

HOSHIKI MONTHLY

October / November 2015



JUNIOR 3RD DAN GRADING

Congratulations to Sempai Jasper, Sempai Jude & Sempai Riley on successfully attaining their Junior 3rd Dan in an outstanding grading. The three boys clearly demonstrated their discipline and intensity, displaying a steely focus throughout the entire grading. Their yuksukos showed great creativity as well as advanced techniques and were interesting and exciting to watch. A lot of time was spent preparing for this grading and this was particularly evident in the precision of their katas which were very impressive. Well done on a very high standard grading!

Special thanks to Sempai Cassidy who assisted in the grading and put in a lot of time also practicing the yuksukos – you showed true club spirit by helping others.





SNAPSHOT OF 2015

In our 20th year of HK Martial Arts it has been enormously rewarding to watch the progress of every student throughout the year. We never tire of watching a white belt excitedly perfect their first three blocks or a black belt take their very first class or standing back and watching an experienced junior patiently help a new student tie their belt. 20 years of HK Martial Arts truly have been an exciting and rewarding journey. We have been very privileged to have some amazing instructors along the way and look forward to watching our current coloured belts developing their skills and becoming part of our wonderful team of instructors in the future.

During the year we were extremely pleased to promote another Senior instructor and 3 Junior instructors to the rank of *Sempai* as well as 2 Senior instructors to the rank of *Dai Sempai*.

We only participated in 2 Loong Fu Pai tournaments this year but still brought home a total of 23 trophies! We have welcomed another 24 new students during the year and featured in 6 editions of Blitz Martial Arts Magazine.

So far this year we have had 131 gradings. Among these were Senior Black Belt (4), Junior Black Belt (9), Junior 1st Dan (5), Junior 2nd Dan (2) and Junior 3rd Dan (3) and we still have another 38 gradings to take place in December – including Dai Sensei Maree's 4th Dan on 16th December.

As well as training hard we have also managed to include some down time into our schedule – a weekend away at a day spa for the girls, training in

Hong Kong for the boys, celebrating our 20th anniversary in October, chaos and fun for 55 kids at Bounce and of course the top effort of raising \$1,200 at the Good Friday Spar-a-thon at Hammers Gym! It's been a great year and we look forward to another full, fun and rewarding year in 2016!!

Enjoy your Summer break, stay safe and have a very Merry Christmas!

CHRISTMAS PARTY AND PRESENTATION DAY



We hope to see everyone at our Christmas party and presentation day. Even if you can only make it for the presentations, please make a big effort to attend and honour those who have excelled throughout the year. All junior students receive a personalised participation medal and there will be trophies awarded to 7 of our outstanding juniors and 5 of our exceptional seniors.

WHEN: Saturday 12th December 2015.

WHERE: It is being held again in the ***Multipurpose Room*** at ***Ringwood Heights Primary School*** – Cnr Felix and Aurum Cres – car parking is available in the school.

TIME: The party starts at **12pm** and Presentation of trophies and medals will be at **1.30pm**.

SAT CLASS: **Morning classes on that day will start one hour later than normal with the second class finishing at 11.45am.**

BBQ's will be available for use and it is BYO meat, drinks and either a salad or dessert to share. There is a list in the dojo so we can organise food to share.

WELCOME

Welcome to ***Eloise, Riley H, Zach H, Eshan, Toby, Morgan & Elise*** in our Saturday junior class. It's great to have you all as a part of our club.

DATES FOR END OF YEAR AND NEW YEAR

Monday afternoon class - Last class is on 14th December 2015
- Class resumes on 1st February 2016

Wednesday night class - Last class is on 16th December 2015
- Class resumes on 3rd February 2016

Saturday morning class - Last class is on 12th December 2015
- Class resumes on 6th February 2016

Sunday kickboxing class - Last class is on 13th December 2015
- Class resumes on 7th February 2016

GRADING RESULTS FOR OCTOBER & NOVEMBER

JUNIORS

Congratulations to Charlie, Daniel J, Braedyn, Adamo, Jack D, Eloise & Andrew on attaining their 9th Kyu (yellow bars)



Congratulations to Jonah, Finn, Lucas, Alexander, Lachlan W & Maxi on attaining their 7th Kyu (green bars)



Congratulations to Lachlan C & Archie on attaining their 3rd Kyu (brown bars)



Congratulations to Gabby, Ethan & Luca on attaining their 2nd Kyu (brown belt)



Congratulations to Aidan, Liam & Josh on attaining their 1st Kyu (black bars)

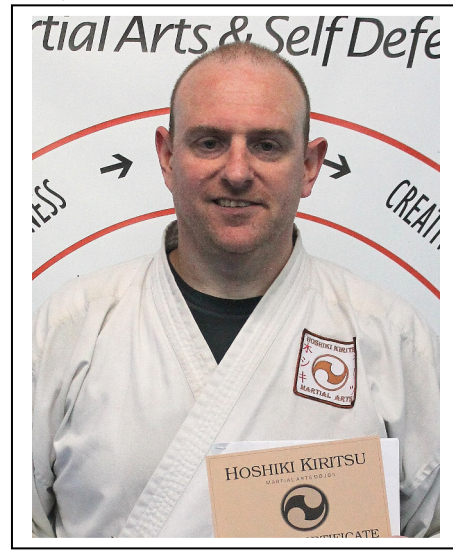


SENIORS

Congratulations to Paul on attaining his 7th Kyu (green bars)



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



CONGRATULATIONS SEMPAI RILEY

Sempai Riley fought in his first kickboxing fight out at St. Albans in November. He fought extremely well against a much more experience opponent, his defence was magnificent and he really took it up to the other fighter. I believe that the second round was a draw and Riley only narrowly lost on points in the first round. To give you an idea of how much more experienced his opponent was; he had fought 5 times just this year. Well done Sempai, you showed great skill, poise and courage!

Thanks to our support on the day – Geoff, Dai Sempai Jane, Sempai Jasper, Adrian, Rob, Gav, Nick and Lilly. And special thanks to Geoff for being Riley's cornerman and putting an enormous amount of effort into Riley's training.



PROMOTION TO DAI SEMPAI RANK

Congratulations to *Dai Sempai Kate* & *Dai Sempai Jane* who were recently promoted to the rank of "Dai Sempai". This rank translates as "Senior Instructor" and given the many hours they have spent in the dojo over the last few years teaching juniors, seniors and kickboxing they have certainly well and truly earned this title.

UPCOMING GRADINGS FOR DECEMBER

Dai Sensei Maree's Yondan - 4th Dan grading.

On Wed the 16th of December at 7.30pm Dai Sensei Maree will be attempting the most difficult of all Dan Gradings. She has put in an enormous amount of practice with Dai Sempai Jane, Dai Sempai Kate and Geoff.

Her weaponry Katas and Yuksuko's are fantastic and **I expect all** Senior instructors, students and high ranking junior instructors to be there to not only see this very demanding grading but to support Dai Sensei who has supported, taught and gone above and beyond for every single student in HKMA.

Juniors

- Riley, Zach, Eshan & Elise will all be attempting their 9th Kyu (yellow bars)
- Braedyn, Andrew, Jack, Daniel, Charlie, Eloise and Adamo will all be attempting their 8th Kyu (yellow belt)
- Kobe, Jaron, Angus, Ben & Sam will all be attempting their 6th Kyu (green belt)
- Tamara, Jess, Felix, Hannah & Bianca will all be attempting their 5th Kyu (red bars)
- Jack, Ella, Ben, Isla & Sarah will be attempting their 4th Kyu (red belt)
- Emily, Will, Tiana, Matthew, Nathan, Xavier, Becky & Paige will all be attempting 2nd Kyu (brown belt)

Seniors

- Damien & Nick will be attempting their 7th Kyu (green bars)
- Trent will be attempting his 4th Kyu (red belt)

SELF DEFENCE COURSES FOR 2016

4 Community Centres have booked us in to run Women's Self Defence classes in Term 1 and Term 2 next year. If you have any family or friends who are interested please pass on the details below. It's a great way to learn some effective yet simple self defence skills in a relaxed and fun environment. Bookings need to be made directly with the Centre.

- The Pines Learning Centre, Templestowe – 9842 6726

- 7 week course starts Monday 1st Feb - 7.45 – 8.45pm
- 7 week course starts Thursday 4th Feb – 4.30 – 5.30pm

- Ringwood Community Centre – 9870 2602

➤ 6 week course starts Tuesday 16th Feb – 7.00 – 8.00pm

- The Avenue Neighbourhood House, Blackburn – 9808 2000

➤ 6 week course starts Thursday 11th Feb - 7.00 – 8.00pm

➤ 6 week course starts Thursday 5th May – 7.00 – 8.00pm

- Ashburton Community Centre – 9885 7952

➤ 4 week course starts Thursday 3rd March – 1.00 – 2.00pm

➤ 6 week course starts Thursday 12th May – 1.00 – 2.00pm

HK 20TH ANNIVERSARY CELEBRATION EVENING

On 17th October we celebrated Hoshiki's 20th Year Anniversary at the Warrantdye Hotel. It was a great opportunity to get together, reminisce and look back at 20 years of training with HK. The slide show and newsletter compilation provided us with plenty of fodder to chat and remember the "old days". Thank you to all those who were able to come along to help us celebrate.





STUDENT PROFILES

JUNIORS

Hannah -6th Kyu (green belt)

My name is Hannah and I'm 11 years old. I have 5 people my family, my mum and dad, my older sister Steph and my younger brother Jaron. I also have two chickens, Pip and Nutty who are very curious. Jaron and I started karate last year in term 4. We both love it and joy every bit of the lesson. One of my best friends Nat, and I are both green belt and hope to continue karate until black belt.

I also started dancing when I was 4 and my sister and I do dance together at Parkwood Dance Academy. We perform in a concert every year to show the parents what we have learnt. Another thing I love to do is swim. When I in grade 2, I completed 100 laps of freestyle (1,500 metres) non- stop. After my 100 laps, I stop swimming lessons but my family and I still go to the beach to surf the waves. I love my family and my life and cannot be happier. Thanks for reading.



Jonah -7th Kyu (green bars)

My name is Jonah and I'll be six years old after Christmas. I've nearly finished my first year of school and will soon be in grade 1. I like doing maths and investigations because we get to make stuff. I like also doing martial arts because you learn how to kick and use the punching bags. I really like the warm ups and stretching too, because stretching out your body feels really nice.

I have a dog whose name is Charlie - he's a King Charles Cavalier and Pug and, I think, part Labrador. I also have two brothers, who are Daniel and Luca. Daniel does martial arts too, and so does my dad. I like to read books, look at birds, watch TV and play with the spare mattresses to make cubby houses.



The Adventures of Master Hosh & Yoko Geri

Episode 2

Our two noble Martial Artists travelled on, never wanting the comforts or material assets that others crave so badly. Adventure and sustenance was all they needed.

"Master Hosh, it seems 'bad luck' that we chose to veer East three days ago as we have not encountered any of our favourite hanging apple trees that seemed so plentiful on the Western track."

"Who knows what's good luck or bad luck young Yoko Geri?"

Yoko paused and tried to figure what his master meant. "But Master, it seems very bad luck that we chose the Eastern track. I am not blaming anyone, it just seems bad luck."

"Again Yoko, we don't know what's good or bad luck!"

The two wandered on, Yoko's hunger growing more acute, but he said nothing. Just as he thought he could contain his need for nourishment no longer Master Hosh beckoned Yoko to follow him over towards a strange collection of string vines. There Master Hosh sliced through the plants, wrapped a bundle up with a single strand and offered it to Yoko.

"Taste it Yoko."

Yoko tentatively bit into the yellow plant. His expression changed dramatically.

"Master, this is the most delicious I've ever tasted! Thank you!"

"You see Yoko, there is no such thing as bad luck, only opportunities to uncover good luck!"

TRAINING TIP

- HUMILITY & CONTROL

REMEMBER THAT THE TRULY ENLIGHTENED MARTIAL ARTIST, PARTICULARLY BLACK BELT, DOES NOT RESPOND TO THEIR EGO. THEREFORE WHEN ENGAGED IN COMBAT ROUNDS WE DO NOT KEEP COUNT OR SCORE. WE LOOK TO IMPROVE BOTH OURSELVES AND OUR PARTNERS. WHEN ENGAGED IN A ROUND WITH SOMEONE OF A LESSER RANK, PHYSICALITY OR SKILL LEVEL IT IS IMPORTANT TO GO INTO DEFENSIVE MODE TO ALLOW AND ENCOURAGE THEM TO IMPROVE THEIR ATTACKING TECHNIQUES WHICH IN TURN ALLOWS US TO FOCUS ON IMPROVING OUR DEFENSIVE AND EVASIVE SKILLS.

QUOTE OF THE MONTH:

“Continuous effort – not strength or intelligence – is the key to unlocking our potential” – Winston Churchill

See you at training,

SHIHAN MATT & DAI SENSEI MAREE

A Few Extra Snaps from Jnr 3rd Dan and KB fight...

