

# HOSHIKI MONTHLY

June / July 2016

## SENIOR 2<sup>ND</sup> DAN GRADING - NIDAN

The dojo was packed on 15<sup>th</sup> June as we all gathered to support *Dai Sempai Alicia*, *Dai Sempai Jane*, *Dai Sempai Kate* & *Dai Sempai Lana* in their Nidan Grading. Also known as “*The Marathon*” grading, this gruelling and intense grading requires an enormous amount of training, motivation, focus and discipline. And as you would expect, all four put in 110% resulting in a spectacular grading! Their fitness and focus really stood out as they fought their way through 18 x 2 minute rounds of sparring and wrestling, blindfolded self defence and 4 precise katas.

Since they commenced training almost 8 years ago, all four have made an enormous contribution to the club and continue to do so as they teach, motivate and inspire all HK members. This was evident in the huge turnout of 70 plus instructors, students, friends and family that were there to support them. Special thanks to HK’s Sensei Glenn and to Kancho Terry Lim (9<sup>th</sup> Dan) and Shihan Wayne Boyd (5<sup>th</sup> Dan) of Loong Fu Pai for coming along to watch. Congratulations on a strong and inspiring grading – we are so proud of you!!



*See our article in August/September Blitz Martial Arts Magazine – pg 12*

*Before*

*After*



## **JUNIOR BLACK BELT GRADING – SHODAN HO**

Congratulations to *Aidan, Josh & Liam* who were presented with their Junior Black Belt on **18<sup>th</sup> June**. When they commenced their training over 4 years ago all of them were quiet young boys. We have since seen them all develop into strong, focussed and disciplined young men with strong martial arts skills. Their commitment to intense training in the months prior to their grading is to be commended and we are extremely proud of the way they all pushed themselves beyond their comfort zone to achieve a high standard Black Belt! We look forward to watching them develop as instructors this year.



## **CONGRATULATIONS TO OUR NEW SEMP AIS**

### **JUNIORS - Sempai Jordan, Sempai Nick & Sempai Fletcher**

The last few months have been particularly rewarding as we have watched these young men progress to the rank of Sempai. To attain this rank they must already demonstrate the sound skills, discipline and focus of a black belt as well as an ability to teach and help others. It can be quite daunting for anyone (adult or junior) to speak in front of others and take a class and yet all 3 of them did just that with an age range of 10 – 13 years.

We were really impressed with each class and enjoyed the variety and different ways each of the boys took their Sempai class. Congratulations!!

*Sempai Jordan*



*Sempai Nick*



*Sempai Fletcher*



### **SENIOR – Sempai Geoff**

We were extremely pleased to award the rank of “Sempai” to Sempai Geoff recently. Sempai Geoff has assisted a number of others with their training over the last few years, participating in 4<sup>th</sup> Dan gradings and training both junior and senior students for kickboxing fights and tournaments. These experiences as well as his focussed and disciplined approach to training have contributed to his development in becoming an excellent instructor. He is someone who consistently gives back to the club and we are fortunate to have another Sempai of his calibre. Congratulations Sempai Geoff!



### **GRADING RESULTS FOR JUNE & JULY**

#### **JUNIORS**

Congratulations to Ben, Isla, Sarah & Ella on attaining their 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Ethan, Gabby & Luca on attaining their 1<sup>st</sup> Kyu (black bars)



Congratulations to Matthew, Paige, Will, Becky, Nathan, Emily, Tiana & Xavier on attaining their 1<sup>st</sup> Kyu (black bars)



Congratulations to Archie & Lachie C on attaining their 1<sup>st</sup> Kyu (black bars)



## UPCOMING GRADINGS FOR AUGUST & SEPTEMBER

### Juniors

- James, Maddie, Jesse, Lachie W & Finn will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Riley, Elise, Zach, Toby, Eshan & Morgan will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Andrew, Jack, Braedyn, Eloise, Charlie, Adamo & Daniel will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Jonah, Finn, Lucas & Alexander will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Angus, Kobe, Ben, Aaron, Jaron, Lachlan W & Sam will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Felix, Tamara, Jess, Bianca & Hannah will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Kai, Jacob, Jackson, Zach, Conall, Adam, Daniel & Scott will all be attempting their 1<sup>st</sup> Dan
- Sempai Charlotte, Sempai Jordan, Sempai Nick, Sempai Fletcher & Blake will all be attempting their 2<sup>nd</sup> Dan

### Seniors

- Kellie, Sally & Richard will be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Nick, Damien & Paul will be attempting their 5<sup>th</sup> Kyu (red bars)
- Steve & Ella will be attempting their 3<sup>rd</sup> Kyu (brown bars)

## HONG KONG TRAINING TRIP

On 20<sup>th</sup> July Sempai Geoff, Steve, Rob, Riley, Damo, Adrian and myself set off to Hong Kong for a week long 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 6 years.

We trained twice with Sifu Nima King of Mindful Wing Chun Kung Fu. As usual we were inspired by his 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.



*Training with Sifu Nima*



*Lunch with Master Benny & Joyce*

The next few days we enjoyed a few meals and great company 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.



*Training with Master Benny*



*Training at DEF Boxing*

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 and the Giant Buddha on Lantau Island and its surrounding temples at the local villages.



*Bruce Lee Museum*



*Harbour Plaza Hotel with Gary Wong*

## **NEW DVD – 30 YEARS OF HKMA!!**

We are very excited to announce that our DVD celebrating the last 30 years of HKMA will be released in the next week or two. There is heaps of fantastic footage and photos from gradings, tournaments and kick boxing fights. The last 5 – 10 years in particular feature heavily. We have kept the cost at a minimum just to cover professional editing and production and they will be for sale for \$20. See Renshi Maree to place your order.



## COMPULSORY EQUIPMENT FOR ALL STUDENTS

You MUST have all of your equipment at EVERY class. This includes:

- Mouthguard - Leg pads - Gloves/Hand pads - Groin Guard - Water bottle

Juniors – please remember that it is YOUR responsibility to ensure that you bring all of the above to every class, otherwise you WILL NOT be permitted to participate in rounds.

## NEW HK BAGS

Sempai Delphine has made a HK sports bag which is hanging in the dojo. The quality and detail is fantastic and she is taking orders for anyone that is interested in buying one.

Thanks Sempai Delphine for taking the time to promote HKMA using your unique skills – the bag looks awesome!



## WELCOME

Welcome to *Tim* in our Sunday morning kickboxing class.

## STUDENT PROFILES

### JUNIORS

#### *Charlie – 7<sup>th</sup> Kyu (green bars)*

My name is Charlie. I go to North Ringwood Primary School and am in grade 1. I go to school with my older sister Chloe.

My weeks are pretty crazy as I love doing lots of sports and activity. In addition to my karate I do gymnastics, Auskick, 'Biddy Ball' (which is starting to learn basketball) and even get a few guitar lessons. For gymnastics I finished my first competition season and got a team silver medal at the Victorian championships. I was pretty happy about that.

For guitar I recently learnt my first riff for Smoke on the Water. It was really exciting to learn to play some music. I might be a rockstar one day.

I started my karate last year and am really feeling much better at it. I now have my green bars. I love seeing Matt and Maree and also my school friend Braedyn. It's a fun Monday night!

I also enjoy playing games on my iPad like Snake IO and Minecraft when I can relax a bit.



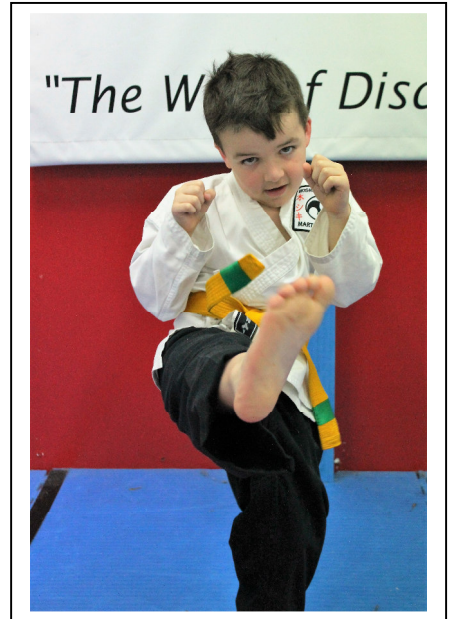
**Jack - 7<sup>th</sup> Kyu (green bars)**

My name is Jack and I'm 6 years old and in Year 1 at school. Family: I'm the youngest of 4 children, I have 2 older brothers and an older sister.

Sports played: karate, basketball, swimming and football.

Aim: To achieve my Black Belt while I'm still in primary school and win a basketball grand final.

I started karate because my mum loved going to Maree on a Friday morning for the first 3 years of my life to do self defence and fitness classes. At the start I found karate difficult but now I am able to concentrate for longer periods of time and I'm more disciplined. I'm becoming better at the warm up activities and am really enjoying the Katas. They are so good for my memory and coordination. I love doing Karate with my cousin Andrew and have made some great new friends who I enjoy talking to and playing with.



**Adamo – 7<sup>th</sup> Kyu (green bars)**

Hi my name is Adamo. I am 9 years old. I live in Park Orchards

and go to Holy Spirit primary school. I like to play football and basketball with my friends. I have 2 dogs, Oscar and Ruby and 2 cats Moo-Moo and Ash. My favourite foods are lasagna, sausage and hamburgers. My favourite footy team is Hawthorn.

I began learning karate about 1 year ago. My brother Luca and sister Bianca are also at the club. I like karate because I get to punch and kick without getting in trouble.



**WOMENS SELF DEFENCE COURSE**

The next 6 week Womens Self Defence Course is starting in September.

Details are: ***Dates: Tuesday 6<sup>th</sup> September – Tuesday 11<sup>th</sup> October***

***Time: 6.45pm – 7.45pm***

***Cost: \$90***

Contact Renshi Maree to book in.

# The Adventures of Master Hosh & Yoko Geri

## Episode 6

As Yoko and Master Hosh travelled on further South, with every footstep the ever-present heat intensified.

"Master Hosh, it is becoming more and more difficult to find water, I have noticed the frequency of lagoons and springs is diminishing."

"Yes Yoko, you are right, we will have to watch the movements of any form of life we come across as they will no doubt lead us to water."

"So you need water do you?" A hideous unseen voice crackled from the hollow trunk of a nearby tree.

"Yes we do, can you help us?" Master Hosh calmly answered.

"Maybe I can, maybe I can't," said the sinister troll as he oozed forward from his hiding place.

"Master Hosh, we must not trust this devious creature, you know they are notorious for misleading and robbing travellers."

"I know Yoko, but remember no matter how repulsive any being or creature is they are in some small way our superior. For no matter how unfortunate or degraded they are, they have seen, experienced and learnt things that we have not."

To be continued...

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## **TRAINING TIP**

### **- ACTIVE MEDITATION**

Remember whenever standing heiko dachi, especially at the beginning and end of class, it is important to relax your legs, keep a slight bend in your knees with toes slightly turned in to give a solid base and good purchase on the dojo mats. Your spine, back and head should all be upright and extended as tall as possible. At the same time relax your shoulders and back allowing your focus and physical presence to be completely centred to your hara. This will allow for clearer and more precise visualisation and meditation.

## **QUOTE OF THE MONTH:**

*"Rather than being worried about what could go wrong,  
be excited about what could go right."*

*See you at training,*

*Shihan Matt and Renshi Maree*