

HOSHIKI MONTHLY

April / May 17

We've had a huge couple of months with a Senior 3rd Dan Grading, Sensei & Junior Sempai classes, a Tournament, numerous belt gradings and we still managed to squeeze in some time away from the dojo "meditating" in Blairgowrie and training in Hong Kong. Read on for all the details and photos... And **WELCOME to Natascia** in our Kickboxing class, it's great to have you as a part of our club.

SENSEI TITLES AWARDED

After 10 years of dedicated training, teaching, competing and contributing in every way possible to the running, development and continued success of HKMA, I was proud to award the title of Sensei to

Sensei Jane Thornton and ***Sensei Kate Raaymakers***.

Sensei Jane and Sensei Kate each constructed and conducted an hour class which included many facets of Martial Arts including Meditation / Visualisation, Impact drills, Kata and Bunkai application and Practical Self-defence through developing Peripheral Awareness. The ladies also both presented a speech regarding their journey of self-improvement and spiritual growth through studying martial arts. Both Sensei Jane and Sensei Kate have displayed the attributes of a true Sensei, such as humility, discipline, determination, self-sacrifice and an exceptional ability to teach, inspire and nurture both junior and senior Martial Artists. They are fantastic role models for the many junior and senior female students and have become only the 8th and 9th instructors to attain the title of Sensei in 25 years of running Martial Arts Dojos.





CONGRATULATIONS DAI SENSEI SCOTT LOUDER

Dai Sensei Scott recently showed us just what one can achieve with maintained focus, discipline and persistence. He refused to let a major injury setback deter him and never lost sight of his goal to do his Sandan grading. As one of our original students from 1992 we were thrilled to present him with his 3rd Dan certificate and promote him to the rank of **Dai Sensei**.

As well as performing 4 Black Belt kata and a personal kata with impressive technique, Dai Sensei Scott also demonstrated 5 unarmed yuksuko defences against 3 opponents, including one where his opponents were armed. His yuksukos showcased his in-depth knowledge of self-defence and the benefits of circular movement. Congratulations on an impressive display!!

Thank you to **Sensei Kate**, **Sensei Jane** and **Sempai Geoff** for giving up so much of their time to train with Dai Sensei Scott. We really appreciate your support.





CONGRATULATIONS TO OUR 6 NEW JUNIOR SEMP AIS

The rank of “**Sempai**” means *Senior Student or Instructor*. It is a rank that is awarded when a Black Belt has shown the ability to consistently teach others as well as maintaining their own consistent discipline, focus, persistence and technique for others to model. Over the last two months we were pleased to award the title of Junior Sempai to **Sempai Kai, Sempai Daniel, Sempai Conall, Sempai Zach M, Sempai Jacob & Sempai Jackson O**. They each prepared and submitted well thought out lesson plans then each took a class for at least 30 minutes teaching and explaining techniques. We are lucky to have 6 new Junior Sempais as role models in class and who can continue to grow as martial artists as they now share their knowledge teaching others. Congratulations!!



GRADING RESULTS FOR APRIL / MAY

JUNIORS

Congratulations to *James & Jesse* on attaining their 7th Kyu (green bars)



Congratulations to *Zach H* on attaining his 5th Kyu (red bars)



SENIORS

Congratulations to *Sally, Richard and Kelli* on attaining their 6th Kyu (green belt)



Congratulations to *Jordan* on attaining his 1st Kyu (black bars)



UPCOMING GRADINGS FOR JUNE / JULY

Juniors

- Maddison, Jackson, Paige, Matt, Henry & Tabitha will all be attempting their 8th Kyu (yellow belt)
- Liam, Charlie F, Emma, Sienna, Lila & Charlie W will all be attempting their 8th Kyu (yellow belt)
- Adamo, Andrew, Braedyn, Charlie, Eloise, Jack & Maxi will all be attempting their 4th Kyu (red belt)
- Alex, Finn & Lucas will all be attempting their 3rd Kyu (brown bars)
- Angus, Jonah, Sam, Kobe & Jaron will be attempting their 3rd Kyu (brown bars)
- Hannah, Bianca, Felix, Jess & Tamara will be attempting their 2nd Kyu (brown belt)
- Ben, Isla & Ella will be attempting their 1st Kyu (black bars)

Seniors

- Damien will be attempting his 4th Kyu (red belt)
- Trent, Josh & Luca will be attempting their 3rd Kyu (brown bars)
- Riley & Jasper will each be taking a class to grade for their Senior Sempai rank

LOONG FU PAI TOURNAMENT

Congratulations to our 15 students who competed in the Loong Fu Pai Tournament in May, half of them competing for the first time. *Aidan, Ben, Charlie F, Elise, Eloise, Eshan, Finn, Lila, Lucas, Matt T, Paige, Riley H, Sarah, Will & Zach H* all demonstrated discipline, focus and respect throughout the day and were excellent representatives of HKMA. Well done to all of you for having a go and participating and also for making the effort to come along to tournament training in the weeks leading up to it. Proud to say that we took home **12 trophies!!** It was also an honour and privilege for Kyoshi Matt to be asked by Kancho to officially open the tournament with a Sai Kata.



Thank you to our HK seniors who wore their gi and helped out during the day – ***Dai Sempai Lana, Sempai Delphine, Sally & Richard*** and to all the parents who came along to support the kids.

BIG thanks to our dedicated Sunday Tournament Training Team for all of your efforts helping the kids prepare - ***Dai Sempai Lana, Sempai Delphine, Sempai Geoff, Jason, Sally, Richard & Tim*** and our Tile Break Team – ***Adrian, Sempai Riley, Sempai Cass & Sempai Sharlotte*** – we took out 1st, 2nd & 3rd for the 8 years & under!

Congratulations to the following students who won trophies:

☯ SUMO WRESTLING
(*various weight divisions*)

- Sarah – 1st - Lucas – 1st
- Finn – 3rd - Ben – 3rd

☯ CONTINUOUS FIGHTING
(*various age / rank divisions*)

- Sarah – 1st - Riley H – 2nd

☯ TILE BREAK
(*8 yrs & under*)

- Riley H – 1st - Paige – 2nd
- Matt – 3rd

☯ WKO
(*various age / rank divisions*)

- Finn – 1st - Lucas – 2nd

☯ KATA

- Riley H – 3rd



NEW PROTECTIVE EQUIPMENT NOW AVAILABLE

We now have Elbow Pads and Grappling Gloves available for purchase. I trained with the elbow pads recently and highly recommend them for senior students.

Elbow Pads are \$15 & Grappling Gloves are \$25

EXTENDED DOJO HOURS

The Dojo will open early on Wednesdays & Sundays for the next 3 months for anyone wishing to get in some extra training or kata practice.

Wednesdays 7.00pm & Sundays 9.30am

STUDENT PROFILES

JUNIORS

Jesse D – 7th Kyu (green bars)

My name is Jesse, I'm in grade 2 at Ringwood North Primary and I just turned 8. I am really enjoying learning martial arts. I especially like sparring, all the teachers and when we get to play games.

I also love playing Minecraft, BMX bike riding and I follow Essendon.

Finn H – 7th Kyu (green bars)

Hi my name is Finn and I am 9 years old. I go to the Melbourne Rudolf Steiner School and I like to play football at lunchtime with my friends. I really enjoy karate because it helps me learn to defend myself all thanks to my teachers.

My favourite sports are inline skating because it's fun to skate around. I also like football, cricket, and motorbike riding. I like hanging out with my friends. I have 2 dogs and 3 cats - one of them is a kitten we just rescued. I like Lego and building.

Paige M - 9th Kyu (yellow bars)

Hi my name is Paige, I am 8 years old turning 9 in September. In karate I am 9th KYU (yellow bars) going for my 8th KYU (yellow belt) in a few weeks. I go to St. Anne's Primary School Park Orchards and I am in Grade 3. My favourite thing to do at school is writing narratives and drawing, and my favourite thing to do when I am not at school is cooking with my mum. I have an older brother named Aidan who also does Karate and is a Shodan Ho (Black belt). I have two dogs, one is a Golden Retriever named Goldie and the other is an Australian Terrier named Red. What I enjoy about Karate is that I learn to defend myself if someone tries to attack me. When I grow up I would like to be a chef, hairdresser or a teacher.

Well that's all for now, hope you learned about me and I will see you at Karate!

Lila W - 9th Kyu (yellow bars)

Hi, I am 8 years old and love reading, swimming and dance lessons. This is my first year at Hoshiki Kirit-su. My Dad and big brother Finn train here too. I liked helping Finn practice for his gradings and wanted to learn martial arts too.

I was a bit nervous at my first tournament, but everyone helped me do my best.



TIME AWAY FROM THE DOJO...

GIRLS WEEKEND AT BLAIRGOWRIE & HOT SPRINGS

The HK ladies enjoyed their annual weekend trip away to Blairgowrie & the Peninsula Hot Springs. After a full day of being pampered at the Hot Springs with massages, bathing and a mouth-watering lunch we then retired for an afternoon / evening of more food, chick flicks and lots of laughs!! Was great to spend a weekend relaxing with wonderful friends.



HONG KONG TRAINING TRIP

On 15th May Sempai Geoff, Jason and I set off to Hong Kong on a 10 day training trip. We are very grateful to **Master Benny Yu** from Greatest Thai Boxing and all the instructors from Mindful Wing Chun - **Sifu Chris, Sifu Lawrence, Sifu Seb and Sifu Nima** - for generously sharing their knowledge.



As usual we were inspired by the team at Mindful Wing Chun and their precision, power, speed and spiritual nature of their dojo. Whilst Master Benny once again shared his knowledge and exceptional skills in Thai Boxing as well as his traditional family line of Kung Fu, Weaponry forms and drills. Thanks also to Jay Lau who allowed us to visit his DEF Boxing gym.



Over the past 6 years a great connection and friendship has been built between HKMA and our brothers in Hong Kong. We were able to train 2 – 3 hours every day as well as catching up socially to discuss our thoughts and views on martial arts in general which in itself is very enlightening.



The Adventures of Master Hosh & Yoko Geri

Episode 11

As they travelled, Yoko thought, "Why does Master Hosh want the company of others? Am I not good enough?" With each step Yoko's distress grew. Finally he spoke. "Master, why do you need the company of others, what is wrong with me?"

"Ha, ha," Master Hosh laughed out loud. "Yoko, I could sense your tension and distress building. There are many ways of looking at every situation life presents us, we just have to move ourselves to get a different perspective. You automatically assumed that I crave other company because you are in some way not worthy. Whereas the real reason is because we can learn from and befriend whomever we meet. You see Yoko we are looking at the exact same situation through different eyes. Now get excited about meeting others rather than questioning your own value. See things through positive eyes Yoko, for how we choose to perceive anything is what we will ultimately experience.

TRAINING TIP

“Remember the importance of being aware of your centre (hara) during training. By constantly thinking of the core and mentally expanding and decompressing the spine we can move more efficiently and keep our upright structure intact under pressure.

This is a ‘state of mind’ more than a physical technique”

QUOTE OF THE MONTH:

*“When you go through hardships and decide not to surrender,
that is strength”*

See you at training,

Kyoshi Matt and Renshi Maree

A FEW EXTRA SNAPS FROM THE TOURNAMENT



And that's how you win 1st place in Sumo... go Sarah!!



Excellent focus and technique Aidan!



Ben on his way to 3rd Place!



Great stance in Sumo Matt



Finn on his way to the semi-finals!



Lucas taking out 1st Place!!



Hard to believe Lila is only white belt – great Kata!



Well done Eshan in the sumo!!



Sensational front kick Charlie!!



Paige breaking the 2nd tile with a front kick after breaking the 1st with a hammer fist - Yeah!



Great front kick from Will.



Great work in Sumo Elise!!



And that's two tiles broken – nice work Riley!



Now that's how you break a tile!! Go Zach!!



Both tiles broken & 3rd place in his first tournament – top effort Matt!!



Nice side kicks through the tiles from Ben & Eloise!!



1, 2, 3 – all broken!! Well done Aidan!!!

Check out Will's jumping front kick!!



Nice roundhouse kick Riley!

Great sparring from Sarah & Elise



Finn & Lucas with their WKO Medals.