

# HOSHIKI MONTHLY

December 17 / January 18

Happy New Year! This year we are looking forward to commencing our new Teenager Class as well as welcoming another 6 new Juniors in February. We are also adding two new katas into the curriculum. We're looking forward to another year of hard training and all the rewards it brings, can't wait to see you all back in the dojo in a few weeks!!

## CONGRATULATIONS TO OUR 3 NEW JUNIOR BLACK BELTS!!

After 4 years of dedication and hard work **Ella, Ben & Isla** all achieved their Junior Shodan Ho (Black Belt). These three young martial artists are fine examples of what can be achieved through perseverance, determination and humility. They have all overcome obstacles, self-doubt and physical challenges to present a fantastic Junior Black Belt grading in December. Special thanks to the following instructors who had a significant input into their development and training: *Sensei Jane, Sensei Kate, Sempai Geoff, Sempai Riley, Sempai Jasper & Jason.*



## **CONGRATULATIONS JUNIOR SHODANS**

Congratulations to **Aidan, Gabby, Emily, Lachie C, Xavier, Nathan, Archie & Will** who all successfully attained their Junior Shodan – Full 1<sup>st</sup> Dan in December. The attainment of Shodan is an especially important part of a martial artist's journey as it demonstrates the willingness to go beyond Black Belt and demands the extension of your control and thinking by introducing the discipline and skill of weaponry. We are very proud of you all!



## **CHRISTMAS PARTY AND PRESENTATION DAY**

It was wonderful that so many were able to come along and celebrate another fantastic year at HKMA. Thank you to everyone who was able to join us, we had a great day enjoying a delicious lunch, relaxing outside the dojo and celebrating the achievements of our 2017 Award Recipients. Thank you to the whole club for your very generous gift and to Sempai Delphine for organising it, we are looking forward to a lovely weekend in Tassie during the year! Special thanks to the Abell family for bringing along their BBQ and the Mansell family for their "Black Belt Santa Pinata".

### **Congratulations to our 2017 Trophy Recipients:**

#### **SENIORS**

- Club Champion
- Black Belt of the Year
- Outstanding Service
- Outstanding Service
- Outstanding Service
- Kickboxing Club Champ
- Most Disciplined
- Most Determined
- Jason
- Sempai Jasper
- Sensei Jane
- Sensei Kate
- Sempai Delphine
- Geoff
- Sally
- Damien

#### **JUNIORS**

- Club Champion
- Black Belt of the Year
- Most Determined
- Most Disciplined
- Most Courageous
- Most Focussed
- Most Consistent
- Most Improved
- Ben H
- Sempai Nick
- Lachie S
- Braedyn
- Angus
- Paige
- Eshan
- Henry

## Our 2017 Award Winners



*Another fantastic Pinata from the Mansell Family!!*



# GRADING RESULTS FOR DECEMBER

## JUNIORS

Congratulations to Matt & Jackson on attaining their 7<sup>th</sup> Kyu (green bars)



Congratulations to Lachie S & James on attaining their 5<sup>th</sup> Kyu (red bars)



Congratulations to Emma, Charlie F, Lila, Charlie W & Liam on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Eloise, Andrew, Jack, Braedyn, Zach, Adamo & Charlie on attaining their 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Toby, Elise, Morgan, Eshan & Riley on attaining their 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Jonah, Jaron, Angus, Sam & Kobe on attaining their 2<sup>nd</sup> Kyu (brown belt)



Congratulations to Hannah, Bianca, Felix, Jess, Sarah & Tamara on attaining their 1<sup>st</sup> Kyu (black bars)



## SENIORS

Congratulations to Nick on attaining his 5<sup>th</sup> Kyu (red bars) and to Luca, Josh & Ella on attaining their 3<sup>rd</sup> Kyu (brown bars)



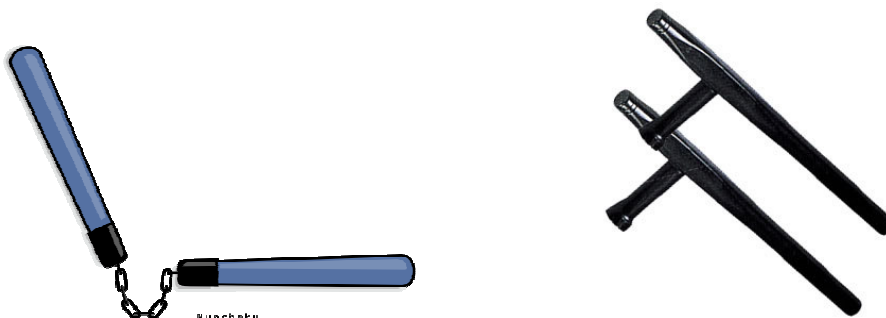
## NEW KATAS ADDED TO CURRICULUM

We now have set Tonfa and Nunchaku weaponry katas. Both katas are 30 seconds long and provide basic skills, control and handling of each weapon so that more advanced personal katas can then be created. Both ***Kata Kihon Nunchaku*** and ***Kata Kihon Tonfa*** are now grading requirements for Senior 3<sup>rd</sup> Kyu (Brown bars) in the Senior Curriculum and they replace the 40 second weaponry kata.

***Kata Kihon Nunchaku*** has been added to the grading requirements for Junior Shodan (Full 1<sup>st</sup> Dan) whilst retaining the Kata Kojin Buki (personal weaponry).

All instructors and Senior Brown bars and above must learn both katas as they are now permanent additions to the curriculum. We will be conducting extra sessions before and after class to ensure all instructors are up to date.

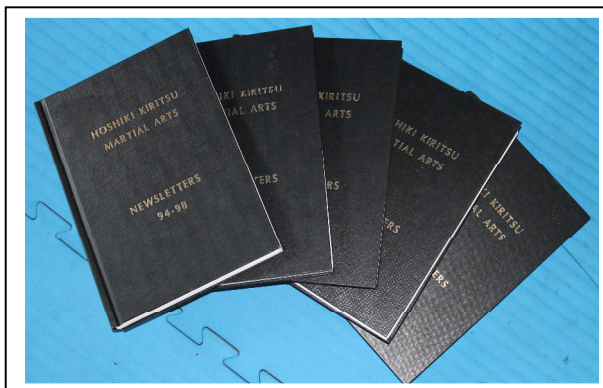
We will also post a video of both Kata on our Facebook page.



## NEWSLETTER BOOKS UPDATED

As many of you will be aware 2 years ago we had all of our Newsletters dating back to 1994 collated and made into books. We've just collated the last few years and added another book to the collection.

They provide a great trip down memory lane looking back over almost 25 years of HKMA when some of us were a little younger, with more hair and perhaps a little less wisdom! They are kept in the dojo and anyone is welcome to browse through them.



## TRAINING TIP

### WEAPONRY CONTROL / KATA

*When first learning to use and control any martial arts weapon it is important to remember the following:*

- 1. Repetition, as with any other martial art technique will build basic skill and control;*
- 2. Think of the weapon as an extension of yourself, not a separate entity;*
- 3. Use the weapon in defensive and attacking techniques combined with correct stances and footwork, to avoid being too stationary when devising Kata Kojin Buki (Personal Weaponry Kata)*
- 4. Be creative and use all points and aspects of the weapon, whether it be Nunchaku, Tonfa, Bo, Jo of Sai;*
- 5. Ensure you set a reasonable degree of difficulty in your weaponry kata using spins, flips, figure eights, combined with empty hand techniques such as kicks, punches, takedowns and locks.*

## The Adventures of Master Hosh & Yoko Geri

### Episode 16

Yoko thought about Master Hosh's words for a very long time.

"Master?"

"Yes Yoko?"

"Master, if experience is the best teacher of all, then doesn't it make sense to experience as many different facets of life as possible?"

Master Hosh stopped and looked proudly at his young companion. "That is a very deep question Yoko and one that shows you are becoming more and more independent." Master Hosh paused again and then began walking. "It is also a question I don't really have an answer to Yoko. Some believe it is better to learn a few skills or aspects of life and really master them; some believe it is better to experience many, many different areas of life and partially master them. What do you think Yoko?"

The pair travelled on while Yoko pondered over Master Hosh's question. Finally Yoko stopped and turned to Master Hosh, "I don't think either of the options are right Master."

"Oh, don't you?"

"No, I believe it is better to master many, many skills."

Master Hosh nodded with approval and the two travelled on.

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**QUOTE OF THE MONTH:**

*"Behold the turtle, he makes progress only when he sticks his neck out..."*

*See you at training,*

*Kyoshi Matt and Renshi Maree*

**A FEW SNAPS FROM JUNIOR SHODAN GRADING...**



