

HOSHIKI MONTHLY

April / May 18

SUMMARY OF DATES FOR JUNE / JULY

- Mon 11th June – 1 class only at 4pm (4pm & 5pm combined)
- Sat 23rd June – Junior Shodan Ho Grading (Black Belt)
- Mon 25th June – Last class for term
- Wed 27th June – Last Teen class for term
- Sat 30th June – Last class for term
- Mon 16th July – Term 3 commences
- Wed 18th July – Term 3 Teen commences
- Sat 21st July – Term 3 commences



CONGRATULATIONS SENSEI LANA

We were proud to award the title of Sensei to *Sensei Lana Hudson* recently. Sensei Lana began her training as a Junior with Goju Kensha where she trained for 10 years. She then recommenced her training with us 8 years ago and has become a valued teacher and member of HKMA. She put a lot of thought into the class she conducted which included a combination of skills she had learnt from both Goju Kensha and HKMA – a true testament to freestyle martial arts and some fantastic drills which challenged and tested the best of us!

Sensei Lana's humility, discipline, determination and desire to continually learn more and then pass that knowledge on to others displays the attributes of a true Sensei as does her dedication to HKMA and helping others in the club achieve their goals.



SENIOR SEMPai RANKS AWARDED

SENIOR SEMPai JORDAN

SENIOR SEMPai ZACH



We were extremely pleased to award the rank of Senior Sempai to *Sempai Jordan* and *Sempai Zach* recently. They commenced their training with us 9 years ago, achieving their Junior Sempai rank along the way. They have both successfully progressed in the Senior and Teen classes in recent years, both achieving their Senior Black Belt last year. Both young men presented excellent Sempai classes and HKMA are lucky to have another two disciplined instructors amongst our ranks. Congratulations!!



Australasian Martial Arts Hall Of Fame - AMAHOF

We were thrilled to receive the news that **Kyoshi Matt** has been accepted into AMAHOF – Australasian Martial Arts Hall of Fame after being nominated by Kancho Terry Lim (*9th Dan & founder Loong Fu Pai*).

Kyoshi will be inducted at a Gala event in Tasmania on August 18th where he has been asked to give a speech and the following day present a class to current AMAHOF members, directors and inductees, including many of Australia's highest ranking martial artists.

It is a huge honour to be inducted, particularly given that only 15 martial artists are usually inducted each year in all of Australia and New Zealand. I'm sure you all share my pride in this honour and it is a reflection of everyone involved in HKMA.

Special thanks to Dai Sensei Scott, Sensei Jane and Sensei Lana for their supportive references. And a very big thankyou to Kancho Terry Lim for approaching us about the nomination and recognising Kyoshi's achievements and 35 years of service to martial arts and kickboxing.

Black Belts are welcome to attend the Gala dinner in Tasmania at the Wrest Point Hotel. Please let me know if you're interested for further details.

Renshi Maree

LOONG FU PAI TOURNAMENT

This was HKMA's 15th Loong Fu Pai Tournament! Once again all our students fought and competed extremely well and showed great Budo spirit. Congratulations to the following students who competed: ***Sally, Ella, Paige M, Finn W, Lila, Eshan, Alex M, Sienna, Zach H, Will & Emily.***

Sincere thanks to Sensei Lana, Sempai Riley, Adrian & Richard for attending and all the instructors and parents who made the effort the previous 4 Sunday mornings to help prepare our students.



The results were:

- Sally – 1st Place - Kata
- Alex – 1st Place – Sumo
- Emily – 2nd Place – Kata
- Lila – 3rd Place – Sumo
- Will – 2nd Place - Points Sparring
- Finn – 2nd Place - Continuous Sparring
- 3rd Place - Points Sparring



GRADING RESULTS FOR APRIL / MAY

JUNIORS

Congratulations to Zetara, Oren, Alex & Nick on attaining their 8th Kyu (yellow belt)



Congratulations to Zack, Ethan & Makayla on attaining their 7th Kyu (green bars)



Congratulations to Braedyn on attaining his 2nd Kyu (brown belt)



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



Congratulations to Alex, Lucas & Finn on attaining their 1st Kyu (black bars)



TEENS

Congratulations to Bianca and Nick on attaining their 4th Kyu (red belt)



SENIORS

Congratulations to Sally and Richard on attaining their 4th Kyu (red belt)



UPCOMING GRADINGS FOR JUNE / JULY

Junior Shodan Ho Grading (Black Belt)

Felix, Hannah, Jess, Sarah & Tamara will all be attempting their Junior Shodan Ho – Black Belt on **Saturday 23rd June 10am**. They have put in a lot of extra hours, training hard twice a week for the last 3 months and we look forward to seeing their hard work pay off in a very strong Black Belt grading. Please make an effort to be there to support them on their big day!

JUNIORS

- Jaspas, Zack, Ethan, Makalah, Santi & Samu will all be attempting their 6th Kyu (green belt)
- Paige, Finn, Jesse, Jackson, Henry, Tabitha & Matt will be attempting their 5th Kyu (red bars)

- Charlie F, Emma, Liam, Lila & Sienna will be attempting their 5th Kyu (red bars)
- Adamo, Andrew, Jack & Zach H will all be attempting their 2nd Kyu (brown belt)
- Riley, Elise, Eshan & Morgan will all be attempting their 2nd Kyu (brown belt)
- Jaron, Kobe & Sam will all be attempting their 1st Kyu (black bars)

TEENS

- Harrison will be attempting his 7th Kyu (green bars)
- Archie, Josh, Gabby, Emily, Aidan & Nathan will all be attempting their 2nd Kyu (brown belt)

SENIORS

- Kellie will be attempting her 4th Kyu (red belt)
- Sally, Richard & Trent will be attempting their 3rd Kyu (brown bars)
- Damien, Luca, Andrew, Adam & Ella will be attempting their 2nd Kyu (brown belt)

WELCOME

Welcome to our 5 new juniors in the Saturday class – **Kensi, Ryan, Charlie, Gabriel & Reeve**. It's great to have you all as a part of our club.

HONG KONG TRAINING TRIP



Training with Master Benny at Greatest Thai Boxing

On 26th May *Sensei Billy, Sempai Geoff, Sally, Sempai Riley, Adrian, Damo, Lily 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.



A fantastic night out for dinner as our two clubs joined together sharing food, drink, friendship, knowledge & much laughter!!

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.



Sifu's Chris, Seb, Tom and Lawrence generously shared their knowledge and skills in their respective Martial Arts.

Over the past 8 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.



An incredible day of training and friendship with Sifu Chris Tannous & Master Benny.

The training and information that has been imparted upon us today reinforces the importance of being a freestyle Martial Art and keeping our minds open.



ANNUAL GIRLS WEEKEND AWAY



The HK girls enjoyed a long weekend away in Blairgowrie in April. A lot of time was spent laughing until late into the night and enjoying an overload of food.

We had a lovely relaxing day at the Hot Springs and floated out after about 6 hours of hot spring bathing, massages and delicious food!

The following day we enjoyed wine tasting and lunch at T'Gallant winery – yep more food!!

I love our weekends away and cherish the wonderful friendships I have with the HK girls – can't wait for the next one!

Renshi Maree



MARTIAL ARTS SCHOOL OWNERS ASSOCIATION

Kyoshi Matt recently joined the “Martial Arts School Owners Association”. A group formed by *Kancho Grant Bannister* who is founder and head of **Bukido Karate**. Kancho Grant has set up this group to bring club owners and the industry together to swap ideas & offer advice on how to continually improve our clubs and maintain high martial arts standards. At our first meeting in May was a great success with 20 in attendance. It was great to sit and chat with some of Australia’s most prominent and experienced martial artists.

WKO MEMBERSHIP

HK Martial Arts is now part of the WKO – World Kumite Organisation which is based in Japan but has members from all around the world. This means that we are recognised in Japan and have access to all their events, tournaments and visiting guest instructors.

BLITZ MAGAZINE – END OF AN ERA... 1986 - 2018

When I was a young Martial Artist there were many difference Martial Arts Magazines available, both local and international. Australasian Fighting Arts was a black and white magazine and probably the most widely read in Australia. Then in 1986 Blitz Publications came into existence. With its colourful action shots, informative and inclusive articles, technique drills and many different ads for training equipment it soon became the number 1 Martial Arts mag in Australasia (and from what I’ve seen possibly the world).

Over the past 32 years Silvio Morelli, Mark “Hammer” Castagnini, Ben Stone and many other staff members have worked tirelessly to keep a quality martial arts magazine available and relevant to Australians. The crew at Blitz Publications over the past 25 years have also been incredibly supportive to HKMA, even when we were just starting our own Martial Arts style in 1995. Over the next 2 and a 1/2 decades Blitz published over 50 of our articles, drills, achievements and honours. So it is a very sad end of an era in Australian Martial Arts as it means that we are all a little less connected. It also increase the value and importance of our HK newsletter.

STUDENT PROFILES

JUNIORS

Alex – 8th Kyu (yellow belt)

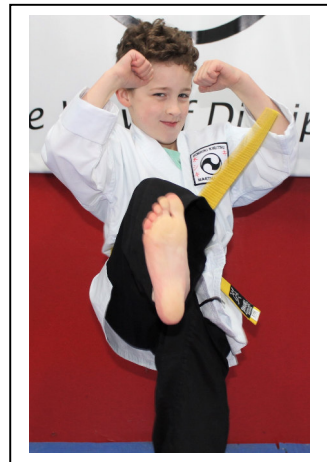
My name is Alex and I am 8 years old and in grade 2 at Ringwood Heights Primary School. I’m new to martial arts and really enjoying it so far. I just got my yellow belt. I also do swimming lessons and like to play video games with my dad and sister. I’m really looking forward to going to DisneyWorld next year!



Nick G – 8th Kyu (yellow belt)

Hi I am Nicholas, I am 8 and am in Grade 3 at Ringwood Heights Primary. I like playing Minecraft on the Xbox and riding on my scooter.

My favourite TV shows are Lego Ninjago and Wakfu. My favourite thing at martial arts has been breaking boards and one day I hope to be able to do martial arts with a bo staff. I have just achieved my yellow belt and am excited to learn new things.



Zetara – 8th Kyu (yellow belt)

I am Zetara and am in grade 3. I started martial arts this year and am now in yellow belt. I love the class and I love sparring with my brother. I also do gymnastics and I love to sketch and paint. I also like gardening with my Family and I make salads and perfume with the vegetables and flowers we grow.



TEENS

Harrison – 8th Kyu (yellow belt)

My name is Harrison and I have been kickboxing for not quite 2 years and doing karate in the teenage class since the start of the year. I play basketball in the Under 17's for Steelers in Park Orchards, I have played 6 years of football for Mitcham and really enjoy playing on-line gaming games in my spare time. I work at Woolworths at Eastland and have for the last 6 months as I am 15. I am in year 10 at Norwood Secondary College and hope to get into the Police force when I finish school. I am lucky to be going on a trip to Vietnam and Lao for school this year in Nov-Dec and helping out the community over there. This is an exciting opportunity to be involved in as we will be trekking across Vietnam up to our community area. I have 2 younger sisters and a foster brother, my dad is a plasterer and mum is at uni studying to be a primary teacher, but still dress-makes and makes her bridal jewellery. We have 2 dogs, they are siblings, brother and sister and 4 chooks at the moment. This does change from time to time depending on who is on chook duty as to if the chooks have been locked up and if the foxes are out that night!



TRAINING TIP

- **LOCKS / HOLDS**

“When applying a submission lock or hold always take your partner to the point where they have lost balance and will submit by tapping. This will enforce practicality and realism into your training. It is also wise to train Submission holds with speed and regularity so they become an instinct rather than a conscious thought.”

The Adventures of Master Hosh & Yoko Geri

Episode 18

Finally after three hours of silent travel Master Hosh spoke.

"Alright Yoko, this is my question to you - out of all these areas of life you wish to master which one is the most important of them all? Take your time Yoko, I don't care if the answer comes in 20 steps, 3 hours, 4 days or next year, I just want to hear the right one."

Yoko looked at Master Hosh, said nothing and looked vacantly into the distance as if the answer lay on the horizon.

QUOTE OF THE MONTH:

*"If you spend too much time thinking about a thing, you'll never get it done.
Make at least one definite move daily toward your goal"*

Bruce Lee

*See you at training,
Kyoshi Matt and Renshi Maree*

A FEW SNAPS FROM THE TOURNAMENT ...



Alex in Sumo



Finn & Emily both performing Kata Tensho



Sienna in Sumo



Eshan breaking tiles



Finn sparring



Ella sparring



Sally sparring



Lila winning Sumo



Sienna breaking tiles



Eshan sparring



Alex sparring



Lila doing Kata Appuku



Will sparring



Ella sparring



Will & Alex in Sumo



Eshan in Sumo



Finn sparring



Will sparring



Zach in Sumo



Paige breaking tiles



Sally performing Kata Tenshio