

HOSHIKI MONTHLY

December 2014 / January 2015

Happy New Year! We hope everyone has had an enjoyable and restful break over Christmas. We are looking forward to a very exciting year as it is our 20 year anniversary in October as an independent martial art. The celebrations are starting early with a training trip to Hong Kong in May followed by a big celebration for the whole club around September / October. Can't wait to get back into training - look forward to seeing everyone in the next week or so!

SENIOR 4th DAN GRADING

On December 3rd 2014 Renshi Jules Blewer performed an extremely high standard Yondan (4th Dan) grading. As expected Renshi demonstrated exceptional control, precision and skill during his yuksukos against 3 armed attackers. His personal and weaponry Katas were also outstanding and showed once again that by using the core principle of Freestyle Martial Arts ie free and lateral thinking, creativity, innovation and initiative is allowed to flow. Thanks to Sensei Glenn Smith for coming down to sit on the grading panel and special thanks to Sensei Scott, Rob & Geoff for giving up their time to be part of what was a very special grading. Congratulations Renshi Jules!



SENIOR BLACK BELT GRADING

On December 17th, 2014 after 4 ½ years of training, Delphine performed her Shodan Ho (Black Belt) grading. Delphine displayed an enormous amount of focus, skill and self discipline to push through what was a gruelling 90 minute grading. She also overcame the added pressure of grading by herself in front of the whole club and spectators which is a challenge in itself. Special thanks to Sensei Scott for preparing Delphine over the past 5 months. Congratulations Delphine, we are honoured to welcome to you to our ever growing group of Black Belts.



CLASSES FOR 2015 RESUME ON:

Monday afternoon junior classes - 2nd February 2014

Wednesday night senior class - 4th February 2014

Saturday morning junior classes - 7th February 2014

Sunday kickboxing class - 8th February 2014

CHRISTMAS PARTY AND PRESENTATION DAY

We had a great day at our annual Presentation Day in December and it was wonderful to see almost the whole club there socialising outside the dojo. Special thanks to Geoff for bringing along a second BBQ and to Sempai Shell for being the official photographer for the day. Once again we enjoyed a delicious spread, thanks to all those for contributing to our banquet.

Congratulations to our award winners for 2014:

SENIORS

- Club Champion - Sempai Kate
- Outstanding Service - Sensei Scott
- Most Determined - Sempai Alicia
- Black Belt of the Year - Sempai Jane
- Most Disciplined - Geoff
- Most Consistent - Taylor

JUNIORS

- Club Champion - Sempai Jasper
- Most Determined - Emily
- Most Disciplined - Jordan
- Most Improved - Becky
- Black Belt of the Year - Sempai Riley
- Most Consistent - Kai
- Most Courageous - Lachlan C



We were very humbled by the generous gift from the club – we have purchased more training equipment and a new sound system for the dojo – thankyou!



GRADING RESULTS FOR DECEMBER

JUNIORS

Congratulations to Ben, Ethan C, Tom, Aaron, Nat, Hannah & Jaron on attaining their 9th Kyu (yellow bars)



Congratulations to Harley & Sarah on attaining their 8th Kyu (yellow belt)



Congratulations to Lachlan C, Archie & Erin on attaining their 5th Kyu (red bars)



UPCOMING GRADINGS FOR MARCH

Juniors

- Angus, Aaron, Ethan C, Hannah, Jaron, Nat, Tom & Ben will all be attempting their 8th Kyu (yellow belt)
- Tamara, Jess, Bianca & Felix and Sarah, Harley & Sam will all be attempting their 7th Kyu (green bars)
- Jack, Ella, Tara & Isla T. will all be attempting their 6th Kyu (green belt)
- Elisha will be attempting her 5th Kyu (red bars)
- Paige, Becky, Isla M & Mia will all be attempting their 4th Kyu (red belt)
- Conall & Lachlan will be attempting their 1st Kyu (black bars)

Seniors

- Susanna will be attempting her 6th Kyu (green belt)
- Trent will be attempting his 5th Kyu (red bars)
- Chris will be attempting his 2nd Kyu (brown belt)

HK TRAINING TRIP & 20th ANNIVERSARY

As part of HKMA's 20th anniversary celebrations we have organised a training / enlightenment trip to Hong Kong. Geoff, Steve, Jason, and I will be visiting some of the clubs and instructors we have established friendships with over the past 5 years to help further our knowledge from these extremely talented Martial Artists and trainers.

The dates are from May 23rd – June 1st, if you are interested in coming along for all or part of the trip contact Dai Sensei Maree for booking details. Once again, we thank Fiona Oakley (Chris's wife) at Ringwood Flight Centre for taking care of us.

We will also be organising a big social event around Sep/Oct to celebrate our 20th year as an independent Martial Art.

DRINK BOTTLES & RUNNERS

Please remember it is important to always bring a full drink bottle to every class.

All Seniors need to bring their runners to every class as we will be training at the oval when possible.

TRAINING TIP –

ONE CANNOT ACHIEVE THEIR GOALS UNLESS THEY HAVE TAKEN THE TIME TO CLEARLY ENVISAGE WHAT THOSE GOALS ARE. AT THE BEGINNING OF EVERY YEAR WE NEED TO SET OUR GOALS AND OBJECTIVES FOR THE COMING YEAR, NOT ONLY IN THE DOJO BUT ALSO IN EVERY OTHER FIELD OF ENDEAVOUR IN OUR LIVES.

RESPECT...

One of the great joys of going to Hong Kong is the quality of the Bruce Lee t-shirts available.



QUOTE OF THE MONTH:

“You become successful the moment you start moving towards a worthwhile goal.”

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