

# HOSHIKI MONTHLY

August / September 2014

## JUNIOR 2<sup>ND</sup> DAN

Congratulations to Sempai Jude, Sempai Jasper and Sempai Riley on their Junior 2<sup>nd</sup> Dan grading in August. 2<sup>nd</sup> Dan is a major milestone in Martial Arts and a rank that only the minority attain given the enormous physical requirements of the grading. The boys were required to demonstrate a variety of martial arts skills at a very high standard. Their focus and intensity throughout the entire grading was testament to their disciplined approach to training as was their high level of skill, fitness and perfect timing of their katas. Well done on an outstanding grading!



## CONGRATULATIONS TO JUNIOR SEMPAI TAYLOR

Congratulations to Sempai Taylor who was promoted to the rank of Junior Sempai on the 2<sup>nd</sup> of August. She was required to teach a junior class of almost 20 students and did an excellent job, speaking clearly and taking the class through a variety of skills. Sempai Taylor often assists in the junior classes and we are lucky to have her as one of our junior instructors. Well done!



## CONGRATULATIONS TO SEMPAI DARREN

Congratulations to Sempai Darren who was promoted to “Sempai” on 13<sup>th</sup> August. He has been regularly assisting students with grading requirements for the last year or so and his positive and patient approach to teaching has seen him develop into an excellent instructor. Congratulations Sempai Darren!



## GRADING RESULTS FOR AUGUST / SEPTEMBER

### JUNIORS

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



Congratulations to Sam, Ella, Harley, Jack, Tara & Isla on attaining their 8<sup>th</sup> Kyu (yellow belt).



Congratulations to Mia, Paige, Isla & Becky on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Scott on attaining his 2<sup>nd</sup> Kyu (brown belt)



### **SENIORS**

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



## **UPCOMING SENIOR BLACK BELT GRADING & SENIOR 1<sup>ST</sup> DAN GRADING**

On October 29<sup>th</sup> Sempai Kate, Sempai Jane, Sempai Andy & Sempai Alicia are all attempting their full 1<sup>st</sup> Dan grading. They have been training for this traditional grading for many months now and we look forward to an exciting grading. They will be wearing a traditional “Hakama” as worn by the Samurai and the grading will 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.

We then look forward to November 26<sup>th</sup> when Delphine will be attempting her Black Belt grading. She has been training intensely for this for over six months and is required to demonstrate 9 sequences and katas, self defence, 16 rounds of sparring and bag work and present an essay. Please put this date in your diary so you can come along to support her for this very important grading.

## **UPCOMING GRADINGS FOR OCTOBER / NOVEMBER**

### **Juniors**

- Sarah and Bianca, Tamara, Jess, Angus & Felix will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Jack, Ella, Isla, Harley, Sam & Tara will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Erin, Alannah, Elisha, Archie & Lachlan C will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Charlotte, Gabrielle, Luca & Ethan will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Emily, Oskar, Tiana, Nathan, Matthew, Will & Xavier will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Daniel, Zach, Adam, Conall, Jackson, Kai & Jacob will all be attempting their 1<sup>st</sup> Kyu (black bars)

### **Seniors**

- Steve, Trent, Jason & Ella will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Chris will be attempting his 2<sup>nd</sup> Kyu (brown belt)
- Geoff, Rob, Claudia, Brad & Taylor will all be attempting their 1<sup>st</sup> Kyu (black bars)

## **TOURNAMENT**

The Loong Fu Pai Tournament was held on August 17<sup>th</sup> and Hoshiki were there with a group of 21 excited students. We had a great day with some outstanding results – bringing home 14 trophies in various events. Congratulations to all students who participated, it takes a lot of courage to enter a tournament and we were very proud of

everyone's focus, discipline and excellent behaviour. As always we loved seeing the HK team support and cheer each other on.

Thank you to our senior instructors and the numerous parents for all your help in preparing everyone at Sunday morning training sessions. A special thank you to our senior instructors who wore their gi to help on the day – Sempai Alicia, Geoff, Rob & Trent, and thank you to all the families who came along to support everyone as well.

**Congratulations to the following students who won a trophy:**

**Continuous Sparring – various divisions**

2<sup>nd</sup> place – Riley B

3<sup>rd</sup> place – Gabrielle

3<sup>rd</sup> place – Tamara

**Tile Break – various divisions**

2<sup>nd</sup> place – Mia

3<sup>rd</sup> place – Jordan

**Points Sparring – various divisions**

3<sup>rd</sup> place – Emily

**Sumo – various divisions**

1<sup>st</sup> place – Daniel

2<sup>nd</sup> place – Paige

2<sup>nd</sup> place – Becky

2<sup>nd</sup> place – Lachlan

2<sup>nd</sup> place – Blake

2<sup>nd</sup> place – Riley W

3<sup>rd</sup> place – Gabrielle

3<sup>rd</sup> place – Xavier



## **JUNIOR STUDENT PROFILES**

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

Hi, my name is Paige and I'm a green belt. I have been doing Karate for a year and a half.

I am 11 years old and in grade 5 at Primary School. This year I broke my thumb in the mud pit, while on school Camp. I also participated in the school musical as a dancer. My favourite subjects at school are P.E. and Language.

I have just graduated from the Kings Swimming Programme after 8 1/2 years. I also play competition tennis on a Sunday for Warrandyte Tennis Club. I love basketball but don't play for a team. My favourite foods are grapes, cucumber, lollies, chocolate, pineapple, blueberries and chips. I also like my Mum's banana smoothies.



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

I'm Becky, I'm 10 years old and in Grade 4 at Ringwood Heights Primary School. I've been training for almost a year now and I'm a green belt. In the last two tournaments I have come 2nd in Sumo - I'm going to keep trying until I win first place.

I have lots of other interests. I play basketball for the Park Orchards Steelers. I go to Guides and sing in the Girl Guide Choir, I also play the clarinet.

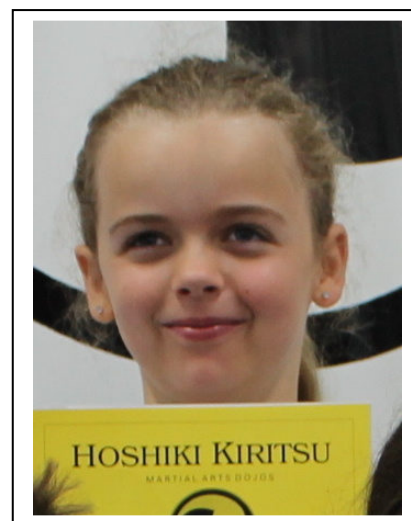
I have two brothers. One of them, Matthew, also does Karate but he's a higher rank than me because he has been doing it longer. I'm looking forward to eventually earning my black belt.



### **Ella - 8<sup>th</sup> Kyu (yellow belt)**

My name is Ella and I'm in Grade 4 at Ringwood Heights and I've been doing Karate for nearly 1 year. I don't have a favourite thing in Karate because I enjoy it all. I hope to one day be a high enough belt to help out with beginners.

I also enjoy swimming, listening to music, doing craft, writing stories, reading, watching footy and playing Sims. I also like training and walking my one year old puppy Howie, who follows me everywhere.



## HONG KONG TRAINING

In late August, Dai Sensei Maree and I set off to Hong Kong for a week to train with some of our Hong Kong instructors and to also explore some of the more spiritual places, particularly in regards to Martial Arts and Buddhism.

We were particularly keen to catch up with *Master Benny Yu* from *Greatest Thai Boxing* and *Sifu Nima King* from *Pangea Wing Chun and Pilates* to build on our knowledge gained over the previous years we have trained with them. Once again, they didn't disappoint and we received a warm welcome. They were both generous in imparting their knowledge.

As well as training we also had a chance to visit the Bruce Lee Museum, the Ten Thousand Buddhas Monastery, the Chi Lin Nunnery, Lantau Island and the Kowloon Walled City. These were very spiritual and enlightening.



*with Master Benny & students*



*with Sifu Nima*



*Giant Buddha Lantau Is.*



*10,000 Buddhas & Temples*



*Walk of Fame with Bruce Lee*



*Kowloon Walled City*



*Bruce Lee Museum*

### **TRAINING TIP -**

IT IS GOOD TO TAKE OURSELVES OUT OF OUR COMFORT ZONE WHEN TRAINING BY REGULARLY DEFENDING FROM AN UNFAMILIAR STANCE, DIFFERENT ANGLES, IN RESTRICTIVE CLOTHING & WITH EYES CLOSED.

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

*“Do your best. Exceed it. Repeat.”*

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



*Becky*



*Paige*



*Riley W*



*Daniel*



*Kai*



*Becky*



*Jess*



*Isla*



*Ethan*



*Mia*



*Jordan*



*Jess*



*Will & Blake*



*Lachlan C*



*Kai*



*Riley W*



*Sempai Riley B*



*Lachlan C & Will*



*Jacob*



*Daniel*



*Elisha*



*Sempai Riley B*



*Harley*



*Emily & Gabrielle*



*Gabrielle & Emily*



*Tamara*



*Xavier*