

# HOSHIKI MONTHLY

June / July 17

WELCOME TO *Zack, Jaspar, Ethan, Santi, Samuel & Makayla* in our Monday 5pm class. It's great to have you all as a part of the club!!

## SENIOR SEMPAI RANKS AWARDED

*SEMPAI RILEY, SEMPAI JASPER, SEMPAI NATHAN*

It's not often that we award the same students the rank of Sempai twice but we were extremely pleased to do so recently for 3 students, who after training as juniors for many years and attaining the rank of Junior Sempai have gone on in the Senior class to get their Senior Black Belt and now been awarded the rank of Senior Sempai. **Congratulations** to our 3 new **Senior Sempais - Sempai Nathan, Sempai Jasper & Sempai Riley**. These young men have all been training for about 9 years and are constant contributors to our club, eagerly passing on their knowledge to both junior and senior students and setting a wonderful example to all our junior students. HKMA has a bright future with young instructors of this calibre who are now regularly teaching and ensuring the highest standards are maintained. Congratulations – we're very proud of you!!

### SENIOR SEMPAI



### From the archives - JUNIOR SEMPAI



# GRADING RESULTS FOR JUNE / JULY

## JUNIORS

Congratulations to Tabitha, Matt, Paige, Henry & Jackson on attaining their 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Charlie W, Liam, Lila, Emma & Charlie F on attaining their 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Sienna on attaining her 8<sup>th</sup> Kyu (yellow belt) and to Lucas, Alex and Finn W on attaining their 3<sup>rd</sup> Kyu (Brown bars)



Congratulations to Jonah, Sam, Angus, Kobe & Jaron on attaining their 3<sup>rd</sup> Kyu (Brown bars)



Congratulations to Hannah, Felix, Bianca, Tamara & Jess on attaining their 2<sup>nd</sup> Kyu (Brown belt)



Congratulations to Ben, Ella, & Isla on attaining their 1<sup>st</sup> Kyu (Black bars)



## SENIORS

Congratulations to Damien on attaining his 4<sup>th</sup> Kyu (Red belt)



## UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

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

**Sempai Geoff** will be attempting his 1<sup>st</sup> Dan on **6<sup>th</sup> September**. Sempai Geoff has trained with many other styles over the years, both here and overseas, and is always keen to expand his already extensive knowledge of martial arts and pass it on to everyone at HKMA. We are really looking forward to what will be a fantastic grading. Please make an effort to come along and support him. Special thanks to Damien for partnering with Sempai Geoff.

### Juniors

- Zack, Jaspas, Ethan, Santi, Samuel & Makayla will all be attempting their 9<sup>th</sup> Kyu (yellow bars)
- Liam, Charlie F, Sienna, Emma, Lila & Charlie W will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Tabitha, Paige, Matt, Jackson & Henry will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Lachie, Finn, James & Jesse will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Eshan, Elise, Riley, Zach, Toby & Morgan will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Adamo, Andrew, Braedyn, Charlie, Eloise & Jack will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Daniel, Kai, Conall, Jacob, Zach & Jackson will all be attempting their Nidan (2<sup>nd</sup> Dan)

### Seniors

- Sally, Kellie & Richard will be attempting their 5<sup>th</sup> Kyu (red bars)
- Trent, Damien, Josh, Luca & Ella will be attempting their 3<sup>rd</sup> Kyu (brown bars)

## ELBOW PADS & MOUTHGUARDS

### SENIOR students –



Please note that Elbow Pads are now compulsory for Senior Students.

If you don't already have a set we still have some available in the dojo – see Renshi Maree.

### ALL Students –



**Mouthguards MUST** be worn at all times during sparring. We have had too many students forget to bring it to class. Keep it in your training bag at all times.

We have Gel lined mouthguards available for \$15 for both Junior and Senior students.

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## SUNDAY KICKBOXING TRAINING – BE READY TO START AT 10AM

Please make sure everyone is ready to commence training at 10am sharp. This means leg pads & groin guard on and elbow pads, gloves & mouthguard in the dojo with you. We do not want to waste time waiting for people to organise their equipment.

## EXTENDED DOJO HOURS

Please take advantage of the extended dojo hours if you have upcoming gradings, want to work on a specific skill or just want some extra training. For Seniors training for Black Belt you are required to start training at 7pm Wednesdays and 9.30am Sundays.

### Seniors

- Wednesdays – 7.00pm – 9.30pm
- Sundays – 9.30am – 11.00am

### Juniors

- Mondays – 3.45pm – 6.00pm
- Saturdays – 8.45am – 11.00am

## BLITZ

HKMA were recently featured in **Blitz Martial Arts Business Magazine**. This is a new **FREE** online magazine and we are featured twice in the latest edition. There is a great article on Pg 14 about Sensei Kate and Sensei Jane and another article on Pg 34 – 36 about Junior Martial Arts. See the link to read more <http://www.martialartsbusiness.com.au/2017/06/13/martial-arts-business-vol-1-no-2/>

Blitz have been very supportive of HKMA over many years so please make an effort to buy **Blitz Martial Arts** when it comes out every 2 months – Eastland Newsagency always have copies.

## **AUGUST TOURNAMENT – LOONG FU PAI**

The next Loong Fu Pai Tournament is on ***Sunday 13<sup>th</sup> August***. Whilst we won't be running any extra sessions or taking up any class time training for this tournament we still encourage students to compete. It's a lot of fun and a great experience. We have entry forms in the dojo for anyone interested.

## **TRAINING WITH MASTER BENNY**

This time it was ***Sempai Delphine's*** turn to train in Hong Kong. Despite it only being a short stopover whilst travelling for work, Sempai Delphine still found the time to get in a session with Master Benny, on her birthday – that's real dedication!!

## **STUDENT PROFILES**

### **JUNIORS**

#### ***Emma – 8<sup>th</sup> Kyu (yellow belt)***

I'm Emma and I am 6 years old and live with my mum, dad and little sister, Amelia. I have 2 pet goldfish called Ben and Holly. I am in Prep at Our Holy Redeemer, Surrey Hills. I enjoy going to school and my favourite subject is Maths.

My favourite food is Pasta and my favourite books are the 'Billy B Brown' series. I follow Carlton, have been a member since birth and enjoy watching the footy with my dad. I do swimming, Auskick and Martial Arts. I was really proud when I got my yellow belt last term.

I like going on holidays, especially if they involve flying and I'm looking forward to going to Bali later this year.



#### ***Tabitha – 8<sup>th</sup> Kyu (yellow belt)***

My name is Tabitha and I am in Prep at Ringwood Heights Primary School. I have been coming to Karate since the start of the year and I just graded for my yellow belt. I live very close to my school and karate, with my mum, dad, and my big brother Felix, who also comes to Karate here.

When I'm not at Karate, I like drawing and making things – my house is full of all the arts and craft projects I create! I like spending time with my dog Luna and I enjoy reading books and looking at the pictures. I love spending time with my Nana who also lives with us, and my favourite dinner is sausages!



### Henry – 8<sup>th</sup> Kyu (yellow belt)

My name is Henry, I'm 5 years old and turning 6 in September. I have a little sister called Azalea who really wants to do Karate when she is bigger. I like swimming and footy - go Tigers! My favourite bit of Karate is Kata Boshu because I like the moves.

When I grow up I want to make TV shows or be a volcanologist. I like lava and red is my favourite colour, I can't wait to get a red belt one day. Bye!



### Charlie F – 8<sup>th</sup> Kyu (yellow belt)

Charlie is 7 years old and started at Hoshiki Kiritsu in February, 2017. He loves karate, and is very happy to be learning the skills of blocking and kicking. He enjoys going to training on a Saturday morning and looks forward to it during the week. Charlie has a friend, Liam, that attends also and they like to practice their karate after school.

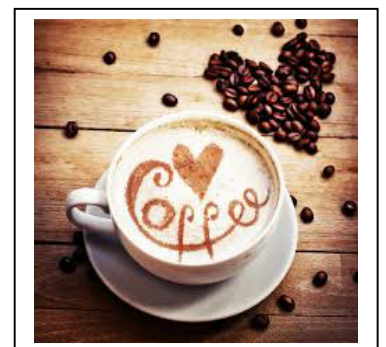
As a yellow belt, Charlie wants to work up to a black belt and has the certificates of each level he has gained on his wall to show his progress and encourage him. He loves watching ninja and karate TV shows and wants to be strong. Charlie says, "I want to be able to do things like on TV". He likes learning self-defence so if he is ever in trouble he can protect himself. Learning the Japanese words is sometimes hard but once he knows them he is proud that he is learning them and what they mean. Being good at Karate takes practice, and learning to stand still, think and focus is hard.



Charlie lives with his family and his dog, Banjo, in Ringwood North, and is in Grade 1 at Ringwood Height Primary School. At home, Charlie likes to practice his karate with his friend Mina, who lives with his family. She is from Iran and is good at Tae Kwon Do. They move the furniture around in the lounge room and have a great time, working hard in battle together. It always ends with lots of laughing. Charlie and his family are enjoying learning more about martial arts as Charlie progresses through the stages of Hoshiki Kiritsu.

## **LITTLE BUDDY CAFÉ**

For those of you who haven't yet tried our local **Little Buddy Café** – you really need to pop in and check it out! It's a family friendly café serving great coffee and delicious homemade food and the best part is it's just around the corner – **91 Loughnan Rd, Ringwood**. Drop by and Leon and his team will look after you. Support those who support HKMA!



# The Adventures of Master Hosh & Yoko Geri

## Episode 12

"We shall head for the river Yoko, I know that many different communities either live or stop along the river on their travels," said Master Hosh.

So off they headed, buoyant in the expectation that they would soon be sharing and receiving knowledge from a very different type of lifestyle. After two days of constant travel Master Hosh and Yoko finally stumbled onto a small tribe of natives. They were small in stature, thin and looked somewhat lethargic at first appearances. Master Hosh slowly approached, bearing his palms to represent a peaceful meeting. Two of the women said something to one of the young men. He approached Yoko and motioned to his sai's and then to Master Hosh's too. The young men became more insistent and grabbed Yoko's sai's. Master Hosh saw Yoko's uncertainty and stepped forward.

"Yoko, I think we must discard our weapons."

"But Master, we cannot!"

"We must Yoko, for we must blend in to be accepted, this is their place, their rituals, their rules, we can only learn if we think as they do - like a good chameleon Yoko we must to avoid conflict."

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### TRAINING TIP

"Being able to adapt to different opponents, different circumstances and different environments will improve your ability to defend yourself. Spar against varied opponents, compete in tournaments and go outside your comfort zone; all of this will improve your ability to adapt to the situation. "

### QUOTE OF THE MONTH:

*"The greatest discovery of any generation is that a human being can alter their life by altering their attitude."*

*See you at training,*

*Kyoshi Matt and Renshi Maree*