

HOSHIKI MONTHLY

August / September 17

We have had a great couple of months working alongside so many students as they trained hard preparing for numerous high level gradings. **Black Belt, 1st Dan and 2nd Dan** all require a lot of extra training, self-motivation and discipline and we were so proud to watch this all come to fruition in 3 fantastic gradings. Special thanks to our amazing team of instructors for all your time and effort helping us prepare students and as graders. **WELCOME to Andrew** who joined us in July, it's great to have you as a part of the club!!

SENIOR SHODAN (Full 1st Dan)

Congratulations to **Sempai Geoff** on completing a fantastic Shodan grading. Sempai Geoff has been a very dedicated and hard working Martial Artist over the past 5 years. He has been involved in every facet of Hoshiki Kiritsu and is always willing to humbly put others first whether it be training fighters for the ring, preparing junior students for gradings and tournaments, organising training trips overseas or being involved in high ranking Dan gradings. His grading demonstrated a great variety of skills including creativity, control, speed, accuracy and precision. His Katas were of an extremely high standard as were his weaponry and knife Yuksukos.



Special Thanks to Damien who without hesitation put his hand up to partner Sempai Geoff and then went about the training with the focus and intent of a Black Belt.



SENIOR SHODAN HO (Black Belt)

Congratulations to **Jason, Zach & Jordan** who after six months of intensive training all graded through to their Senior Shodan - Ho. All of the guys over the past 4-5 years have shown enormous dedication to Martial Arts, this was evident on Wednesday the 13th of September as they powered through 100 push ups, 100 sit ups, 6 katas, 16 rounds, Self-defence and handed in extremely high standard essays in order to attain Black Belt. Jason, Zach and Jordan all display the qualities that are required to reach Black Belt – discipline, willingness, sacrifice, humility, commitment and focus.

A special mention to **Cassidy** who was to grade and completed all the hard training but dislocated her knee a week before the grading. You are a strong and determined martial artist and we look forward to seeing you complete your grading next year.



JUNIOR NIDAN (2ND Dan)

Congratulations to **Jnr Sempais Kai, Jackson, Zach, Jacob and Daniel** on completing your Junior Nidan grading. As we all know to attain a Second Dan in any Martial Art is quite an achievement and one that requires determination, focus, self-motivation and discipline. All the boys exhibited the necessary skills as they had to battle through multiple attacker combat rounds, ground defence, devise and perform their own 60 second weaponry Kata and push through Kata Sanchin whilst being tested.

It has been extremely rewarding to watch these 6 Martial Artists grow from young kids of 5 or six years of age into responsible self-driven young men.

Thank you to all the graders and assistants who made the effort to prepare the boys and grade them on the day.



Sempai Conall



Sempai Kai



Sempai Jackson



Sempai Daniel



Sempai Zach



Sempai Jacob



GRADING RESULTS FOR AUGUST / SEPTEMBER

Seniors

Congratulations to Andrew on attaining his 7th Kyu – (green bars)



JUNIORS

Congratulations to Zack, Makalah, Santi, Ethan, Samuel & Jaspar on attaining their 9th Kyu (yellow bars)



Congratulations to Lila, Liam, Charlie F, Sienna, Emma & Charlie W on attaining their 7th Kyu (green bars)



Congratulations to Lachie & James on attaining their 6th Kyu (green belt)



Congratulations to on Toby, Eshan, Morgan, Elise, Riley & Zach on attaining their 4th Kyu (red belt)



Congratulations to Eloise, Adamo, Jack, Braedyn, Charlie & Andrew on attaining their 4th Kyu (red belt)



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

JUNIOR SANDAN (3rd Dan)

Sempais Blake, Nick, Fletcher & Sharlotte will all be attempting their Junior Sandan. They have already been training solidly for the last couple of months working on some spectacular yuksukos and we are looking forward to them grading soon – date TBC in near future.

Juniors

- Zack, Makalah, Santi, Ethan, Samuel & Jaspar will all be attempting their 8th Kyu (yellow belt)
- Tabitha, Paige, Matt, Jackson & Henry will all be attempting their 7th Kyu (green bars)
- Finn & Jesse will be attempting their 6th Kyu (green belt)

- Sam, Angus, Jonah, Kobe & Jaron will all be attempting their 2nd Kyu (brown belt)
- Finn W, Lucas and Alex will all be attempting their 2nd Kyu (brown belt)
- Hannah, Bianca, Sarah, Felix, Tamara & Jess will all be attempting their 1st Kyu (black bars)

Seniors

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

NEW TEENAGER CLASS STARTING

We have decided to start a new Martial Arts class specifically for teenagers **if we get enough interest.**

Here are some of the proposed details –

Wednesday night 6-7pm

- The class will be exclusively for high school students years 7-12
- Classes will run in line with school term (ie no class during school holidays)
- The senior curriculum will be taught and graded
- Teenagers currently in the junior class can still remain in that class if they want to and also train in the new class with the equivalent senior rank – eg Junior Black belt = Senior red belt or they can just change to the new class

The class will not only focus on Martial Arts but also on aspects of personal development such as -

- Taking responsibility
- Implementing Martial Arts ethics into everyday life
- The importance of self-control and self-discipline
- Decision making and the consequences of bad decisions / violence
- The importance of goal setting and achieving
- Martial Arts as a way of life
- The connection between effort and achievement
- Developing leadership qualities and skills
- Developing a strong mind and individuality
- How to use visualisation / meditation to improve information retention
- Techniques for withstanding peer pressure
- Develop and improve interpersonal skills to help diffuse an aggressive situation

The Fee structure for the new class will be as follows:

- Teenage Class - \$160.00 term
- Teenage Class (Family discount) - \$130.00 term
- Current class and Teenage Class - Current fee plus \$80.00 term

Commencement:

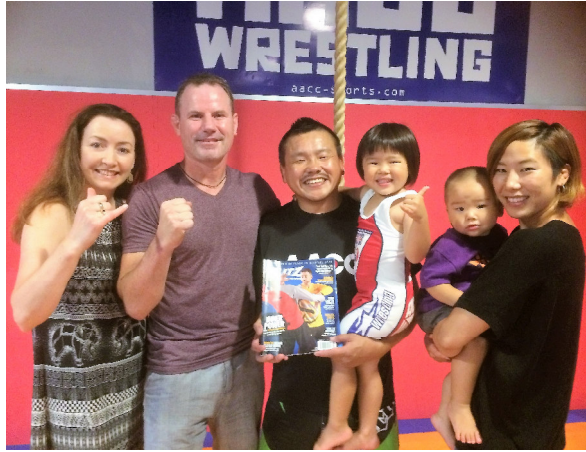
We aim to commence the third week of Term 4 – ie. **Wednesday 25th October.** (We are unable to start at beginning of term as Renshi will still be recovering from an operation)

Please let us know ASAP if your teenager would like to book in as we need a **minimum of 10** to commence and there will be a **maximum of 20.**

New teenagers are also welcome, so if your teenager has friends who are interested please ask them to contact us.

TOKYO TRAINING

Renshi Maree and myself were lucky enough to visit Tokyo for a week in late August. We were extremely impressed with how the Japanese culture and people welcomed us. We caught up with Abe Hiroyuki - Head coach of Burn MMA and Ryo Iseki who is a trainer and current MMA fighter from Grabaka MMA and then had the honour of visiting a Sumo stable in Asakusa to watch early morning training.



Once again we were honoured to be welcomed so humbly and graciously by all the instructors and fighters at the Gyms and Dojos that we visited. The respect, patience and willingness to ensure we were well looked after by the Japanese Martial Artists and fighters is truly inspiring. We were accepted and treated like family and after training Ryo Iseki of Grabaka MMA invited us to attend the Awordori Festival a very sacred Shinto festival in his local neighbourhood of Koenjo. We were mesmerised for nearly three hours as the Japanese people celebrated life with such joy and enthusiasm, we felt deeply privileged and honoured to attend and realised that the brotherhood of Martial Arts provides us with much more than just the opportunity to train and learn new techniques. It allows us to connect with people from different cultures, countries, hemispheres and languages and cultivates long lasting friendship and unforgettable experiences.

Every time we train overseas or seek knowledge from any source for that matter, it reinforces to me how important it is to have an open minded, freestyle attitude to martial arts. The more you learn, the more you realise just how much there is to learn.

I believe it is extremely important for any serious Martial Artist to train overseas, not only to expand our knowledge base but to experience the culture and traditions. This is especially true of Japan as the lineage and language of HKMA can be traced back to Naha-Te (Okinawa).



A sincere thanks to all those instructors who took care of the club whilst we were away.

NOVEMBER TOURNAMENT – LOONG FU PAI

The next Loong Fu Pai Tournament is on **Sunday 19th November** at 9.30am. These tournaments are a great day and a good opportunity for students to compete in a fun, friendly and supportive environment. We encourage all students of any rank to consider competing in some or all events. Tournament specific training commences on Sunday 22nd October 9.00am – 9.45am and will run every Sunday for 4 weeks. Please let us know if you are interested in competing.

STUDENT PROFILES

JUNIORS

Matt T 8th Kyu (yellow belt)

Hi my name is Matt and I am 9 years of age and I live with my mum and dad and my 11 year old brother Will.

I have a dog named Maisy, a rabbit named Tashi and two goldfish.

I started Karate this year and went to my first tournament which I really enjoyed. I am a yellow belt.

As well as Karate I like football, Basketball and Cubs. I follow the Hawks.

I like to read, draw and create mandalas.

My favourite food is home made pizza.



Sienna 8th Kyu (yellow belt)

My name is Sienna.

I am nine years old.

My hobbies are ballet, reading, writing and of course Martial Arts. I go to Bayswater South Primary School

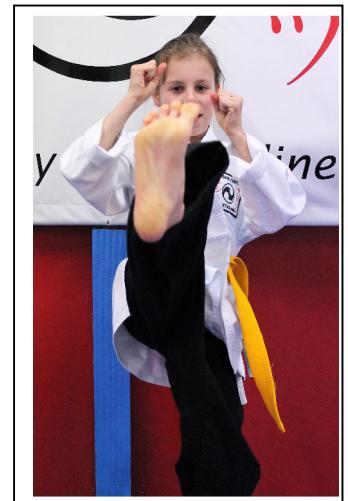
because my mum is German and Bayswater South is a

bilingual German school. At home I

speak Spanish because my mum is from Mexico and my dad learnt

Spanish. I like Martial Arts because I can

learn to defend myself against my brother.



Liam P 8th Kyu (yellow belt)

My name is Liam & I'm 7 years old. I go to Ringwood Heights Primary school which is just across the road from Karate. This week I'm going for my green bars. I like to go to the park around the corner from my house, build

lego creations, swimming and watch Youtube videos. When I grow up I want to be a Black Belt like my brother.



Jackson G 8th Kyu (yellow belt)

Hi, my name is Jackson. I love karate, Formula One, Footy and V8's. I go for Bombers in the footy and my favourite player is Fantasia, his number is 13.



BLITZ

The October / November edition of Blitz is now out. See our article on Pg.10 with Ryo Iseki from Grabaka MMA in Japan.

CLASS WAITING LISTS

All classes including **Sunday Kickboxing** class are now full, if you have any friends who are interested in Kickboxing training then please get them to contact us so we can put their names on the waiting list.

The Adventures of Master Hosh & Yoko Geri

Episode 14

The tribe gathered around the newly planted branch and began pointing. There was obvious approval within the group; Master Hosh assumed that the harvesting and sowing of plants and vegetables was a difficult task for the group. The young man once again motioned for the sai's - Master Hosh handed them over motioning for him to try one in the soil. The young man immediately dug a small hole and then another and another. He was immeasurably pleased with the speed and accuracy of the metal. Master Hosh and Yoko looked at each other - Master Hosh pleased and proud to pass on knowledge without verbal communication, Yoko still considering how he would get his sais back.

"Yoko, we will leave tomorrow, and we will leave one of your sais with the tribe."

"But Master, you know how they must be used as a pair! I will be unbalanced!"

"Nonsense Yoko! You will simply have a hand free to either strike with or use another weapon. Who knows, maybe two sais at once was not as practical as we thought. We will never know until you try Yoko - for I never knew a sai could provide a means for food until I thought beyond the confines of what I have been taught."

TRAINING TIP

IMPACT TRAINING

"It is important to regularly strike impact equipment such as focus mitts, forearm shields, belly pads, heavy bags and kick shields with 100% power and speed. By using full power we gain a much better understanding of not only how much this training takes out of us physically but also how it affects our balance, recovery and posture. Equally as important it gives the person holding the various pieces of equipment a realistic idea of what it is like to withstand 100% impact. If we do not put ourselves under the physical duress of 100% impact we are training in an unrealistic manner and could be in for a shock if we ever had to receive or deliver full speed and force."

QUOTE OF THE MONTH:

“Obstacles are those frightful things you see
when you take your eyes off your goals.”

See you at training,

Kyoshi Matt and Renshi Maree