

# HOSHIKI MONTHLY

August / September 2016

## DAN GRADINGS & SEMPAI CLASSES

We have had another couple of big months with some brilliant Dan gradings and Sempai classes. Special thanks to the following Senior instructors for all of their help preparing students to grade and coming along to help grade: *Dai Sempai Jane, Dai Sempai Kate, Sempai Delphine, Sempai Rob, Sensei Greg, Sempai Shell & Taylor.*

### JUNIOR 1<sup>ST</sup> DAN

Congratulations to Kai, Zach, Jackson, Conall, Jacob, Adam & Daniel who all attained their Junior 1<sup>st</sup> Dan in September. It was great to have such a big group continue on from Black Belt and achieve their 1<sup>st</sup> Dan. These 7 young men have taken their training up to the next level and really demonstrated their advanced skills as black belts during their 1<sup>st</sup> Dan training and grading. As well as perfecting three kata and learning a traditional weapon for another kata, they also had to apply their combat and self defence skills against two opponents during random grabs and combat rounds – pretty impressive! Your determination and willingness to put in extra training has seen you all earn a well-deserved 1<sup>st</sup> Dan – congratulations!



### JUNIOR 2<sup>ND</sup> DAN

Congratulations to Sempai Blake, Sempai Nick, Sempai Sharlotte & Sempai Fletcher who all attained their Junior 2<sup>nd</sup> Dan in September. These four have maintained a consistent approach to their training for the last 6½ years and it is so rewarding to see them achieve their 2<sup>nd</sup> Dan. We expect a strong, disciplined approach to 2<sup>nd</sup> Dan and want to see all techniques at an extremely high level. And that's what we got – katas with excellent timing and form, self defence with strong follow up and strong combat techniques including rounds against multiple opponents – one round was against 4 opponents! Well done!!

### *Junior 2<sup>nd</sup> Dans*



### **JUNIORS – Sempai Blake**

Congratulations to Sempai Blake who was awarded the title of Junior Sempai in August. At just 11 years old Sempai Blake conducted an excellent class, speaking with confidence and clearly explaining the skills he was teaching. Congratulations Sempai Blake!



### *Our 5 New Junior Sempais for 2016*



### **SENIORS – Sempai Rob**

It was a pleasure to award the rank of Sempai to Sempai Rob recently. We were all looking forward to his class and Sempai Rob did not disappoint! We are lucky to have a strong and disciplined Martial Artist such as Sempai Rob amongst our ranks. He constantly pushes himself and encourages everyone else around him to do the same thus ensuring we maintain a high standard at HK. He has proven himself as an instructor, helping to train students for fights and tournaments and participating in Dan gradings. Congratulations Sempai Rob!



## GRADING RESULTS FOR AUGUST & SEPTEMBER

### JUNIORS

Congratulations to Eshan, Elise, Riley, Zach, Morgan & Toby on attaining their 7<sup>th</sup> Kyu (green bars)



Congratulations to Daniel, Andrew, Braedyn, Adamo, Jack & Eloise on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Charlie & Maxi on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Finn, Lucas, Jonah & Alexander on attaining their 5<sup>th</sup> Kyu (red bars)



Congratulations to Angus, Kobe, Jaron, Sam, Aaron & Ben on attaining their 5<sup>th</sup> Kyu (red bars)



## **SENIORS**

Congratulations to Richard, Sally & Kelli on attaining their 8<sup>th</sup> Kyu (yellow belt)



## **UPCOMING GRADINGS FOR OCTOBER & NOVEMBER**

### **SENIOR 2<sup>nd</sup> DAN GRADING – Sempai Andy**

On **Wed 30<sup>th</sup> November** Sempai Andy will be attempting the marathon grading – NIDAN (2<sup>ND</sup> Dan). Sempai Andy has been training intensively this year, he was a training partner for the last 4 students who attained their Nidan earlier this year and is now focussed on the final stages of his own preparation. He has been a dedicated student and instructor for almost 8 years and we look forward to a strong and intense grading! We hope all Seniors and Junior 1<sup>st</sup> Dans and above can come along to support Sempai Andy.

### **JUNIOR 3<sup>RD</sup> DAN GRADING – Sempai Cass & Sempai Zach**

Sempai Zach and Sempai Cass will be attempting their Junior Sandan (3<sup>rd</sup> Dan) this term. They have been training with us for almost 8 years now and watching them develop from 5 & 6 year old white belts to 13 & 14 year old Junior Instructors has been particularly rewarding. Grading date to be confirmed early this term.

#### **Juniors**

- James, Jesse, Lachie & Finn will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Riley, Eshan, Elise, Zach, Toby & Morgan will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Jonah, Finn, Lucas & Alexander will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Angus, Kobe, Ben, Jaron & Sam will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Felix, Tamara, Jess, Bianca & Hannah will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Ben, Ella, Isla & Sarah will all be attempting their 2<sup>nd</sup> Kyu (brown belt)
- Scott will be attempting his 1<sup>st</sup> Dan
- Sempai Jordan will be attempting his 2<sup>nd</sup> Dan

#### **Seniors**

- Sally, Kelli & Richard will be attempting their 7<sup>th</sup> Kyu (green bars)
- Nick & Paul will be attempting their 5<sup>th</sup> Kyu (red bars)
- Jason will be attempting his 2<sup>nd</sup> Kyu (brown belt)

## **UPCOMING TWILIGHT TOURNAMENT**

The next Loong Fu Pai Tournament is on **Saturday 19<sup>th</sup> November – 2.30pm start.** These tournaments are a great way to try out your martial arts skills and are always a lot of fun. We hope to have a contingent of HKMA competitors and encourage both Juniors and Seniors to consider participating – events include both Continuous and Points Sparring, Kata, Sumo & Tile Break.

We will be running 4 extra sessions for Tournament Training:

- Sunday 23<sup>rd</sup> October 9am – 9.45am
- Sunday 30<sup>th</sup> October 9am – 9.45am
- Sunday 6<sup>th</sup> November 9am – 9.45am
- Sunday 13<sup>th</sup> November 9am – 9.45am



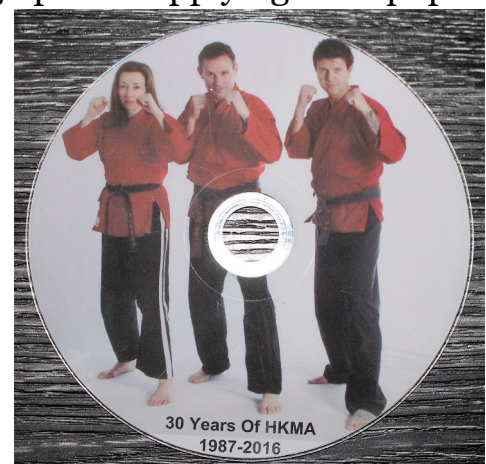
## KICKBOXING FIGHTS AT LILYDALE

Sempai Riley fought in his 2<sup>nd</sup> and 3<sup>rd</sup> kickboxing fights at Lilydale recently. Thanks for everyone's support, especially those who were able to come along to watch. Riley fought extremely well against some very tough boys. He narrowly lost the first fight and it was even closer in the second - a split decision loss. It was an invaluable experience and he showed great grit and determination. Special thanks to Sempai Geoff, Jason, Damo and Adrian for their assistance with Riley's training.



## MOVIE NIGHT – 30 YR DVD

We celebrated the release of our **30 Year HKMA DVD** with a Premiere Night for all our Senior students and families. It was a great night looking back over the years of all our training. Very funny seeing some of us with more hair than now!! Also very rewarding watching the development of our current juniors from when they were 5 years old to some of them now 14 years old. The DVD features both footage and photos of numerous gradings, kickboxing fights and tournaments from 1987 – 2016 and we tried to capture all of our current students as well as many students from the past. It is a great compilation of our history. We have copies for sale for \$20 – see Renshi Maree to get your copy. Huge Thanks to **Richard** for setting up and supplying the equipment.



## **SEMPAI GEOFF & SALLY – TRAINING IN HONG KONG**

Sempai Geoff is on a mission to continually strengthen our international ties. He and Sally spent a week in Hong Kong in August training with both Master Benny Yu from Greatest Thai Boxing and Sifu Nima King from Mindful Wing Chun Kung Fu. We've trained with these two generous teachers numerous times but as with all great instructors, we never cease to learn something new each time.

*Training with Master Benny*



*Enjoying dinner with Master Benny & Joyce*



*Training with Sifu Nima*



## **STUDENT PROFILES**

### **JUNIORS**

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

Hi, I'm Riley and I just turned 8. I have a brother, Ben, who does martial arts too and we live in Park Orchards.

I love to dance and draw and I also like to ride my bike and motorbike and do tricks on the tramp.

I'm in grade 2 at Ringwood North Primary and I also learn the drums. I have lots of friends and I like school because it is joyful.

#### **Daniel J - 6<sup>th</sup> Kyu (green belt)**

My name is Daniel. I live with my mum & dad, my sister & a cat. As well as karate, I enjoy playing football, cricket, basketball & tennis. I play football for the Templestowe Junior Football Club, and my team has just had a very successful year. I barrack for the Hawks in the AFL & the Melbourne Storm in the NRL, and go to lots of games with my family.

I am also about to commence playing club basketball with the Bulleen Boomers, as well as my second season with the Templestowe Junior Cricket Club.



I was selected to sing with the National Boy's Choir this year. So far we have performed at two concerts, with our Christmas concert coming up in December at Hamer Hall, in the city. I am very excited!

In Karate, having recently gained my green belt, I am looking forward to more achievements, and perhaps competing for the club, some day soon.

### *Braedyn – 6<sup>th</sup> Kyu (green belt)*

Hi my name is Braedyn and I'm 6 years old.

I've just got my green belt and am super excited.

I am enjoying Martial Arts a lot and can't wait to be black belt like my brother.

I also love playing basketball and playing with my friends.



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

Hi my name is Zach. I am 5 years old and I go to Kinder at Pinemont Pre-school. At Karate I enjoy kicking, kneeling, punching and elbowing. I love being on holidays and I have recently been to Warrnambool where I liked playing at the park and the beach.

When I grow up I want to be a builder and one of my favourite things to do is to work on my construction site at home. I'm currently building my own house! I also like to do swimming, playing footy and dressing up as either Spiderman or a policeman.

My next goal in Karate is to get my green belt.



## *The Adventures of Master Hosh & Yoko Geri*

### Episode 7

"Are you coming or not?" barked the Troll.

"Yes we are, we are putting our trust in you sir," replied Master Hosh.

"But Master, you have heard the stories" said Yoko

"I know Yoko, but they are just that, stories. I have never had cause to doubt or fear these creatures myself personally. Besides Yoko, this poor being would never have been the recipient of anyone's trust before, let's just see how he reacts!"

"I know the way to an underground spring not far from here!" the Troll seemed eager to accommodate Master Hosh and Yoko, which made Yoko nervous and Master Hosh pleased.

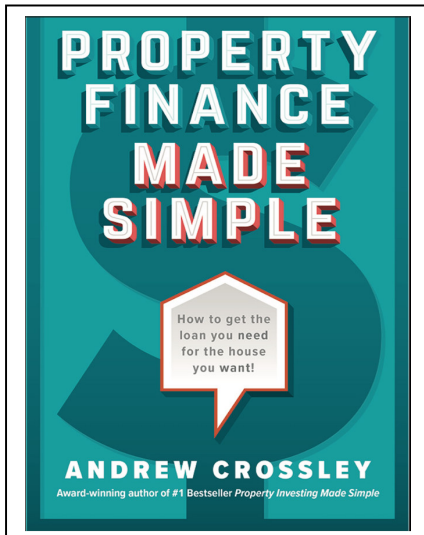
After a short but rugged journey up the side of a steep and treacherous mountain, our two travellers were led to the life-giving spring.

"Drink and fill your flasks," the Troll motioned graciously as he stepped away from the water. Master Hosh and Yoko quickly drank the cool still water. As they turned to thank the Troll he had vanished.

"You see Yoko, if you give someone a good name, nine times out of ten they will live up to it."

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## ADVERTISING CORNER



This finance book by *Andrew Crossley* is suitable for anyone who has a loan or needs a loan to buy a property, including helpful tips for first home buyers, refinancing, self-employed and investors. It really supports also why you need a mortgage broker to help you.

The following link explains more about the book:

<https://propertyfinancemadesimple.leadpages.co/property-finance-made-simple/>

To purchase a copy go to: <http://goo.gl/wCscCQ>

## TRAINING TIP LOCKS & HOLDS

When applying a submission lock or hold always take your partner to the point where they have lost balance and will submit by tapping. This will enforce practicality and realism into your training. It is also wise to train Submission holds with speed and regularity so they become an instinct rather than a conscious thought.

## QUOTE OF THE MONTH:

*“Your greatest asset is not your physical ability,  
it’s your mental ability.”*

*See you at training,*

*Shihan Matt and Renshi Maree*