Liam, Sam, Aidan, Will, Lucas & Mitch will all be attempting their 3<sup>rd</sup> Kyu (brown bars)

### **Seniors**

- Ella & Trent will be attempting their 6<sup>th</sup> Kyu (green belt)
- Chris will be attempting his 3<sup>rd</sup> Kyu (brown bars)
- Rob, Geoff, Claudia, Brad & Taylor will all be attempting their 2<sup>nd</sup> Kyu (brown belt)

### **JUNIOR RED BELTS AND ABOVE – 6 oz gloves**

Once you reach Junior Red Belt it is a requirement that 6oz gloves be used for sparring rather than hand mitts. If you do not already have a pair please arrange to get some from Dai Sensei Maree or your local sporting store. Lower ranks may also use them if they wish to.

### **BLITZ MAGAZINE**

Be sure to check out the May edition of Blitz Martial Arts Magazine. There is a photo and article about Sempai Shell & Sempai Lana's 1<sup>st</sup> dan on pg 14 and also a drill and photos on pg 60 & 61. We have been very lucky to have the support of Blitz who acknowledge special gradings from Hoshiki when they can with articles and photos and also take an interest in other drills and articles we send in so please try to support them – every edition is always full of interesting articles and news from numerous styles.

### **WAITING LISTS**

All our Martial Arts classes are currently full & have waiting lists, so if you have a friend or relative that wants to join give their name to Dai Sensei Maree so she can add them to the list. Sunday morning Kickboxing has approximately 5 spaces available for an immediate start.

### **JUNIOR STUDENT PROFILES**

#### **Tiana - 5<sup>th</sup> Kyu (red bars)**

Hi, my name is Tiana Keane and I am 6 years old. I've been going to karate since I was 5 and I have my red bars. What I like the most about karate is when I get to do my own kata. I also like ball games, warm ups going sideways in a circle, and sparring. I like how my brothers do karate, and I like learning cool stuff from Sempai Riley while I give him a hard time.

I am in Prep at Holy Spirit Community School where I like drawing and going on the playground. Outside karate I enjoy jazz and tap dancing lessons, and I like doing swimming and going fast with my flippers on.



At home I like dancing and Minecraft. I love my pets Crunchie the dog and Sunny the cat, and my pillow pet called Uni - she is a unicorn. I want to be as good at karate as my Mummy because she is a Black Belt and she is scary and strong.

***Oskar – 5<sup>th</sup> Kyu (red bars)***

My name is Oskar Mitchell and I am 7 years old. I have been enjoying karate for about 1.5 years and I am now a Green Belt in the Saturday morning class. Creating my own Kata is really cool, and I really love the clubs family feeling, as well as challenges like learning the Japanese language and trying to get fit .... and the games!

I am in year 2 at Ringwood North Primary where I love Science and Literacy classes, as well as my weekly Piano lesson. My other passion is MineCraft and I'll play it or research it as often as possible. I especially enjoy my regular 'MineCraft Madness' club.



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

Hi my name is Lachlan Christie and I am 7 years old. I Have been participating in the karate training for nearly a year now and I love it.

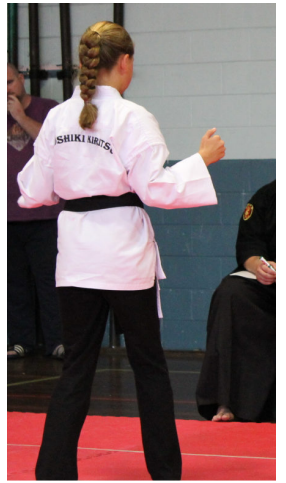
I am in grade 2 at North Ringwood Primary School and a few of my friends have joined the club now as they want to be a karate warrior like me. I also play football, tennis, have swimming lessons and I love playing at home with my older brother Jacob.

I love a challenge like athletics and I look forward to Grading for my green belt soon hopefully.



**TRAINING TIP –**

WHEN APPLYING A SUBMISSION LOCK OR HOLD ALWAYS TAKE YOUR PARTNER TO THE POINT WHERE THEY HAVE LOST BALANCE AND WILL SUBMIT BY TAPPING. THIS WILL ENFORCE PRACTICALITY AND REALISM INTO YOUR TRAINING. IT IS ALSO WISE TO TRAIN SUBMISSION HOLDS WITH SPEED AND REGULARITY SO THEY BECOME AN INSTINCT RATHER THAN A CONSCIOUS THOUGHT.





**QUOTE OF THE MONTH:**  
*“Don’t count the days but make the days count.”*

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