

HOSHIKI MONTHLY

February / March 2015

CONGRATULATIONS TO OUR 3 NEW JUNIOR SEMP AIS

Congratulations to Sempai Cassidy (11yrs), Sempai Zach (12yrs) and Sempai Nathan (14yrs) 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 more than 20 junior students, 5 senior black belts and numerous spectators. They all exceeded our expectations, taking the class with confidence, speaking clearly and teaching a range of skills. Their classes were well planned, interesting and enjoyable and demonstrated they are beginning to develop sound teaching skills. Well done Sempai Cassidy, Sempai Zach & Sempai Nathan!!



WELCOME

Welcome to *Ben, Jonah, Maxi, Tom, Lachlan W, Lucas M & Alexander* in our Saturday junior class. And also to *John* in our Sunday Kickboxing class. It's great to have you all as a part of our club.

EXPECTATIONS OF TEACHING TITLES

Whilst it is important to address an instructor by their appropriate title whilst inside the Dojo or in uniform, it is even more important that instructors (both Senior and Junior) meet and maintain the expectations of that title. The following details what those expectations are:

Sempai:

The role of a Sempai (Instructor) is to develop teaching skills whilst under the supervision of a Sensei or higher rank. Sempais should begin by teaching and breaking down the basic requirements of 9th – 6th Kyu students until they have a firm grasp of techniques, kata and styles of combat.

Dai Sempai:

The role of a Dai Sempai (Advanced Instructor) is to be able to teach 9th – 1st Kyu ranks without supervision and using both English and Japanese terminology. They should also have a basic understanding of how to break down and demonstrate more advanced Self Defence, Kata and combative strategies.

Sensei:

A Sensei (Teacher / Friend) should have an in depth knowledge of all HKMA requirements and curriculum from 9th Kyu – 2nd Dan. A Sensei should be an example of discipline, knowledge and humility. They must be able to identify the needs of all students in relation to Martial Arts and personal development and nurture them with the complete focus being on the improvement of the student in mind, body and spirit. A Sensei is also expected to support all students and the club by attending official Martial Arts events such as tournaments and high ranking gradings.

EXPECTATIONS OF STUDENTS

At HK we have always maintained high expectations of our students and as a result we are lucky to have many skilled, disciplined and humble instructors in our club. As we strive to maintain this standard it is important that all students take note of the following:

- **Consistency & Sacrifice** – whilst this applies to all students, it is essential that those who are attempting their **Brown belt, Black belt** or a Dan grading apply themselves by maintaining consistent attendance, intensity and focus. In order to attempt Black Belt, other activities or sports may need to be sacrificed to consistently train to attain the standard required. **Junior Brown belts** will not be permitted to grade for their Black Belt by simply attending class - extra training, intensity, application, focus & mental discipline will also need to be displayed.
- **Discipline & Humility** – this is an integral part of Martial Arts and relevant to all students. The higher your rank the greater the

expectation of Discipline & Humility – **Black belts** and above must never forget this and ensure that we set the example.

- **Dojo Rules** – it is expected that all dojo rules are followed at all times. Some rules in particular include:
 - o All students must bow **every time** you enter or leave the dojo
 - o Titles must be used at all times in the dojo and/or when in uniform

GRADING RESULTS FOR FEBRUARY & MARCH

JUNIORS

Congratulations to Lucas M, Finn, Jonah, Tom M, Maxi, Alexander & Lachlan W on attaining their 9th Kyu (yellow bars)



Congratulations to Tom S, Nat, Angus, Jaron, Hannah, Ben, Ethan C & Aaron on attaining their 8th Kyu (yellow belt)



Congratulations to Tamara, Jess, Felix, Bianca & Ben on attaining their 7th Kyu (green bars)



Congratulations to Elisha on attaining her 5th Kyu (red bars)



Congratulations to Becky & Paige on attaining their 4th Kyu (red belt)



Congratulations to Conall, Scott & Lachlan T on attaining their 1st Kyu (black bars)



UPCOMING GRADINGS FOR APRIL & MAY

Juniors

- Tom, Nat & Hannah will all be attempting their 7th Kyu (green bars)
- Jack, Ella, Isla T, Sarah & Harley will all be attempting their 6th Kyu (green belt)
- Isla M & Mia will be attempting their 4th Kyu (red belt)
- Lachlan C, Archie & Elisha will all be attempting their 4th Kyu (red belt)
- Gabby, Charlotte, Luca & Ethan S will all be attempting their 3rd Kyu (brown bars)
- Emily, Will, Nathan, Tiana, Xavier, Oskar & Matthew will all be attempting their 3rd Kyu (brown bars)

NEW LOCKERS

No more bags on the dojo floor! We now have a new storage unit next to the dojo. If you have been allocated a locker you are welcome to leave your equipment there. For everyone else, the bottom two rows of lockers are for general use so please ensure your bags and shoes are left there and only your pads & mouthguard are brought into the dojo. Special thanks to Steve in our senior class for building the new storage unit.



LOONG FU PAI TOURNAMENT DATES

Loong Fu Pai Martial Arts will be running 3 tournaments again this year. Tournaments provide an excellent opportunity to compete and try out your martial arts skills and are also a great way to improve your skills due to the extra training required as well as being lots of fun. I recommend students consider entering at least one tournament this year as it is a valuable experience in your Martial Arts journey.

The tournament dates are:

- **Sunday 31st May** 9am (extra HK sessions provided)
- **Sunday 13th September** 9am (extra HK sessions provided)
- **Sunday 8th November** 9am (individual entry)

We will provide further details and entry forms closer to the date.

STUDENT PROFILE

Jack - 7th Kyu (green bars)

Hi I'm Jack and this is just a little bit about me. I'm in year 7 at Tintern School and this is my 4th year there, and I am 12 years old.

I play basketball apart from doing karate. In my own time I enjoy watching movies and TV shows and producing my own house (electronic) music any my favourite food is pizza.

I live in Healesville and catch a 1 hour bus trip to and from school with gets really tiring after a while, and on Saturday I have to wake up really early to get to karate but yet I'm still not on time!

Thanks for taking your time to read about me.



Good Friday Appeal Spar-o-thon

HKMA has 14 students entered in the Good Friday Appeal Spar-o-thon at Hammers Kickboxing Gym on Friday 3/4/15. Please make an effort to support our participants by either sponsoring them, attending on the day or both. It takes a great deal of courage to enter such an event & the effort put in by Mark & Ben at Hammers and our students should be rewarded by raising as much money as possible for the Royal Children's Hospital.

The juniors will be sparring from **12-1pm** & the adults from **1-3pm**.

Participants should get there between 11.30 & 11.45. Please remember to bring the following equipment – Mouthguard, boxing gloves, groin guard, shin pads (which must be worn under your shorts / gi pants) water bottle & a Hoshiki singlet or t-shirt (**no belts or gi tops**)

Hammer's Gym 198 Whitehorse Rd Blackburn



Easter Sunday 5/4/15 – just a reminder there is no Kickboxing training

20TH ANNIVERSARY CELEBRATIONS

Upcoming Functions

As part of our celebrations we have organised two functions.

1. **Saturday 8th August** – late afternoon – Bounce in Blackburn
2. **Saturday 17th October** – evening – details still to come

Mark these down in your diary and join in the fun!

Commemorative DVD

Sensei Scott is putting together a DVD with footage of HK over the last 20 years. It will document the years leading up to the inception of HKMA (80's & early 90's) & then focus on the development of HKMA from Oct 1995 – 2015. We are currently sorting through hours of old VHS, DVD footage & thousands of PHOTO archives to ensure we capture the events, people & spirit that has made HKMA what it is today.

If you have any footage or particularly good photos please let myself or Sensei Scott know so we can view them. We are hoping to include in some form as much as possible every student who has at some stage worn a HKMA Gi & Belt.

TRAINING TIP –

AT THE COMMENCEMENT OF CLASS IT IS ESSENTIAL THAT WE TAKE A MOMENT TO FOCUS ON OUR INTENTIONS DURING HEIKO DACHI. REMAINING IN THAT FOCUSED RECEPTIVE STATE THROUGHOUT THE ENTIRE CLASS AND REFLECTING THAT IN YOUR BODY LANGUAGE (IE. HEAD UP, SHOULDERS BACK AND NOT LEANING) ALLOWS YOU TO GET THE MOST OUT OF EVERY CLASS AND SETS A PATTERN FOR STRONG, DISCIPLINED TRAINING.

QUOTE OF THE MONTH:

“A journey of a thousand miles begins with a single step”

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