

HOSHIKI MONTHLY

December 16 / January 17

Happy New Year to our HKMA family! In our 22nd year we're pleased to say that the family is continuing to grow and mature. We look forward to welcoming another 12 young Juniors in Term 1 whilst some of our older Juniors will be moving into the Senior class this year.

Now's the time to shake off the cobwebs and start working on your pushups, situps and head out for a light jog – we can't wait to see everyone first week of February!!

CONGRATULATIONS TO OUR 13 NEW JUNIOR BLACK BELTS!!

After 3 months of disciplined and hard training twice a week, we were proud to present another 13 students from the Monday & Saturday classes with their Junior Shodan Ho (Black Belt) in December. Congratulations to:

Becky, Tiana, Emily, Will, Paige, Nathan, Xavier, Matthew



Gabby, Ethan, Lachie, Luca & Archie



Training for Black Belt requires an enormous amount of determination, self-motivation and focus and it was rewarding to watch the group achieve this resulting in two impressive gradings. Thank you to all of the senior students who came along to help at both the gradings and special thanks to the parents of our new black belts for all your support bringing the kids to all the extra training sessions.

CONGRATULATIONS SENIOR BLACK BELTS

Congratulations to **Jasper, Riley & Nathan** who all achieved their Senior Shodan Ho (Black Belt) in an exceptional grading on 14th December. 16 sparring and bag rounds, 9 kata & sequences, self-defence and an essay means that Senior Shodan Ho requires both physical and mental strength and stamina. The boys put in 6 months of hard training ensuring they were well prepared and enabled them to demonstrate an impressive level of skill, technique and fitness. They have all worked their way through the Junior and Senior ranks over the last 8 – 9 years and we could not have been prouder to watch them put on their Senior Black Belt! Special thanks to our guest instructors Kancho Terry Lim & Shihan Wayne Boyd from Loong Fu Pai for making the time to come along and support the boys.



CONGRATULATIONS JUNIOR 3RD DANS

Sempai Cass and **Sempai Zach** successfully attained their Junior 3rd Dan in December. They both showed maturity and discipline by taking responsibility for their grading preparation and put in a lot of extra training to ensure the excellent standard demonstrated on the day. Their yuksukos were not only exciting to watch but also showed great creativity and skill. Congratulations and well done on a fantastic grading!

Special thanks to **Sempai Riley** & **Sempai Jordan** for offering to partner them in the grading and giving up their time to prepare for it.



CONGRATULATIONS KYOSHI MATT



After 35 years dedicated to Martial Arts including a decorated Kickboxing, Full Contact & Semi Contact competition record; Kyoshi Matt has been awarded the title of "Kyoshi" and rank of Rokudan (6th Dan).

On 14th December many of us were proud to watch on as Kanchō Terry Lim presented Kyoshi Matt with a new belt, rank and title thus recognising his contribution to Martial Arts & Kickboxing. This has included the formulation and development of HKMA, training over 1500 students, over 30 articles published in Blitz, international training and a Diploma in Martial

Arts Coaching. I know the rest of the club is just as proud as I am –
Congratulations Kyoshi Matt!!

Renshi Maree

CHRISTMAS PARTY AND PRESENTATION DAY

A great afternoon was had by all as we celebrated another year of training at HKMA. Thank you to everyone who was able to come along to celebrate, enjoy our delicious banquet lunch and honour our worthy award recipients for 2016. Apart from the Presentations, the highlight was the sensational Pinata – made by Tatiana (Alex’s mum)!! Big thank you to the Abell family for bringing along their BBQ.
Best Ever Pinata!!

Congratulations to our 2016 Trophy Recipients:

SENIORS

- Club Champion
- Black Belt of the Year
- Outstanding Service
- Outstanding Service
- Kickboxing Club Champ
- Most Disciplined
- Most Improved
- Dai Sempai Kate
- Dai Sempai Lana
- Dai Sempai Jane
- Dai Sempai Delphine
- Riley
- Jason
- Nick



JUNIORS

- Club Champion
- Black Belt of the Year
- Most Determined
- Most Disciplined
- Most Courageous
- Most Consistent
- Most Improved
- Gabby
- Sempai Charlotte
- Archie
- Sempai Jordan
- Lucas
- Aidan
- Riley H

The mad scramble for Pinata lollies!!



Our 2016 Award Winners



Thank you to everyone for your generous Christmas gift – we’ve been able to purchase some more equipment for the dojo, enjoyed a few nights out to dinner and indulged in a massage!

GRADING RESULTS FOR DECEMBER

JUNIORS

Congratulations to Finn & Jesse on attaining their 8th Kyu (yellow belt)



Congratulations to Elise, Riley, Zach, Eshan, Toby and Morgan on attaining their 6th Kyu (green belt)



Congratulations to Jack, Daniel, Charlie, Adamo, Braedyn, Eloise, Maxi and Andrew on attaining their 5th Kyu (red bars)



Congratulations to Angus, Kobe, Ben, Sam & Jaron on attaining their 4th Kyu (red belt)



Congratulations to Ben, Sarah, Isla & Ella on attaining their 2nd Kyu (brown belt)



CLASSES FOR 2017 RESUME ON:

- Wednesday night class*** - Class resumes on 1st February 2017
- Saturday morning classes*** - Class resumes on 4th February 2017
- Sunday kickboxing class*** - Class resumes on 5th February 2017
- Monday afternoon classes*** - Class resumes on 6th February 2017

See attached Calendar for 2017 with important dates

NEW BLITZ MAGAZINE – MARTIAL ARTS BUSINESS

Blitz has launched a new magazine called ***“Martial Arts Business”***. It focusses on educating, informing and inspiring Martial Arts Schools. It includes information from a broad range of Martial Arts styles from both within Australia and Overseas. HKMA was invited to contribute a 4 page article written by Kyoshi Matt which has been included in the first edition – pg 30 – 33. We encourage you to support Blitz as they have been long-time supporters of HKMA and Martial Arts in general. Below is one of the photos included in the article which is about the participation and development of women in martial arts. “Martial Arts Business” is currently available online and copies should be in stores in February.



The Adventures of Master Hosh & Yoko Geri

Episode 9

“Come here young Yoko Geri, I would like to give you a challenge.”

Yoko stood up from the kindling he was collecting and tentatively approached his Master.

“A challenge Master? Do you think I am ready?”

“I don’t know Yoko that is why I am putting my faith in you - your actions will give me the answer. I want us to split up for two days Yoko and head in different directions. We will then meet back here at this exact spot. During your travels I want you to gather as much information about the land you traverse as you can.”

“But Master, I have always been guided by you!” protested Yoko.

“I know Yoko, now you will have to become more aware of your surroundings and personal safety. Your only source of strength will be yourself.”

Somewhat buoyed by Master Hosh’s confidence in him Yoko set off without looking back. 48 hours passed and Master Hosh stood at their designated point. Slowly but surely Yoko strode confidently up to his Master, he was bursting with pride and confidence.

"Hello Master, I have travelled far and I have much to tell you."

"I know Yoko I was following you for the whole journey."

"But Master, why?" asked Yoko somewhat annoyed.

"Because Yoko, I wanted to observe how you handled yourself when you were under the belief that you were alone. Now you know you can think for yourself and I do not need to lead you - we will walk side by side from now on!"

TRAINING TIP

When sparring, watch your opponent's mid-section, not their limbs,
so that your sight encompasses the whole body.

QUOTE OF THE MONTH:

"Setting goals is the easy part, committing 100% is the essential part"

See you at training,

Kyoshi Matt and Renshi Maree