

# HOSHIKI MONTHLY

June / July 2014

The last two months have been particularly rewarding. After months of hard training and preparation we were proud to watch 9 of our juniors successfully attain their Junior Black Belt and another 3 attain their Junior Full First Dan. During this time we have also been preparing our newest students for their very first grading which is also exciting as they prepare to achieve their first martial arts goal.

## JUNIOR BLACK BELT GRADING

Congratulations to *Blake, Noah, Nick, Fletcher, Luke M, Sharlotte, Luke R, Riley W & Jordan* on successfully attaining their Junior Black Belt – Shodan Ho! They have all trained consistently over the past 4 and a half years and their extra training of 2 or 3 sessions a week for the last 3 or 4 months really showed through on the day.

We ask and expect an enormous amount from our Junior students and were extremely proud of the entire group as they pushed themselves beyond their comfort zone, often sacrificing other activities in order to achieve their goal and always showing fantastic focus, discipline and self-motivation.

Thank you to all of the senior students who came along to help at the grading – we really appreciate your support. Thank you to Kancho Terry Lim (9<sup>th</sup> Dan) and Dai Sensei Wayne (4<sup>th</sup> Dan) for coming along from Loong Fu Pai martial arts to offer their support, they were most impressed with the high standard. And thank you to the parents of our new black belts for all your support bringing the kids to all the extra training sessions.



## **JUNIOR 1<sup>st</sup> DAN GRADING**

Congratulations to *Zac, Nathan & Cassidy* on successfully attaining their full Junior 1<sup>st</sup> Dan! Since attaining their Junior Black Belt last year they have continued to train regularly, constantly improving their technique and level of skill. Their consistent training was evident throughout their grading and the high standard and focus they each displayed was outstanding. Their strong defences against multiple attackers demonstrated an advanced level of awareness and skill and their weaponry katas were also impressive.

We look forward to seeing them continue to develop as strong martial artists and as assistant instructors. Well done and congratulations!



## **CONGRATULATIONS TO SEMPAI ANDY**

Congratulations to Sempai Andy who was promoted to “Sempai” on 9<sup>th</sup> July. His consistent training over the years has seen him develop into an excellent instructor and his recent kickboxing experiences have enabled him to pass on many valuable tips for sparring. We look forward to more of Sempai Andy’s input in the future. Congratulations!



## **WELCOME**

Welcome to Sarah in our Saturday morning junior class. It’s great to have you as a part of our club.

## GRADING RESULTS FOR JUNE / JULY

### JUNIORS

Congratulations to Tamara, Jess, Bianca Felix, Angus & Kobe on attaining their 9<sup>th</sup> Kyu (yellow bars).



Congratulations to Erin, Archie, Lachlan C, Elisha & Alannah on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Xavier, Luca, Gabrielle, Ethan & Charlotte on attaining their 5<sup>th</sup> Kyu (red bars).



Congratulations to Josh, Aidan, Sam, Mitch, Liam, Will & Lucas on attaining their 3<sup>rd</sup> Kyu (brown bars).



Congratulations to Ella & Trent on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Jason on attaining his 7<sup>th</sup> Kyu (green bars)



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



Congratulations to Geoff, Rob, Claudia, Taylor & Brad on attaining their 2<sup>nd</sup> Kyu (brown belt)



## **UPCOMING GRADINGS FOR AUGUST / SEPTEMBER**

### **Juniors**

- Sarah will be attempting her 9<sup>th</sup> Kyu (yellow bars)
- Jack, Isla, Harley, Ella, Tara & Sam will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Paige, Becky, Isla & Mia will all be attempting their 6<sup>th</sup> Kyu (green belt).
- Emily, Oskar, Tiana, Nathan, Matthew, Will & Xavier will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Charlotte, Gabrielle, Luca & Ethan will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Scott will be attempting his 2<sup>nd</sup> Kyu (brown belt)
- Daniel, Adam, Zach, Conall & Jackson will all be attempting their 1<sup>st</sup> Kyu (black bars)
- Sempai Riley, Sempai Jasper & Sempai Jude will all be attempting their Junior 2<sup>nd</sup> Dan

### **Seniors**

- Jason will be attempting his 6<sup>th</sup> Kyu (green belt)
- Chris will be attempting his 2<sup>nd</sup> Kyu (brown belt)

## **HOSHIKI'S WORLD VISION SPONSORCHILD**

As some of you may remember about 5 years ago HK sponsored a World Vision child from Cambodia – a little boy called Kosal Sok. You will be pleased to know that he has now moved on from the sponsorship program and is attending high school as he no longer needs to support his family. We have now been given another Cambodian child – a 6 year boy called Singhuon Sim. We will keep you updated on his progress.

## **JUNIOR STUDENT PROFILES**

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

Hi my name is Alannah,  
I am 11 years old and I am in grade 5 at Sacred Heart Primary in Croydon. I have wanted to do Karate since I was about 3, so I am very excited to be doing it now. My favourite sport is tennis and I have been having tennis lessons since I was 6 and started playing competition this year. Other things I like to do are drawing, painting and any crafty thing. My favourite subjects are maths, inquiry, sport and music and I am learning to play guitar.



### **Isla & Mia M – 7<sup>th</sup> Kyu (green bars)**

My name is Isla and I am 7 years old. I'm the same age as my sister Mia because we are twins! I've been doing Karate for over a year and love doing flying kicks and sparring. I like getting graded. I'm very excited about grading for my Green belt this term because green is my favourite colour. One of my highlights of doing karate was when I sparred on stage at the Holy Spirit School Fete, and an older boy from my school came up later and told me he thought I was pretty good at it.

I'm a huge Star Wars fan and have all the movies. I like playing Rail Rush on the iPad and playing with my little sister Freya. I'm in Grade 1 at Croydon Hills Primary School, where I love writing and I also learn the guitar.



My name is Mia and I am 7 years old. This is my second year of learning Karate in the Saturday morning class. I started learning karate because I saw my twin sister Isla doing it and I wanted to be able to defend myself.

Everything about karate is my favourite! I like sparring with the other students, doing my Katas and also learning Japanese.

At home I like watching Doctor Who on TV. I love reading and playing games on the iPad. I'm in Grade 1 at Croydon Hills Primary School. At school I love maths and I also play the drums.

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

Hi, my name is Luca. I'm 12 years old and I'm in grade 6 at Holy Spirit school. I have been doing Karate for 7 years. I have been to 2 different clubs. I started at Hoshiki at the start of the year and since graded for my red bars at the end of term 2. My sister is also at Hoshiki and she started half way through term 2 and is a white belt.

My uncle Francesco inspired me to start Karate. He is 46 and started Martial arts at 14, he is a 3<sup>rd</sup> Dan black belt in Kyokushin, a 2<sup>nd</sup> Dan black belt in Taekwondo Do and a blue belt in Brazilian Jujitsu and teaches 3 nights a week.

At school my favourite subject is Maths. At recess and lunch we play basketball on the top courts or play football or soccer on the oval.



### **FAMILY FUN DAY**

The Family Fun Day that was on the calendar for July 26<sup>th</sup> has been postponed to September 13<sup>th</sup>. More details will follow closer to the date.

### **BLITZ**

Please endeavour to buy Blitz Martial Arts Magazine every month as it has many interesting articles and keeps us updated with what is going on within Martial Arts in Australia. In the August issue Junior Sempai Riley & Junior Sempai Jasper have been featured in a technique drill we submitted on pg 60.

### **TRAINING TIP -**

REMEMBER THAT THE TRULY ENLIGHTENED MARTIAL ARTIST, PARTICULARLY BLACK BELT, DOES NOT RESPOND TO THEIR EGO. THEREFORE WHEN ENGAGED IN COMBAT ROUNDS WE DO NOT KEEP COUNT OR SCORE. WE LOOK TO IMPROVE BOTH OURSELVES AND OUR PARTNERS. WHEN ENGAGED IN A ROUND WITH SOMEONE OF A LESSER RANK, PHYSICALITY OR SKILL LEVEL IT IS IMPORTANT TO GO INTO DEFENSIVE MODE TO ALLOW AND ENCOURAGE THEM TO IMPROVE THEIR ATTACKING TECHNIQUES WHICH IN TURN ALLOWS US TO FOCUS ON IMPROVING OUR DEFENSIVE AND EVASIVE SKILLS.

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

*“Hold yourself responsible for a higher standard than anyone else expects of you.”*

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

*Below is the article and photo published in the July edition of  
Blitz Martial Arts Magazine:*

## **Building Future Leaders**

Hoshiki Kiritsu Martial Arts recently graded three of their original junior students to the honour grade of Junior Sempai. Riley Brown (12), Jasper Thornton (11) & Jude Sanders (11) all displayed discipline, focus & composure way beyond their years. Each of the boys were required to firstly reach the rank of junior Shodan (full 1<sup>st</sup> Dan), present a written lesson plan & finally conduct a 45 minute class for approximately 15 junior & 5 senior HKMA Martial Artists.

“These boys have all been training since they were 4.5 years old. Dai Sensei Maree (4<sup>th</sup> Dan ) & I are extremely proud of how they have developed with the help of Martial Arts training into fine young men. I can see all three of these boys becoming leaders in society in later life & I would like to think that these formative years studying Martial Arts will contribute significantly to their future success”

Shihan Matt Charnley

5<sup>th</sup> Dan & Founder of HKMA

