

HOSHIKI MONTHLY

October / November 2016



RUDOLPH THE RED BELLY REINDEER!



Senior 2nd DAN GRADING - NIDAN

Congratulations to *Dai Sempai Andy* on achieving his 2nd Dan and being awarded the title of “*Dai Sempai*” on 30th November. Dai Sempai Andy put in an enormous amount of training for this marathon grading and the results spoke for themselves as we watched him fight his way through 18 x 2 minute rounds of sparring and wrestling, blindfolded self defence and 4 katas. Training alone for a 2nd Dan grading can be difficult but Dai Sempai wasn't deterred and is to be commended for his outstanding focus, discipline and fitness. He has been training with HK for almost 8 years and has proven himself to be a valuable member of the club – congratulations on reaching this milestone grading!



Junior 2nd DAN GRADING

Sempai Jordan successfully attained his Junior 2nd Dan in an impressive and particularly focussed grading in October. His determined and disciplined approach to his training over the last 6½ years was evident throughout the grading and his personal weaponry kata was outstanding! He displayed exceptional speed and control of his chosen weapon, nunchakus, and his kata timing was perfect each time. Congratulations Sempai Jordan!



WELCOME

Welcome to *Harrison* in our Sunday Kickboxing class. It's great to have you as a part of our club.

SNAPSHOT OF 2016

We began the year on a high with a visit in February from Master Benny from *Greatest Thai Boxing in Hong Kong* and his wife Joyce. After a couple of months of hard training, the girls enjoyed our annual weekend away at a day spa in April whilst those who can't get enough training started packing for the first of 3 training trips during the year to Hong Kong and Japan. Our DVD night in September was a lot of fun reminiscing and a wonderful celebration of 30 years of Martial Arts and HKMA.

It's been a great year watching all our students achieving goals and continuing to improve and develop as Martial Artists. Something that has particularly stood out this year though has been the support demonstrated from all within the HKMA family to ensure everyone has been able to achieve their goals. There have been numerous black belt and Dan gradings this year as well as tournaments requiring a lot of extra time and training and the whole club has supported those students, helping with their training and encouraging them along the way.

During the year we were extremely pleased to promote another 2 Senior instructors and 5 Junior instructors to the rank of *Sempai* as well as 3 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 24 trophies! We have welcomed another 9 new students during the year, featured in 4 editions of Blitz Martial Arts Magazine and taught 4 Women's Self Defence Courses over the last 6 months.

So far this year we have had 119 gradings. Among these were Senior 2nd Dan (5), Junior Black Belt (3), Junior 1st Dan (7) and Junior 2nd Dan (5) and we still have another 43 gradings to take place in December – including Junior Black Belt (13 students), Junior 3rd Dan (2 students) and Senior Black Belt (3 students).

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 10th December 2016.

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 at the normal time as we have a Black Belt Grading in the 10am class.

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.

DATES for End of Year and New Year

Saturday morning class - Last class is on 10th December 2016
- Class resumes on 4th February 2017

Sunday kickboxing class - Last class is on 11th December 2016
- Class resumes on 5th February 2017

Monday afternoon class - Last class is on 12th December 2016
- Class resumes on 6th February 2017

Wednesday night class - Last class is on 14th December 2016
- Class resumes on 1st February 2017

GRADING RESULTS FOR OCTOBER / NOVEMBER

JUNIORS

Congratulations to James & Lachie on attaining their 8th Kyu (yellow belt)



Congratulations to Alexander, Finn, Lucas & Jonah on attaining their 4th Kyu (red belt)



Congratulations to Jess, Tamara, Hannah, Bianca & Felix on attaining their 3rd Kyu (brown bars)



SENIORS

Congratulations to Richard, Sally & Kelli on attaining their 7th Kyu (green bars)



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



UPCOMING GRADINGS FOR DECEMBER

JUNIOR BLACK BELT GRADINGS

We have 13 Juniors attempting their Junior Shodan Ho (Black Belt) in December. The first group of 5 will be grading on **Monday 5th December 5pm class** and the second group of 8 will be grading on **Saturday 10th December 10am class**. They have all put in a solid term, training hard twice a week to ensure they maintain the high standard we expect in Black Belt gradings. We've been really pleased watching everyone improve enormously over the last couple of months and are looking forward to strong gradings.

JUNIOR 3rd DAN GRADING

Sempai Zach and Sempai Cassidy will be attempting their Junior 3rd Dan on **Saturday 3rd December 10am class**. Can't wait to see some creative yuksukos!

SENIOR BLACK BELT GRADING

After many months of intensive training, Jasper, Nathan and Riley will all be attempting their Senior Shodan Ho (Black Belt) on **Wednesday 14th December 7.30pm**. This will be a wonderful way to finish off the year so please try to come along and support them on this big occasion.

COLOURED BELT / BAR GRADINGS

Juniors

- Finn & Jesse will be attempting their 8th Kyu (yellow belt)
- Elise, Eshan, Riley, Toby, Zach & Morgan will all be attempting their 6th Kyu (green belt)
- Adamo, Andrew, Braedyn, Charlie, Daniel, Eloise, Jack and Maxi will all be attempting their 5th Kyu (red bars)
- Angus, Ben, Jaron, Kobe & Sam will all be attempting their 4th Kyu (red belt)
- Ben, Ella, Isla & Sarah will all be attempting their 2nd Kyu (brown belt)

TWILIGHT TOURNAMENT

On Saturday 19th November 9 of our students along with the support of numerous seniors, competed in the Loong Fu Pai Tournament. It was great to have some students competing for the first time alongside others who have been competing for many years now. We had outstanding results, taking away 13 trophies! Congratulations to ***Daniel T, Daniel J, Finn, Gabby, Jonah, Lucas, Nick, Sempai Riley & Sarah*** who all participated with enthusiasm, discipline and focus and represented HKMA with pride. Special thanks to all the seniors and parents who once again helped not only on the day but at the extra training sessions as well – ***Sempai Rob, Sempai Lana, Damien, Richard, Adrian, Tim & Sempai Delph*** – your support ensures our kids are well prepared and enjoy competing. Congratulations to the following students who won a trophies:

- | | | |
|---------------------|---------------------------------------|-----------------------------------|
| Sempai Riley | - 1 st Continuous Sparring | - 1 st Tile Break |
| | - 1 st Rapid Fire | - 1 st WKO |
| | - 3 rd Kata | - 3 rd Points Sparring |
| Daniel T | - 1 st Sumo | |
| Daniel J | - 3 rd Continuous Sparring | - 3 rd Tile Break |
| Lucas | - 1 st Tile Break | - 2 nd Points Sparring |
| Sarah | - 3 rd Continuous Sparring | - 3 rd Sumo |



KICKBOXING FIGHTS AT LILYDALE

Sempai Riley fought in his 4th and 5th kickboxing fights at Lilydale on Sat 15th October. The first fight was a very hard fought contest which Riley won through a mixture of good movement and evasion, a better work rate and cleaner combinations.

The second fight was not as demanding and Riley (who was clearly the better fighter) showed great control and skill to once again get the decision. Thanks to everyone who came down to support Riley and HKMA.

Special thanks to Sempai Geoff, Adrian, Jas and Damien for all their hard work in preparing Riley for the fights.



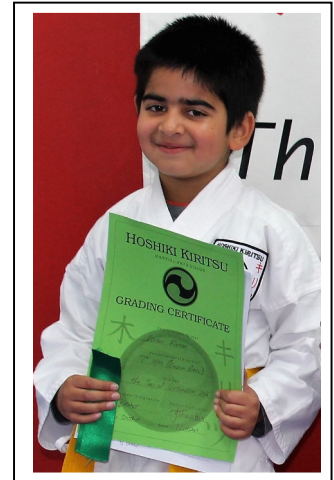
STUDENT PROFILES

JUNIORS

Eshan - 7th Kyu (green bars)

Hi, my name is Eshan, I am 6 years old and I live with my mum, dad and my little twin sisters. I have got my yellow belt with green bars. I love doing Kata Appuku and I am excited about getting my green belt next.

I am in grade 1 at Ringwood North Primary, where I am also learning to play guitar. I love riding my bike and playing with my Legos.



Toby – 7th Kyu (green bars)

Hi, I'm Toby I'm six years old and in prep at Ringwood North Primary School. I like this club because it's fun and you have creative ideas and I like doing my katas. I especially like doing Hoshiki with my cousin, Morgan. My dad also helps out and he's training very hard for his second dan. I think that this club is the best club out of every club. I like seeing all of the other people training for their belts. Other things I like to do apart from Hoshiki is to play AFL with my dad. I also play Milo Cricket and tennis too. I love sport! See you in the dojo :)



Morgan – 7th Kyu (green bars)

Hi my name is Morgan and I'm 8 years old. I have two dogs called Moris and Mishca and a cat called Wrigley. I love playing basketball, my favourite team is the LA Lakers.

I also love playing Pokémon Go and Minecraft. I love animals and would like to be a zoo keeper when I get older.



The Adventures of Master Hosh & Yoko Geri

Episode 8

Yoko and Master Hosh travelled on; the distant mountain range was growing ever closer.

"Master, are we going to go over the mountains or around them?"

"That's a very good question Yoko and one I don't know the answer to until we get there."

Yoko was once again perplexed for it was not like Master Hosh to be indecisive about anything. Finally the two stood gazing upward at the foot of the imposing mountain range.

"We shall set up camp for the night Yoko and I will sleep on the question of how we will get to the other side."

"You mean you will ask yourself tonight 'over or around' Master and wait for the enlightened answer?"

"That's right Yoko, but I will not limit myself to 'over or around', I will simply ask how."

Night fell and again Yoko was puzzled by his Master's actions but knew better than to question them. As the sun came up Master Hosh woke Yoko.

"Come Yoko, I have been given the answer by my higher self."

"What is it Master?" enquired Yoko eagerly.

"We shall go through the mountains!"

"But how Master?"

"I woke this morning with an intuitive feeling to explore the whole base of the range and have found a tunnel system that will take us safely through to the other side. That is why young Yoko you must never limit the possibilities you have, only trust that you will find best one!"

TRAINING TIP **CHECKING KICKS**

Checking kicks (ie. blocking a kick with your leg) is an important component of sparring and one we sometimes neglect. It allows your hands to remain free whilst blocking a kick.

QUOTE OF THE MONTH:

*"What you get by achieving your goals is not as important
as what you become by achieving your goals."*

Henry David Thoreau



Wishing you all a very Merry Christmas & safe and happy New Year.

Shihan Matt and Renshi Maree

Some snaps from Tournament and Training



Jonah & Sempai Riley practicing



The two Daniels practicing with Sempai Riley & Gabby



HK students ready to bow in



Last minute tips from Dai Sempai Lana & Renshi



Nick in Sumo



Daniel T & one of the famous Tassi head kicks!!



Lucas smashing his way to 1st Place



Daniel J kicking his way to 3rd Place



Brilliant Tile Break from Gabby



Sarah on her way to 3rd place



Sempai Riley fighting his way to 1st Place



Daniel T winning 1st place in Sumo



Outstanding kata from Finn



1st Place Tile Break kick for Sempai Riley



Great work in the Sumo Gabby!



Excellent sparring Jonah!!



3rd Place in Tile Break for Daniel J



Sarah with some great kicks!



Jonah in his first Sumo



Lucas moving well in sparring



Excellent sparring Finn with hands up!

