

# **HOSHIKI MONTHLY**

**June / July 2009**

With the colder weather upon us; focus, discipline and goal setting becomes even more important to help us maintain consistency and intensity in our training in order to become skilled and competent martial artists. Coming to training on a cold, wet night even though you may have considered staying at home is what sets you apart from the majority and demonstrates your commitment to achieve your goals no matter what.

## **WELCOME**

Welcome to our new Junior students Niamh, Noah, Sabina & Gabby. Welcome to our new senior students Rick, Steve, Jim, Sam, Alasdair & Karen. We hope you all enjoy being a part of our club. And welcome back to Dai Sempai Jules, it is great to have him back at training again as he is a very experienced and skilled Martial Artist who also holds an Instructor rank in Kung Fu.

## **GRADING RESULTS**

Congratulations to Cassidy Brown, Daniel Fitzsimons, Noah Gray, Nathan Keane, Danny Raaymakers & Zac Reilly on attaining their 8<sup>th</sup> Kyu (yellow belt)

Congratulations to Alana Bickell, Elly Clarke, Taylor Dykstra & Jasper Thornton on attaining their 7<sup>th</sup> Kyu (green bars)

Congratulations to Riley Brown, Mia Carroll, Cassie Carson, Amanda & Jessica Charnley, Thomas Dominko, Natalie Gammino & Jude Sanders on attaining their 6<sup>th</sup> Kyu (green belt)

Thankyou to all of our senior students who helped out with the above Junior gradings. I really appreciate all your support.

Congratulations to Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton on attaining their 8<sup>th</sup> Kyu (yellow belt)

Congratulations to Chelsea & Darren Carson & Alicia Keane on attaining their <sup>th</sup> Kyu (green belt).

Congratulations to Mary-Anne Brown, Shell Carroll & Melinda Frost on attaining their 4<sup>th</sup> Kyu (Red belt)

## **UPCOMING GRADINGS FOR AUGUST / SEPTEMBER**

### **Juniors**

- Sabina & Gabby Blewer and Niamh & Noah Sanders will all be attempting their 9<sup>th</sup> Kyu (yellow bars).

### **Seniors**

- Alasdair Harvey, Rick, Steve & Jim Strodder, Sam Tunstall & Karen will all be attempting their 9<sup>th</sup> Kyu (yellow bars).
- Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton will all be attempting their 7<sup>th</sup> Kyu.

### **2<sup>nd</sup> Dan Grading**

Unfortunately the 2<sup>nd</sup> Dan Grading will have to be postponed as Sempai Bill has had an injury setback. In the true spirit of Hoshiki, and the Aussie spirit of not leaving your mates behind, Dai Sempai Greg has decided he will also postpone his grading until Sempai Bill has recovered and they can grade together. We are hoping that they will still grade before the end of the year.

## **TRAINING DATES FOR JUNIORS**

**Please note the following dates in your diary:**

**Term 3 – last class – Saturday 19<sup>th</sup> September**

**Term 4 – first class – Saturday 10<sup>th</sup> October**

**Term 4 – last class – Saturday 19<sup>th</sup> December**

## **QUEENS B'DAY**

A great day was had by all at Mark Cooks Mixed Martial Arts Kickboxing Gym in Greensborough. Even though it was organised at short notice it was great to have so many of our Senior & Junior students come down to do some hard impact training and have a turn in the boxing ring.

## **PROTECTIVE EQUIPMENT**

It is essential for safety of everyone that you ALWAYS have the correct protective equipment in class. It is compulsory for all Senior students to have the following:

- Shin/intep pads
- Mouthguard
- Groin protector (males)
- Bag mitts

It is preferable that after the level of Yellow Belt all Senior students purchase a pair of either 10oz, 12oz or 14oz Boxing Gloves for sparring as bag mitts are only for striking the pads and for beginners sparring.

## **FINAL DOJO EXTENSION**

As you can see we have increased our training space to approximately 70 sqm so that we now have maximum use of the dojo which will allow us to have more versatility in our training and cater for more students.

### **SENIOR STUDENT PROFILE**

#### ***Jane Thornton – 8<sup>th</sup> Kyu***

I remember meeting Matt and Maree at Pinemont Kinder last year. But I also remember running past their house and seeing them boxing in the carport a few years ago. I remember thinking gee they look fit and then trying to run faster.

I have always loved martial arts. My first experience was Muay Thai in England which was very full on. I started this as I was teaching Science in an inner city London comprehensive where I had chairs, punches and all sorts thrown my way. Muay Thai definitely gave me a confidence boost.

I started at HK Karate Nov 2008. I have enjoyed the positive nature of HK. I am amazed by the nurturing and supportive environment in the dojo. I started Karate after watching my son Jasper. Jasper kept asking me questions about how to do stuff like the blocking sequence and I didn't know how to help him so I thought I best learn.

It has been fun and motivating to train with Andy, Kate and Lachie. Sempai Sam always keeps us on our toes. My favourite part of Karate would be the sparring and having a laugh (at the end of class of course).

My life outside of the dojo includes my 3 children Jasper (yellow belt (6), Fletcher (3) and Isla (1). My husband is Ian, he manages a paint shop in Balwyn- Heritage Paints we met in the UK. I am a teacher at Koonung Secondary College.

My hobbies are running, Bikram Yoga and cycling. I enjoy most sports but don't like to watch sports unless it's my children. I still remember when I was about 5 my piano teacher telling my mum to stop wasting her money on lessons that I was tone deaf. Shortly after that I started playing basketball and loved it. I guess since then I have always tried to exercise most days. The club environment is what I remember most fondly from a young age. So as an adult I feel very privileged to be involved with HK club. If only that piano teacher could hear me now on sing star!

## **JUNIOR STUDENT PROFILES**

### **Noah Gray – 8<sup>th</sup> Kyu**

My name is Noah and I am 6 years old and in prep at Ringwood Heights Primary School. At home I live with my mum, Dad and sister Charlotte who is 3 years old at Pinemont Preschool. I also have a dog named Harry and a cat named Ollie.

I enjoy playing AFL footy, soccer, cricket, basketball, drawing, playing my Wii, watching the Bulldogs win and of course Karate! I am currently a yellow belt but want to practice really hard until I am a black belt.

### **Taylor Dykstra – 7<sup>th</sup> Kyu**

Hi, my name is Taylor. I'm 8 and in year two at Yarra Valley Grammar School. I play basketball on Friday afternoon for a team called "The Tigers". Some other things I like are:

Favourite Colour - Blue,  
Football Team - Sydney Swans (Mum & Dad still don't know why!)  
Favourite Food - Pizza,  
Favourite Drink - Water,  
Favourite Sport - Karate,  
Favourite Holiday - Mirage at Port Douglas, QLD,  
Favourite day of the week - Friday: Because I know I will see all my friends at Karate on Saturday.

## **The Adventures of Hosh & Yoko Geri**

### **Episode 17**

"There is no reason why we cannot master many skills Yoko. Once again, all we need to do is think outside the confines of what has been passed down from generation to generation."

"That's right Master, just because something has restricted past lives it will only restrict us if we allow it to."

"Alright Yoko, now that you are starting to think for yourself and set your own goals, I am going to ask you a question and I want you to think very hard and long about your answer."

Yoko was anxious to answer his Master's question - but would have to wait, because the answer would need much thought before and after it was asked.

## 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.

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## **TEN PIN BOWLING**

We had a great turnout for an afternoon of Ten Pin Bowling last month. 35 of us were there to see our junior students and some of senior students battle it out to get the highest score. Thankyou to all those who were able to come along, we had a lot of fun and it was great to see all our junior students mixing in and having fun. Of course we do need to make special mention of our winners on the day – Mia Carroll, Jess Charnley, Blake Keane (Nathan's brother) & Niamh Sanders all won in the junior lanes, whilst Andy Bickell won both rounds in the seniors. Of course we must also mention the lowest score of the day – a score of 59 was bowled by one of our seniors and beaten by all of our juniors as well as the adults. The bowler, who I won't name (*Shell Carroll*) said it was a mistake that the name "Laura" was put on the score card instead of "Shell" – yes, of course it was. I would also like to mention the spectacular run up style of young Abbey Bickell when bowling – hopefully she will be a natural at running jumping kicks when she joins class in the future. See photo's below...

### ***Training Tip***

It is good to keep a clear difference between Kata training and Sparring / Bag work. The major differences are:

1. In Kata training the head and shoulders must be kept up to improve posture, technique and the overall look of the Kata. Whereas in general fighting training the head is tucked in and the shoulders slightly forward to minimise the head as a target area.
2. In Kata it is necessary to have tension in the body (with the exception of Tensho) whilst executing the techniques. In general fighting training it is necessary to be relaxed and only have tension precisely at the point of impact (either giving or receiving) to avoid wasting energy and increasing agility.

### ***QUOTE OF THE MONTH:***

*“Time is the ONLY thing we all have the same amount of,  
use yours wisely .”*

*See you at training,*

***SENSEI MATT***