

HOSHIKI MONTHLY

June / July 2015

WELCOME

Welcome to *Andrew, Jack, Braedyn, Charlie, Adamo & Daniel* in our Monday Junior class. It's great to have you all as a part of our club.

RECENT WOMEN'S SELF DEFENCE COURSE

We recently completed another successful 6 week Women's Self Defence Course. It was great to have so many women and teenagers participating with such enthusiasm. We really love teaching these courses and it is rewarding to see a group of women gently striking the bags in the first week improve so quickly to become a group of women confidently defending themselves with powerful strikes and techniques by the last week of the course. Special thanks to Sempai Kate, Sempai Mez, Taylor and Ella for helping teach the class. Congratulations to all participants!!



THANK YOU

Thank you to the following Instructors for looking after the club whilst we were away in June / July – *Sempai Jane, Sempai Kate, Sempai Darren, Sempai Lana, Sempai Alicia & Delphine*. We were able to enjoy our holiday with the reassurance that the club was in excellent hands!!

GRADING RESULTS FOR JUNE & JULY

JUNIORS

Congratulations to Lucas, Lachlan W, Jonah, Tom, Maxi, Finn & Alexander on attaining their 8th Kyu (yellow belt)



Congratulations to Jaron, Hannah, Angus, Ethan C, Ben C, Sam, Aaron, Kobe, Tom and Nat on attaining their 7th Kyu (green bars)



Congratulations to Isla and Sarah on attaining their 6th Kyu (green belt)



Congratulations to Tiana, Oskar, Matthew, Paige, Xavier, Becky, Nathan, Mia, Will & Emily on attaining their 3rd Kyu (brown bars)



SENIORS - Congratulations to Paul Petrucci on attaining his 9th Kyu (yellow bars)



UPCOMING BLACK BELT & DAN GRADINGS

JUNIOR BLACK BELT GRADING – Saturday 5th September 10am

Nine of our junior students will be attempting their Junior Black Belt grading. *Daniel, Adam, Scott, Kai, Jacob, Jackson, Lachlan, Zac & Conall* have all been training for more than 4 years and have been training particularly hard over the last 3 months putting in numerous extra sessions to prepare for their grading. The grading requires a high level of skill, technique, fitness, focus and discipline and we are looking forward to a strong grading.

JUNIOR 1st DAN & 2nd DAN GRADINGS – Dates to be confirmed

Noah, Sharlotte, Nick, Fletcher, Jordan & Blake will all be attempting their Junior 1st Dan grading later this term which focuses on defence against multiple attackers and requires an advanced level of skill and awareness. Since attaining their Junior Black Belt last year we have watched them continue to improve their level of skill and look forward to a strong grading.

Sempai Cassidy and Sempai Zach will be attempting their Junior 2nd Dan grading also later this term. This grading is a particularly physical and intense grading which requires a great deal of preparation, focus and dedication and we know both Sempais will deliver a high standard on the day.

SENIOR BLACK BELT GRADING – Wednesday 9th September 7.30pm

Geoff, Claudia, Taylor & Rob will all be attempting their Senior Probationary 1st Dan (Black Belt). They have been training extremely hard over the last 5 months showing an enormous amount of discipline and self motivation. Their grading includes demonstrating 6 Kata, 16 rounds of sparring and bag work, pure self defence application and submitting an essay. Black Belt is such an important grading and we encourage everyone to come along and support them in what promises to be an outstanding grading.

UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

Juniors

- Tamara, Jess, Felix, Bianca, Tom, Nat & Hannah will be attempting their 6th Kyu (green belt)
- Jack, Ella, Ben, Isla & Sarah will all be attempting their 5th Kyu (red bars)
- Gabrielle, Ethan and Luca will all be attempting their 3rd Kyu (brown bars)
- Aidan, Josh & Liam will all be attempting their 1st Ku (black bars)

Seniors

- Damien, Nick & Paul will be attempting their 8th Kyu (yellow belt)
- Trent will be attempting his 5th Kyu (red bars)
- Chris & Nathan will be attempting their 2nd Kyu (brown belt)

TOURNAMENT IN SEPTEMBER

The next Loong Fu Pai Tournament is on **Sunday 13th September**. As usual, we will run extra tournament training sessions on Sunday mornings for 4 weeks prior – **commencing Sunday 16th August**. However the times will vary due to Black Belt training sessions on Sundays. The tournament training sessions will be:

- Sunday 16th August – 11am – 11.45am
- Sunday 23rd August – 11am – 11.45am
- Sunday 30th August – 11am – 11.45am
- Sunday 6th September – **9am** – 9.45am

Entry forms will available mid August but let Dai Sensei Maree know if you are intending to compete as soon as possible.

TRAINING IN HONG KONG

On May 23rd Sensei Bill, Geoff, Jason, Steve and myself set off to Hong Kong for an eight day training / enlightenment trip. Once again our expectations were exceeded by the knowledge and humility shown by the instructors we've come to know quite well over the past 5 years.

Our first of two sessions was with Sifu Nima King of Pangea Wing Chun Kung Fu. As usual we were inspired by the knowledge, precision, power and spiritual nature of correctly utilising centring and posture for self defence applications and everyday life. Whilst in a very peaceful environment we certainly were exposed to some incredibly powerful techniques and principles.



With Sifu Nima at Pangea Martial Arts



With Master Benny at Greatest Thai Boxing

Next, after enjoying a dinner with Master Benny Yu and his wife Joyce from Greatest Muay Thai Boxing we spent a couple of sessions learning and drilling the finer points of Thai Boxing – especially in regards to grappling. We finished off our training sessions honing our skills as guests at Jay Lau's DEF Boxing gym.

In between sessions we took some time out to visit some of the highlights such as the Bruce Lee Museum, the Ten Thousand Buddhas Temple, Bruce Lee's childhood home, Ching Chung Koon Temple (from Enter the Dragon) and the Giant Buddha on Lantau Island.



At DEF Boxing Gym



At 10,000 Buddha's Temple

Thanks to *Blitz Martial Arts Magazine* for including a short story on our trip in their latest August edition. We appreciate their ongoing support - try to grab a copy at your local newsagency.

STUDENT PROFILES

JUNIORS

Angus - 7th Kyu (green bars)

I am in grade 1 at school. My favourite activities are sport and my drum lessons. I like playing footy and Lego. My dog Spencer is one of my best friends, I cuddle up with him on the couch every night.

My favourite part of martial arts is competing in sumo in tournaments.



Ethan C - 7th Kyu (green bars)

I'm Ethan and I'm 8 years old. I started karate about one year ago because I like Bruce Lee and I want to be good martial arts and my friend Caylem does karate. I watch some of his movies and think he is really fast. I also like karate because I get to meet new people and make new friends. My Dad helps me practise before I am about to do one of my gradings.

I want to be healthy so I also participate in soccer with the Ringwood City Football club and participate in Triathlons just like my Dad. Just before a karate tournament or a triathlon, I like to eat my favourite food – spaghetti!



Aaron - 7th Kyu (green bars)

I am Aaron. I wanted to try out Karate to learn discipline and to learn to protect myself and others.

I just turned 9 years old and have a yellow belt with green stripes. I joined Hoshiki KiritSU Martial Arts & Self Defence Programs nearly a year ago and I enjoy the challenge to reach my goal. I enjoy being part of a team and love the peaceful surroundings. I love the garden on the way to our dojo



SENIORS

Nick - 9th Kyu (yellow bars)

Hi my name is Nick. I am 14 years old and I live in Ferntree Gully. I go to Croydon Community School and I'm in Year 8. I love going to Karate every week with my dad.

I have a brother called Anthony, who is 17. I have a few pets – Sasha is my dog and she is a Staffy and I love her very much. I also have two lizards. They are 'Central Bearded Dragons' called "Arni" and "Booboo". My hobbies include watching funny animal videos on YouTube and playing my DS.



HK 20TH ANNIVERSARY CELEBRATION EVENING

We are planning a Celebration Evening to mark Hoshiki Kiritsu's 20th Anniversary in October. Whilst we are still finalising the details please put **Saturday 17th October** in your diary.

GENERAL REMINDERS

- WATER BOTTLES – please remember to bring your water bottle to every class
- MOUTH GUARDS – make sure you have your mouth guard with you at EVERY class – you will not be permitted to do combat rounds without it.

TRAINING TIP – RESTING HEART RATE

The importance of recovery in Martial Arts/ Kickboxing

As we all know Martial Arts requires a reasonable level of fitness in the initial stages and as we progress towards high intensity gradings such as Brown Belt, Black Belt, 2nd Dan or a Kickboxing bout; the demands on our fitness increase considerably. It is therefore important to have a scientific and measurable way of monitoring our recovery. By ascertaining our resting heart rate we can get an indication of how long it takes to lower our heart rate after high intensity rounds. We can reduce the time it takes to lower our rate and therefore recover quickly by using techniques such as “ibugi” or deep breathing and having correct posture during the break between rounds. This crucial time between rounds can therefore be maximised and aid our recovery. Over the coming weeks we all be measuring our resting heart rates and recovery times.

To properly measure your resting heart rate it should be done in the morning for three days in a row.

- 1. Find your radial pulse (on your wrist using your index and middle fingers)
- 2. Count the number of beats for 30 seconds
- 3. Double the number counted = Your resting heart rate

QUOTE OF THE MONTH:

“There are only two options regarding commitment. You’re either IN or you’re OUT. There is no such thing as life in-between.”

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