

# HOSHIKI MONTHLY

April / May 2015

## Good Friday Appeal Spar-o-thon

Congratulations to the 14 students who participated in the Good Friday Appeal Spar-o-thon at Hammers Kickboxing Gym on Friday 3/4/15. The day was action packed with 3 sparring rings operating simultaneously and some of our Junior students completed anywhere from 8 - 14 rounds with very little rest.

HKMA raised almost \$1,200 for the Royal Children's Hospital Appeal through sponsorship from the club, friends and family. It was a fantastic day and everyone competed in a friendly and co-operative spirit for this very worthy cause. Thanks to everyone at Hammers – Mark, Jeff & Dominique, for inviting us – we will definitely be back next year.



Hammer & Will



Hammer & Sempai Riley



Geoff & Rob



Adam & Daniel



Sempai Jude & Noah



Sempai Jude & Emily



Sempai Cassidy



Adam



Sempai Jasper



Daniel & Archie



Emily & Nathan



Will & Angus



Noah



Sempai Riley & Sempai Cassidy

## GRADING RESULTS FOR APRIL & MAY

### JUNIORS

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



Congratulations to Archie, Mia & Lachlan C on attaining their 4<sup>th</sup> Kyu (red belt)



## **SENIORS**

Congratulations to Nick and Damien on attaining their 9<sup>th</sup> Kyu (yellow bars)



## **UPCOMING GRADINGS FOR JUNE & JULY**

### **Juniors**

- Finn, Jonah, Lachlan W, Lucas, Tom, Alexander & Maxi will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Hannah, Nat, Tom, Kobe, Angus, Ethan, Aaron, Ben, Sam & Jaron will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Isla, Sarah, Bianca, Tamara, Jess, Felix & Harley will be attempting their 6<sup>th</sup> Kyu (green belt)
- Gabby, Ethan and Luca will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Emily, Will, Nathan, Tiana, Xavier, Oskar, Matthew, Becky, Paige and Mia will all be attempting their 3<sup>rd</sup> Kyu (brown bars)

### **Seniors**

- Damien & Nick will be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Steve, Jason, Ella & Trent will be attempting their 4<sup>th</sup> Kyu (red belt)
- Chris will be attempting his 2<sup>nd</sup> Kyu (brown belt)

## WELCOME

Welcome to *Nick, Damien and Paul* in our Wednesday senior class. It's great to have you all as a part of our club.

## TOURNAMENT WITH LOONG FU PAI

We had another successful tournament with Loong Fu Pai Martial Arts on Sunday 31<sup>st</sup> May. A large contingent of 22 students participated and were supported by numerous family and friends as they competed in Sparring, Sumo, Kata, Tile Break & Rapid Fire; bringing home a total of 15 trophies! A big thank you to the following instructors and senior students who came along to help for the day and support the club – Sempai Delphine, Sempai Lana, Rob, Chris, Adrian, Damien & Nick.

A lot of extra training goes into preparing so many students for tournaments and we would like to thank all the parents for making the time to bring kids along to the extra classes and our senior students and parents *Chris, Geoff, Rob, Damien, Tim M, Ella & Delphine* for their help in those extra sessions. A special thanks to *Adrian Brown* for running the tile break training 3 days a week for the last month! We really appreciate all your time, effort and patience – all your hard work scored us 5 trophies in Tile Break!



Once again we were proud of all of our students displaying excellent behaviour, sportsmanship and respect and supporting each other throughout the day. Congratulations to the following students who competed: *Aaron, Aidan, Angus, Archie, Becky, Ben C, Ben H, Conall, Daniel, Ella C, Ethan C, Felix, Jackson, Josh, Lachlan C, Lucas M, Matthew, Mia, Natassja, Riley, Tom M & Tom S*. Well done to all of you for having a go!!



Congratulations to the following students who won trophies:

**Sumo Wrestling**

- 1<sup>st</sup> place – Jackson
- 1<sup>st</sup> place – Becky
- 2<sup>nd</sup> place – Archie
- 2<sup>nd</sup> place – Ethan C
- 3<sup>rd</sup> place – Daniel
- 3<sup>rd</sup> place – Lachlan C

**Continuous Fighting**

- 2<sup>nd</sup> place – Daniel
- 3<sup>rd</sup> place – Lachlan C

**Points Sparring**

- 3<sup>rd</sup> place – Ella Caulfield

**Tile Break**

- 1<sup>st</sup> place – Ben H
- 1<sup>st</sup> place – Sempai Riley
- 2<sup>nd</sup> place – Mia
- 3<sup>rd</sup> place – Matthew
- 3<sup>rd</sup> place – Tom M

**Kata**

- 2<sup>nd</sup> place – Mia



**STUDENT PROFILES**

**JUNIORS**

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

My name is Felix and I am in Grade 1 at Ringwood Heights Primary School. I have been coming to Karate for just over a year and I will be grading for my green belt soon. I live very close to my school and karate, with my mum, dad, and my little sister Tabitha.



Outside of Karate, I like playing Playstation with my dad, and watching superhero movies. I also like drawing pictures and reading – my bedroom is full of books! My favourite meal is spaghetti and meatballs and I love eating donuts!

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

Hi my name is Sarah and I am six years old. I live in Donvale which I love. It has got lots of trees. It is a safe bush. My school is called Ringwood Heights Primary School. I'm in grade 1. As well as Karate, I do basketball, swimming and ballet. I like to watch Masterchef and do cooking with my Mum and Dad. I have two brothers called Zach and Luke. I love learning Karate and everything else!



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

My name is Kobe and I am in Grade 2 at Ringwood North Primary School. I like collecting football cards and Pokemon cards, watching footy on TV and I like playing games on my iPad. My older brother Kai does karate, so does my Dad. I want to do my next grading so I can catch up to my Dad's belt. My favourite TV shows are American Ninja Warrior and Deadly 60. My favourite movie at the moment is Avengers Age of Ultron, and my favourite foods are finger buns and Hungry Jacks slurpees. I have one pet at home, his name is Tiger and he is a ragdoll cat.



**SENIORS**

**Jason Hugo - 5<sup>th</sup> Kyu (red bars)**

Hi I'm Jason and I have been training at Hoshiki Kiritsu for about 2 years although I have been a spectator on Saturday mornings watching my boys (Adam & Nathan) for nearly 5 years. Many years ago I trained in boxing and after seeing how much my boys were enjoying karate I thought I should give it a go. I also thought it a wise move as my boys are getting bigger and bigger.

I thoroughly enjoy all aspects of training, particularly as each week is so different (boxing can be a bit one dimensional) and it's great being involved in a family orientated club where everyone supports each other. I'm looking forward to the Hong



Kong 'tour' as it will be fantastic to train in different dojos/ disciplines. Of course being on a 'boys trip' then celebrating our '20<sup>th</sup> wedding anniv' won't be bad either.

Outside the dojo I work as a Private Wealth Manager for Commonwealth Private. My weekends are spent taxiing the kids around, supporting the Bombers and watching Blackburn FC on a Saturday arvo. I also seemed to get roped in to coaching Blackburn u10's cricket team every summer.

## **TIME OUT FOR THE HK GIRLS**

In our quest to be well rounded Martial Artists, some of the HK girls caught up for a weekend away to really focus on "body & mind". We chose the Peninsula Hot Springs as the ideal location to achieve this. "Body" entailed massages whilst "Mind" involved thinking of nothing else but which hot bathing spring to try next and deciding what time to bring out the dips, drinks and magazines. We hope to make this an annual event – to maintain high standards of course...



## **DRILL IT - Lateral use of equipment**

*Shihan Matt wrote the following article for Blitz Martial Arts Magazine.*

*Special thanks for Sempai Jude & Sempai Cassidy for their assistance.*

As we all know teaching & learning Martial Arts depends heavily on the student's ability to mimic specific moves & actions. Effective teaching also incorporates accurate verbal descriptions, slow repetition & the complete demonstration of the ultimate goal – the technique. Because Martial Arts is literally teaching people to use "empty hand" techniques which require exceptional control of all the limbs, mimicking becomes the primary source of learning.

Most other activities / sports have the advantage of providing an essential & tangible third entity i.e. - tennis – a racquet, football – the ball, cricket – the bat & ball etc... whereas Martial Arts only provides the human body. In this drill, to help students perfect various techniques we are going to use equipment that is commonly found in the Dojo/Gym to reinforce and perfect what has been demonstrated.

These drills have been especially effective in helping junior students grasp & execute what is being taught.

### **Drill 1 Front kick & Drill 2 Roundhouse kick**

One of the biggest difficulties when teaching junior students correct kicking techniques is getting them to lift their knee and keep correct posture to generate power. Here we use a kick shield so the students do not drag their leg & compromise their posture. This also assists the technical execution of the kick & the ability to generate power.



1a.

1b.

1c.

1d.

1a. Jnr Sempai Jude demonstrates an incorrectly performed front kick which drags and hits the bottom of the bag.

1b. He now lifts his leg with the use of two kick shields to ensure correct technique and distance

1c. He completes the front kick with correct technique

1d. He returns to his balanced stance without touching the kick shields.



2a.



2b.



2c.

2a. Jnr Sempai Cassidy demonstrates an incorrectly performed roundhouse kick with poor posture and leg lift.

2b. She now lifts her leg with the use of a vertically placed kick shield to ensure correct technique

2c. She completes the Roundhouse kick with correct technique

### **Drill 3 Side kick & Drill 4 Outside Crescent kick**

Quite often in a bid to execute a kick correctly the protection of the face and head is compromised. In this section of the drill we address the issue of junior students keeping their guard up whilst kicking correctly. To help us achieve this we have simply used a Martial Arts belt measured to where the correct guard would sit. It is then wrapped around the students hands & placed it over the neck. This then prompts the student if they feel downward drag on their neck and shoulders whilst executing the kick to keep their hands up at all times.



3a.



3b.



3c.



3d.

3a. Jnr Sempai Jude shapes up to the kick shield using a belt to keep his hands in the correct position

3b. He now lifts his leg and using two kick shields he commences the kick

3c. He completes the Sidekick with correct posture and hand placement

3d. He returns to his balanced stance without touching the kick shields or dropping his hands



4a.

4b.

4c.

4d.

- 4a. Jnr Sempai Cassidy shapes up to the forearm pad using a belt to keep her hands in the correct position
- 4b. She now lifts her leg using a vertically placed kick shield to ensure correct technique
- 4c. She completes the outside crescent kick with correct posture and hand placement
- 4d. She returns to her balanced stance without touching the kick shield or dropping her hands

**The result** – by utilizing Martial Arts equipment in a more versatile way we can improve the techniques of not only our junior students but everyone including instructors. Using equipment & other props, we no longer have to rely solely on verbal explanations & mimicking alone.

### **TRAINING TIP –**

**CHECKING KICKS (IE. BLOCKING A KICK WITH YOUR LEG) IS AN IMPORTANT COMPONENT OF SPARRING AND ONE WE SOMETIMES NEGLECT. IT ALLOWS YOUR HANDS TO REMAIN FREE WHILST BLOCKING A KICK.**

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

*“Excellence is not a skill, it is an attitude”*

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



Matthew



Ethan C



Lachlan C



Aidan



Jackson



Mia



Archie



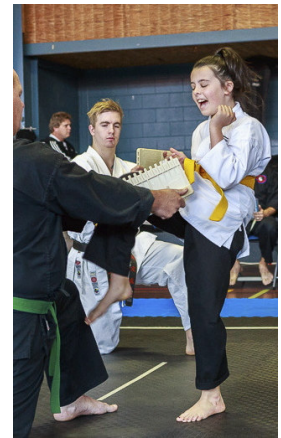
Becky



Ben C



Angus



Nat



Lucas



Tom S



Jackson



Ella



Archie



Sempai Riley



Daniel



Ben H



Aaron



Ben C



Conall



Felix



Josh



Sempai Riley