

# HOSHIKI MONTHLY

August / September 2009

Thankyou to Dai Sempai Jules, Dai Sempai Greg, Sempai Billy, Sempai Sam & Shell for taking care of the club whilst we were away.

Sensei Maree and I were both fascinated and pleased with the Martial Artists we were able to train with in Asia. Over the course of the 4 weeks we managed to train in 5 different Martial Arts at 7 different Dojos / Gyms. Training with some very highly skilled Martial Artists and Kickboxers was not only a great learning experience but also very satisfying to see that Hoshiki Kiritsu was very much on par with some excellent Martial Arts systems.

It was truly humbling and a great honour to be allowed to train in the inner compound at the Shaolin Temple in China, probably the most sacred place in the world for any serious Martial Artist where the students often live and train from the age of nine until their mid twenties and a place not many Westerners are able to access. Sensei Maree & I spent an entire day exploring the main Temple, training facilities, demonstrations, monks residence and burial grounds of the past Kung Fu Masters of Shaolin.

This along with training at the Einchin Kai headquarters in Osaka, Japan, the Tokyo Boxing Club and Thai Boxing under a Master trainer in Thailand was an absolute honour and a privilege we will never forget.

## **END OF YEAR BBQ**

I know it's not quite Christmas yet, but I do get excited about our end of year BBQ! So put this date in your diaries NOW, cause you don't want to get stuck at some Christmas BBQ with Great Aunt Flo when you could be having a wonderful time at the Karate BBQ!!

**Sunday 13<sup>th</sup> December 12.00noon – 2.00pm**

– Trophy Presentations at 1pm (you are welcome to stay longer if it gets you out of going to go to Great Aunt Flo's in the afternoon!).

More details will follow closer to the date as well as regular reminders from me...

## **GRADING RESULTS**

Congratulations to Sabina & Gabby Blewer and Niamh & Noah Sanders on attaining their 9<sup>th</sup> Kyu (yellow bars)

Congratulations to Alasdair Harvey, Rick, Steve & Jim Strodder, Sam Tunstall & Karen on attaining their 9<sup>th</sup> Kyu (yellow bars)

Congratulations to Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton on attaining their 7<sup>th</sup> Kyu (green bars)

## **UPCOMING GRADINGS FOR OCTOBER / NOVEMBER**

### **Juniors**

- Sabina & Gabby Blewer and Niamh & Noah Sanders will all be attempting their 8<sup>th</sup> Kyu (yellow belt).
- Cassidy Brown, Nathan Keane, Daniel Fitzsimons, Noah Gray, Danny Raaymakers & Zac Reilly will all be attempting their 7<sup>th</sup> Kyu (green bars).
- Alana Bickell, Elly Clarke, Taylor Dykstra & Jasper Thornton will all be attempting their 6<sup>th</sup> Kyu (green belt).
- Riley Brown, Mia Carroll, Cassie Carson, Jess & Mandy Charnley, Thomas Dominko, Natalie Gammino & Jude Sanders will all be attempting their 5<sup>th</sup> Kyu (Red bars).

### **Seniors**

- Alasdair Harvey, Rick, Steve & Jim Strodder, Sam Tunstall & Karen will all be attempting their 8<sup>th</sup> Kyu (yellow belt).
- Chelsea & Darren Carson and Alicia Keane will all be attempting their 5<sup>th</sup> Kyu (red bars).
- Mary-Anne Brown, Shell Carroll & Melinda Frost will all be attempting their 3<sup>rd</sup> Kyu (brown bars).

## **GRADING TIMELINES**

In Hoshiki Kiritsu there is a general grading timeline that allows students adequate time to develop a thorough understanding of the requirements for each rank and to master all physical aspects of each rank. Each belt grading requires more than the previous therefore the gaps between gradings become bigger each time. This enables us to produce a high standard of Black Belts and maintain a high standard of teaching. The following grading timelines are a guide and may be slightly increased or decreased depending on individual needs and time spent training:

1<sup>st</sup> Year – 4 gradings (10<sup>th</sup> Kyu white belt – 6<sup>th</sup> Kyu green belt)

2<sup>nd</sup> Year – 3 gradings (6<sup>th</sup> Kyu green belt – 3<sup>rd</sup> Kyu brown bars)

3<sup>rd</sup> Year – 2 gradings (3<sup>rd</sup> Kyu brown bars – 1<sup>st</sup> Kyu black bars)

4<sup>th</sup> Year – 1 grading (Probationary 1<sup>st</sup> dan – Black Belt)

## **THANKYOU**

Thankyou to Darren Carson for repairing the plaster in the Dojo. In true Hoshiki spirit Darren went out of his way to come around one afternoon and fix the wall without being asked. It is great to have a club with such community spirit.

## **JUNIOR STUDENT PROFILES**

### **Cassidy Brown – 8<sup>th</sup> Kyu**

Ohaiyo, my name is Cassidy and I will be 6 years old this December - whoop whoop. I started Hoshiki Kiritsu this year, so I could defend myself against the Dark Lord.... My brother Riley! I love doing my other sporting activities too, such as swimming and ballet. I attend kinder, but I am counting the days to when I begin my first day at school.

I love playing Barbie dolls and riding my bike. I have attempted to roller skate, but my Mum tells me I need to balance better on my giraffe legs.... Yes I am tall for my age. I love summer because I can wear dresses and not jeans and I looooooove the beach and I looooooove the water.

My favourite food is fruit.. any fruit just bring it on. I like pretty much anything my brother likes including Batman. I tend to slip into the role of Robin or Batgirl quite effectively.

I am enjoying Hoshiki Kiritsu and wish to achieve black belt rank someday. I have to. I

have an older brother who will forever have some annoying friends. I figure that I will only have to hit them once and once only.... KIA!!!

I love to dress up and be made up, especially when we go somewhere special. My younger sister Charlotte and I will be performing in our Ballet concert next month, where I am allowed to wear mascara and RED lipstick.... Oh yeah.... I love the fact that I can be a girl, love girly girl things, but will have the ability to kick some serious butt too.....Sayonara

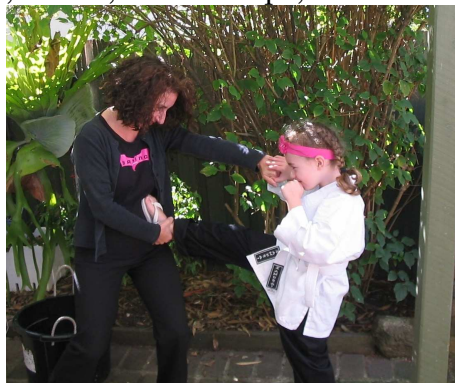
### **Elana Rose Clarke – 7<sup>th</sup> Kyu**

Hi, I'm Elly I am 6 six years old and have been coming to karate since February this year.

I love it and enjoy learning karate and catching up with my friends.

I also enjoy:

- swimming (Nunawading Leisure Centre)
- going to school (Ringwood Heights Primary School) and playing with my friends
- holidaying in Queensland
- playing on the computer and reading
- watching movies (my favourite at the moment is Nanny McFee & Up)
- favourite food; lollies, fish & chips, muffins & cookies



## **SENIOR STUDENT PROFILE**

### **Andy Bickell – 8<sup>th</sup> Kyu**

Hi, I'm Andrew and I am currently training for my Green belt. 11 months ago when I first arrived at the club with my daughter Alana I had no idea that I would be doing that. However, after such a friendly and supportive welcome to Alana I made the decision to change my life (even though I did not know that at the time).

In my civilian life I run a radiology department and am half way through an MBA, have 2 daughters of 4 and 7 and another child on the way (poor Mel), I thought I kept fit by going to the gym and playing

soccer, how quickly one can learn. On my first night I was quite intimidated by the sea of gi's and coloured belts (adults fill the dojo more so than the kids) and as I lined up closest to the door and opposite the first aid kit I wondered 'do they really need that, what have I done'?

Well here I am closing in on my first year of Martial Arts and have progressed past the Richmond clock (everyone and everything else passes the 'Tigers', so I wanted too as well), and thank everyone for that. I gain much of my motivation from the supportive spirit of the club and also my 'training partners', Jane, Kate and Lachy. I hope they and the other club members feel the same way about me. I truly look forward to training each week and the different relaxed approach to Sunday training, which without the dedication of the black belts would not be possible and I find so inspirational.

I relax by having a few beers (too many) with friends and family and going to P.I. to watch the MotoGP and Superbikes. If you are still awake thanks for reading see you soon.

Cheers  
Andrew

## **TERM 4 FEES DUE**

Please remember that fees for term 4 are now due. Please see Sensei Maree to arrange a payment plan if you are unable to pay fees in the next two weeks.

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

### **Episode 19**

"What do you mean by the 'right answer' Master? Do you mean that there is only one possible subject or is it another of your trick questions?"

Master Hosh was pleased that Yoko was so intent on supplying the right answer and that he was now daring to question and challenge Master Hosh's exercises, having learned from the past.

"Yoko, all I want from you is to tell me what the most important skill to master is."

Master Hosh and Yoko stopped for the night, lit a fire and went to sleep.

"I will sleep on your question Master. I'm sure the right answer will come, I don't know how or when it will come but I do believe it will come."

### **Episode 20**

The two travelled on for a few weeks, nothing eventful happened and Yoko had real time to reflect and think - but he was also disappointed that nothing poignant happened in that period to reveal the answer to him.

Until one day they came across the aftermath of what was obviously a fierce battle between two warring tribes. Yoko stared in disbelief at the bodies that had been slain in the battle.

"What has happened here Master? I've never seen such devastation."

"I know Yoko, you are young and I wish you never had to see such harsh realities, but life has taught me that you will see many more and much worse. Come, let's keep moving."

They travelled on in silence until Yoko suddenly stopped and looked up.

"Master, Master, I know the answer to your question!" Yoko looked at Master Hosh.

"The most important area of life to master is the art of dealing with people, to understand and get along with others, to empathise and not judge them, for it is only then can we avoid conflict that has dogged humanity since time began Master."

Master Hosh smiled, "You are right Yoko - I knew you would be."

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### **TRAINING TIP**

TO IMPROVE KICKING TECHNIQUE AND FOOT POSITIONING IT IS GOOD PRACTICE TO HOLD THE LEG AND FOOT IN PRECISELY THE CORRECT POSITION FOR EACH PARTICULAR KICK FOR 30 SECONDS. THIS WILL BUILD INTO THE SUB CONSCIOUS WHAT THE LEG SHOULD FEEL LIKE AND LOOK LIKE WHILST EXECUTING THE KICK.

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

*"You don't stop playing because you grow old,  
you grow old because you stop playing."*

*See you at training,*

**SENSEI MATT**