

HOSHIKI MONTHLY

August / September 2015

BLACK BELT & DAN GRADINGS

We have had a huge few months with 4 black belt and above gradings, a tournament and training in Hong Kong! Having so many high ranking gradings this year has been a wonderful way to celebrate our 20 years of Hoshiki. Achieving a Black Belt or Dan ranking requires years of discipline and hard training and we've been so proud to see so many of our students achieve these goals in Martial Arts.

Junior 2nd Dan – Nidan – 29th August

We began with *Sempai Zach* and *Sempai Cassidy* who successfully attained their Junior 2nd Dan. They demonstrated a high level of skill in their advanced weaponry katas and their combat rounds and self defence showed their confidence in defending themselves in a variety of situations including on the ground, against 2 and 4 attackers and random grabs. It's also been rewarding to see them continue to develop as excellent instructors and role models for our other juniors. Congratulations on an excellent grading!



Junior Black Belt – Shodan Ho – 5th September

We were pleased to present 9 students with their Junior Black Belt in what was an awesome grading! Congratulations to *Daniel, Zach M, Jacob, Conall, Kai, Scott, Lachlan T, Adam & Jackson*. Whilst the boys began preparing last year, they put in three months of intense training leading up to the grading, training 2 – 3 times every week and sometimes sacrificing other activities. This resulted in a very high standard of skill, focus and fitness throughout the grading. We were extremely proud of the entire

group as they pushed themselves beyond their comfort zone and remained self-motivated in order to achieve their Black Belt.

Thank you to all of the senior students who came along to help at the grading and special thanks to the parents of our new black belts for all your support bringing the kids to all the extra training sessions.



Senior Black Belt – Shodan Ho – 9th September

The Senior Shodan Ho grading was a great night and we were proud to welcome another 4 Senior Black Belts to our ranks. Congratulations to Geoff, Rob, Taylor and Claudia who have been training tirelessly for many months and whose dedication really paid off on the night. They have worked hard all year on their fitness, perfecting kata and honing their combat and self defence skills and as a result demonstrated outstanding skill, technique and intense focus throughout the grading.

Thank you to Dai Sensei Wayne (4th Dan) for coming along from Loong Fu Pai martial arts to offer his support and to all of our Senior Black Belts for their assistance and support helping the new black belts prepare throughout the year.





Junior 1st Dan – Full Shodan – 19th September

Congratulations to *Nick, Fletcher, Blake, Sharlotte & Jordan* on an outstanding grading. For this grading, as well as demonstrating previous skills, students must also learn a number of new skills including mastering a weapon (nunchakus), combat against two and self defence against two. As usual, our expectations were exceeded and we were rewarded with creative and skilful weaponry katas as well as an excellent awareness and skill when faced with two opponents. Congratulations on continuing on from Black Belt and further developing your skills.



Special Thanks

Special thanks to Sempai Jane, Sempai Kate & Rob for all of their hard work and effort in preparing our Juniors for the Black Belt, 1st Dan & 2nd Dan gradings – it was an enormous help and ensured that our Juniors all achieved such a high standard.

SEMPAI RANK

Congratulations to Sempai Delphine who was awarded the rank of “Sempai” on 23rd September. Sempai Delphine attained her Black Belt last year and has been assisting in the Junior classes on a regular basis. Her generous and patient nature has been well received by all those she teaches and we are fortunate to have another excellent instructor among our ranks.



GRADING RESULTS FOR AUGUST & SEPTEMBER

JUNIORS

Congratulations to Ella, Isla, Ben, Sarah & Jack on attaining their 5th Kyu (red bars)



Congratulations to Jess, Tamara, Hannah, Bianca & Nat on attaining their 6th Kyu (green belt)



Congratulations to Ethan, Gabrielle and Luca on attaining their 3rd Kyu (brown bars) and to Felix on attaining his 6th Kyu (green belt)



SENIORS

Congratulations to Paul, Nick & Damien on attaining their 8th Kyu (yellow belt)



Congratulations to Trent
on attaining his 5th Kyu
(red bars)



Congratulations to Nathan
on attaining his 2nd Kyu
(brown belt)



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

Juniors

- Andrew, Jack, Braedyn, Charlie, Adamo, Daniel & Eloise will all be attempting their 9th Kyu (yellow bars)
- Finn, Tom, Lucas, Jonah, Alexander, Lachlan W & Maxi will all be attempting 7th Kyu (green bars)
- Kobe, Jaron, Angus, Ben, Aaron & Sam will be attempting their 6th Kyu (green belt)
- Lachlan C & Archie will be attempting their 3rd Kyu (brown bars)
- Emily, Will, Tiana, Matthew, Nathan, Xavier, Mia, Becky & Paige will all be attempting their 2nd Kyu (brown belt)
- Aidan, Josh & Liam will all be attempting their 1st Ku (black bars)

- Sempai Jude, Sempai Jasper & Sempai Riley will all be attempting their Sandan (3rd Dan)

Seniors

- Damien, Nick & Paul will be attempting their 7th Kyu (green bars)

TOURNAMENT RESULTS

13 of our Juniors competed in the Loong Fu Pai Tournament on Sunday 13th September. Yet again, our students all competed with focus, determination, discipline and excellent behaviour and cheered each other on throughout the day. We consistently walk away from each tournament proud of every student – congratulations to all of our competitors – **Emily, Will, Riley, Becky, Matthew, Jacob, Lachlan C, Ben, Xavier, Sarah, Gabby, Lucas & Kai** – well done on representing HK so well!

Thank you to **Sempai Lana** and **Trent** from the Seniors class for your help on the day and to all the parents who came along to watch and support the club. Special thanks to **James Lao** – our official photographer for the day! And thank you to all those who helped with the extra training sessions – **Adrian, Sempai Lana, Geoff, Rob, Trent, Tim** (Lucas' dad), **Michaela** (Becky & Matthew's mum) & **Sally** (Emily & Will's mum) – holding kick bags, wearing belly pads & trying not to flinch as you hold tiles for kids to smash - you guys are amazing!!



We took home 8 trophies, congratulations to the following recipients:

- **Matthew** - 2nd Place - Continuous Sparring
 - 2nd Place - Tile Break
 - 3rd Place - Points Sparring
- **Becky** - 1st Place - Sumo
- **Lachlan C** - 1st Place - Sumo
- **Xavier** - 3rd Place - Sumo
- **Sempai Riley** - 1st Place - Tile Break
 - 2nd Place - Points Sparring





HK 20TH ANNIVERSARY CELEBRATION EVENING

We hope all of our Seniors and partners & Parents of our juniors will be able to join us to celebrate **Hoshiki Kiritsu's 20th Anniversary**:

Saturday 17th October

The Grand Hotel Warrandyte – Balcony Bar

110 Yarra St, Warrandyte

7pm – midnight

\$30 includes finger food

Please RSVP to Dai Sensei Maree no later than 5th October

LOONG FU PAI – 3RD DAN GRADING

Dai Sensei Maree and I were honoured to be invited to attend a 3rd Dan Grading at Loong Fu Pai in early September. It is always interesting to see the requirements at different levels in other martial arts and we were impressed with the variety of skills, high standard and intense focus displayed by Sensei Aaron throughout the grading. The grading included almost 10 kata and what particularly stood out was his control of technique, precision and intention of every move in his kata. It was great to experience a Dan grading with another martial art.



Shihan Matt, Sensei Aaron, Kancho Terry, Dai Sensei Maree & Dai Sensei Wayne

FAMILY FUN DAY AT BOUNCE

It seems like a long time ago now after such a packed two months, but remember our afternoon out at Bounce back in early August? We had 55 kids join in the fun bouncing their way around on a variety of trampolines for the afternoon whilst we sat back and chatted with all the parents. This was followed by a visit to Macca's on the way home. It was great to get together outside class and have some fun and relax. Thanks to all those who were able to come along and make it such a successful afternoon.

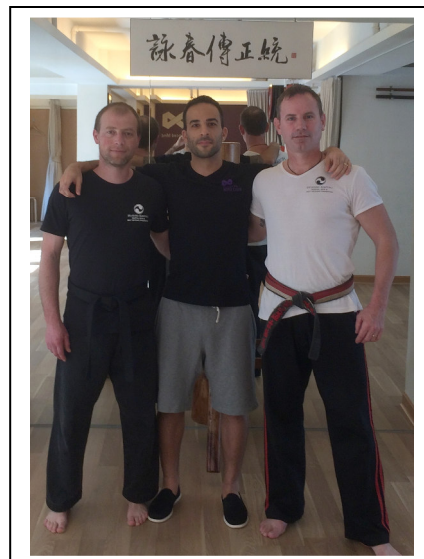


Sempai Riley training for 3rd Dan



ANOTHER TRAINING TRIP IN HONG KONG

Geoff and I were fortunate to be able to make another trip to Hong Kong recently to continue our training with *Master Benny Yu* from *Greatest Thai Boxing* and *Sifu Nima King* from *Mindful Wing Chun and Pilates* and look forward to sharing some of our recently acquired knowledge.





END OF YEAR PRESENTATION DAY & BBQ



Remember to put **Saturday 12th December – 12pm – 3pm** - in your diary. Our annual Presentation / BBQ day is being held again in the Multi-purpose Room at Ringwood Heights Primary School. We hope everyone will be able to join us to celebrate the end of what is promising to be another great year of training, achieving goals and having fun!

STUDENT PROFILES

JUNIORS

Ben -7th Kyu (green bars)

I am 8 years old and was born in Australia, however, half my heritage is Dutch. I speak Dutch and English at home. My hobbies include playing footy and basketball. I also enjoy watching movies and TV.

I love to swim, and bike ride, and going to the beach.

I also like to practice Karate with my Dad in the garage; we have a kick bag there.



Finn -8th Kyu (yellow belt)

I am nearly 9 years old. I started doing martial arts about 10 months ago and love being at Hoshiki Kiritsu, because everyone is friendly and helps me learn. I like learning how to defend myself and get fit. Dad and my little sister help me practise for gradings. It's a bit tricky to learn the Japanese names but I like stretching and doing kata.

I also like computer games and Lego, and spending time with my cousins.



Many, many years ago I wrote a series of short stories and put an episode in each newsletter. Since then we have had so many new students join and I thought I'd "re-run" the series. Here's Episode 1 - hope you enjoy!

The Adventures of Master Hosh & Yoko Geri

Episode 1

Hosh and Yoko Geri were determined to live the life of the noble and nomadic martial artists. Wandering through the land trying to bestow good on all they met (Sound familiar to anyone? How about the '79 classic "Monkey Magic"?). Anyway, unlike Monkey, there was no destination or particular mission to drive them on, just their own thirst for adventure and indomitable free spirits.

"I need to rest honourable Hosh,"

"Yoko Geri, you don't need to rest, you only think you do. If you drive yourself you will be amazed at how far we can get if we push ourselves."

"But honourable Master, I am extremely tired and cannot continue."

"Quick, get down Yoko!" Hosh barked as he rolled into a defensive position.

"What, what is it? What can you see Master?" Yoko was flat on his stomach and whilst thankful to be off his feet, was charged with adrenalin.

"I can see four tusk warriors approaching, we may have to fight."

The two stayed silent, Hosh crouched in front of Yoko Geri. Then, after a long tense pause, Hosh broke into laughter.

"What is funny master?" enquired Yoko Geri, somewhat annoyed.

"You see Yoko Geri, you can go on, your mind has just prepared you to fight, and you are fully alert and energised! You just needed false stimulation. Now we can continue briskly and brightly my young side kick!"

Yoko said nothing but his silence was enough to acknowledge his master's lesson.

TRAINING TIP

MAINTAINING A STRONG STANCE (IE. FEET SHOULDER WIDTH AND ONE FOOT A FULL STEP BACK FROM THE OTHER) IS AN ESSENTIAL PART OF OUR BASIC SKILL SET. PRACTICE MOVING IN VARIED DIRECTIONS AND USING A VARIETY OF COMBINATIONS WHILST MINDFUL OF MAINTAINING A STRONG STANCE.

QUOTE OF THE MONTH:

"The greatest of all faults is to be conscious of none."

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

SOME SNAPS FROM THE TOURNAMENT



Matthew



Ben C



Jacob



Lachlan C



Xavier



Kai



Sempai Riley



Becky



Emily



Sarah



Gabby



Will



Lucas



Sempai Riley



Jacob



Kai



Gabby



Lachlan C

