

HOSHIKI MONTHLY

October / November 17



JUNIOR SANDAN (3rd Dan)

Congratulations to **Sempai Nick**, **Sempai Blake**, **Sempai Fletcher** & **Sempai Sharlotte** on attaining their Junior 3rd Dan! Sandan requires at least 3 months of preparation which you all undertook with great willingness and focus in order to perform such a demanding Sandan grading. Your yuksukos were extremely well thought out and demonstrated a high level of skill and technique. You have all grown into mature, disciplined and humble young adults. The entire club is very proud of you.



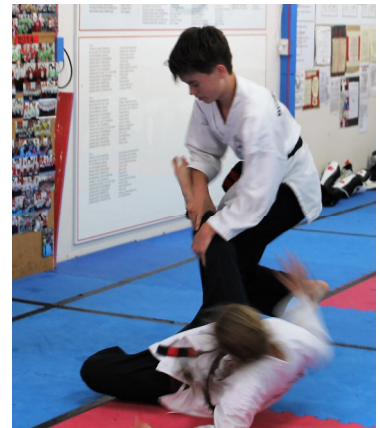
Sempai Fletcher



Sempai Sharlotte



Sempai Blake



Sempai Nick



SNAPSHOT OF 2017

It has been another rewarding year spent with our HKMA family with hundreds of goals being set and achieved. One of the best parts of training is when we see the look of pride on our students faces when they kneel to be presented with their grading certificate. The efforts of our amazing and dedicated team of instructors play an enormous part in enabling this to happen – thank you!!

After a couple of months of hard training, the girls enjoyed their annual weekend away at a day spa in April. There were various training trips to Hong Kong and Japan during the year as well, further cementing our positive relationships overseas with other martial arts.

During the year we were extremely pleased to promote another *3* Senior instructors and *6* Junior instructors to the rank of *Sempai* as well as *1* Senior instructor to the rank of *Dai Sensei* and *2* Senior instructors to the rank of *Sensei*.

We participated in 2 Loong Fu Pai tournaments this year bringing home a total of *20* trophies! We have welcomed another *19* new students during the year, featured in *2* editions of *Blitz Martial Arts Magazine* and *2* editions of the new *Martial Arts Business Online Magazine* and taught *2* Women's Self Defence Courses during year.

So far this year we have had *116 gradings*. Among these were Senior Black Belt (3), Senior 1st Dan (2), Senior 3rd Dan (1), Junior 2nd Dan (6) and Junior 3rd Dan (4) and we still have another *47 gradings* to take place in December – including Junior Black Belt (3 students) and Junior 1st Dan (8 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 8 of our outstanding juniors and 5 of our exceptional seniors.

WHEN: Saturday 16th 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. BYO meat, drinks and either a salad or dessert to share. There is a list in the dojo if you would like to add your name so we can organise food to share.

DATES for End of Year and New Year

- Monday afternoon class** - Last class is on 11th December 2017
- Class resumes on 5th February 2018
- Wednesday night class** - Last class is on 13th December 2017
- Class resumes on 31st January 2018
- Saturday morning class** - Last class is on 16th December 2017
- Class resumes on 3rd February 2018
- Sunday kickboxing class** - Last class is on 17th December 2017
- Class resumes on 4th February 2018

GRADING RESULTS FOR OCTOBER / NOVEMBER

JUNIORS

Congratulations to Ethan, Jaspas, Makalah, Santi, Zack & Samuel on attaining their 8th Kyu (yellow belt)



Congratulations to Tabitha, Paige & Henry on attaining their 7th Kyu (green bars)



Congratulations to Sienna on attaining her 6th Kyu (green belt)



Congratulations to Alex, Lucas & Alex on attaining their 2nd Kyu (brown belt)



Seniors

Congratulations to Kelli, Richard & Sally on attaining their 5th Kyu (red bars)



Congratulations to Andrew on attaining his 4th Kyu (red belt)



Congratulations to Damien on attaining his 3rd Kyu (brown bars)



UPCOMING GRADINGS FOR DECEMBER

JUNIOR SHODAN HO (Black Belt)

Ben, Ella & Isla will all be attempting their Junior Shodan Ho – Black Belt on **Saturday 16th December**. They have put in a lot of extra hours, training hard all term and we look forward to seeing their hard work will pay off in a very strong Black Belt grading. Please make an effort to be there to support them on their big day!

JUNIOR SHODAN (Full 1st Dan)

Aidan, Gabby, Lachlan C, Archie, Emily, Will, Nathan & Xavier will all be attempting their Junior Shodan – Full 1st Dan on **Saturday 2nd December**. Many students don't continue on past Black Belt so it is fantastic to have a big group who have taken their training to the next level and maintained determination and focus more than a year after achieving their Black Belt. We hope you can be there to support them and can't wait to see some creative weaponry katas!

Juniors

- Matt & Jackson will be attempting their 7th Kyu (green bars)
- Liam, Charlie F, Emma, Lila & Charlie W will all be attempting their 6th Kyu (green belt)
- James & Lachie will be attempting their 5th Kyu (red bars)
- Braedyn, Jack, Eloise, Andrew, Adamo, Charlie & Zach will be attempting their 3rd Kyu (brown bars)
- Riley H, Toby, Morgan, Eshan & Elise will be attempting their 3rd Kyu (brown bars)
- Sam, Angus, Jonah, Kobe & Jaron 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

- Nick will be attempting his 5th Kyu (red bars)
- Luca, Josh & Ella will be attempting their 3rd Kyu (brown bars)

LOONG FU PAI TOURNAMENT



On ***Sunday 19th November*** we headed off again to compete at another Loong Fu Pai Tournament with 11 competitors. Our kids competed with enthusiasm and determination, once again representing HKMA with pride and taking home a total of 8 trophies. Congratulations to all who competed – ***Aidan, Alex, Angus, Eshan, Elise, Felix, Lachie C, Lucas, Paige, Sarah & Zach.*** Special thanks to our tireless trainers for all their help & coaching at Sunday morning training sessions and at the tournament – ***Dai Sempai Lana, Sempai Geoff, Sempai Cass, Sempai Sharlotte, Sempai Riley, Adrian, Tim, Shaun & Sanjeev.*** Your efforts make such difference in ensuring our kids are well prepared and able to compete with confidence and really enjoy the experience.



Congratulations to those who won trophies:

- **Sarah Hudson** – 2nd Kata - 3rd Points Sparring - 3rd Sumo
- **Lachie Christie** – 1st Sumo - 2nd Points Sparring - 2nd Continuous Sparring
- **Angus Jacka** - 3rd Sumo
- **Aidan Mayorkinos** – 3rd Traditional Weapon Kata



HKMA STUDENTS IN HONG KONG



Geoff & Sally and also the Hugo family both enjoyed some time over in Hong Kong recently training with Master Benny and Sifu Nima, learning and strengthening the bonds of true martial art friendship.

STUDENT PROFILES

JUNIORS

Charlie W 7th Kyu (green bars)

My name is Charlie and I have just turned 7 years old. I go to North Ringwood Primary School. I really like my teacher Ms Kennedy and enjoy 'investigations' in class the most. My favourite part of Karate is sparring, push-up's and also poison ball. I enjoy making Cubby houses indoors and Tree Houses outdoors on the weekends. My favourite hobby now is riding my scooter and doing Cool Science Experiments with my Dad. We have 2 Pets, a Golden retriever Dog named 'Molly' and a Tabby Cat named 'Slinky'. I also enjoy Cub Scouts and am looking forward to going away on my first camp.

Zack C 8th Kyu (yellow belt)

Hi I'm Zack

I have just started martial arts and I love it. The other things I do are soccer, skating, athletics, swimming and surfing. In summer, we go to Phillip Island to go surfing and swimming and there are lots of great bike tracks too. I'm in grade 5. I used to play drums but now I am learning guitar. In my family I have my mum, my dad and my little brother Jasper. Thank you for reading a bit about me.

Jaspar C 8th Kyu (yellow belt)

Hi, my name is Jaspar.

I'm in Grade 3 and I have done martial arts for a term now and loving it. I like skate boarding and love surfing. I even went for a winter surf this year. I play soccer and the guitar. My Dad is a kiwi so I like watching Rugby and the All Blacks! I love eating and cooking. I also love creating things and helping with our extension.



Santi 8th Kyu (yellow belt)

Hello, my name is Santi and I go to St Anne's. I am 9 years old and I'm in grade three at school. I'm the oldest child in the family and I have a brother who is 7.

I was born in Australia but my parents are from South America so I can speak Spanish and a bit of Portuguese.

I'm in karate because I want to be a karate master and cut wood with my bare hands, at the moment I am yellow belt.

I like to read "Diary of a wimpy kid", I like the monkey bars and I love building with Lego. My favourite colour is green and my favourite food is pasta with prawns.



The Adventures of Master Hosh & Yoko Geri

Episode 15

"Where are we going now Master?" Yoko enquired anxiously.

"Let's not worry about that just now Yoko, let's reflect on where we have been and what we have done. You see Yoko, we humans only see what needs to be done and we quite often fail to see what has been done."

"But Master, what is the relevance of the previous year if we only want for more?"

"That's my point exactly Yoko - we need to learn from every single past experience and apply the knowledge to future endeavours, this is known as experience. It was once said that experience is the best school of all - but the fees are high. Experience is the reason that you call me Master - but one day you will be known as Master and all you will have to give to your protégé will be your experience."

TRAINING TIP

When clearing our mind at the start of class it is important to breathe deeply (ibugi breathing) to lower brain waves into alpha state which enables us to visualise more clearly and more directly to the sub-conscious mind. This becomes even more important as we all set our goals at the start of the year.

QUOTE OF THE MONTH:

"The more difficult the goal, the greater the happiness in achieving it."

See you at training,

Kyoshi Matt and Renshi Maree

SOME TOURNAMENT SNAPS...



3rd place for AIDAN'S kata



LACHIE on his way to taking out 1st place



SARAH heading to 3rd place



AIDAN breaking tiles



FELIX and ESHAN showing excellent focus in Kata



Keep pushing ZACH!



PAIGE demonstrating strong shika dachi!



Great work in sumo ALEX!



Another point to LUCAS!



Go Angus – just one more step!!



You've almost got her ELISE!



FELIX breaking 3 out 3 tiles - Kiai!!



ZACH & LACHIE smashing through the tiles – excellent technique boys – Adrian will be proud!



Great front kick SARAH!



Yep, that tile's definitely broken PAIGE!



Great sparring ALEX!



Some sensational kicks from ANGUS & ELISE!



LACHIE heading to 2nd place



ANGUS and LUCAS breaking through tile, after tile, after tile, after tile, after tile....





HK vs HK – great sumo from ZACH & ESHAN

A FEW SHOTS FROM THE JUNIOR 3RD DAN GRADING...



Sempai Charlotte



Sempai Nick



Sempai Blake



Sempai Fletch



Our new group of Junior 3rd Dans