

HOSHIKI MONTHLY

October / November 2009

With so many gradings going on - both Junior and Senior, it is great to see our club spirit shining through. Everyone has contributed to the club by helping others prepare for their grading whilst also preparing for their own, by either holding bags during class or assisting on grading days. Sensei Maree and I are very appreciative as we have had 8 different gradings to prepare for and it would be difficult to run all these gradings without everyone's cooperation and support.

CONGRATULATIONS

Congratulations to Jules Blewer on being made Sensei. This is a huge honour in Martial Arts and one that is not bestowed lightly. It is a big step up from Dai Sempai rank and Sensei Jules is a very worthy recipient after 16 years of training with me and also in other Martial Arts.



END OF YEAR BBQ & PRESENTATIONS

As you would all know by now the date has been changed and is now:

Saturday 12th December 12.00noon – 2.00pm

You are welcome to stay for the afternoon if you're free. Presentation of trophies and medals will be at 1pm sharp. Trophies will be awarded in the following categories:

Juniors: Club Champion, Most Determined, Most Consistent, Most Improved

Seniors: Club Champion, Most Determined, Most Consistent, Black Belt of the Yr

Comedy Award: ???

Please make an effort to come along to and congratulate those awarded and get to know your fellow Martial Artists outside of the dojo.

BYO Meat & drinks.

OUR NEW WEBSITE – is coming soon!

Thankyou to Belinda Strodder & Delphine Moreau for all their hard work taking 100's of photo's for our upcoming website. We really appreciate your help. And thankyou to all our students for your patience during this process. It will be worth the wait when our website is up and running. We hope to have it completed by mid December. The address will be www.hkmartialarts.com

GRADING RESULTS

Congratulations to Niamh & Noah Sanders on attaining their 8th Kyu (yellow belt).



Congratulations to Karen Gronich-Blewer, Alasdair Harvey, Rick, Steve & Jim Strodder on attaining their 8th Kyu (yellow belt).



Congratulations to Cassidy Brown, Nathan Keane, Noah Gray, Danny Raaymakers & Zac Reilly on attaining their 7th Kyu (green bars)



Congratulations to Alana Bickell, Elly Clarke, Taylor Dykstra & Jasper Thornton on attaining their 6th Kyu (green belt).



Congratulations to Riley Brown, Mia Carroll, Cassie Carson, Jess & Mandy Charnley, Thomas Dominko, Natalie Gammino & Jude Sanders on attaining their 5th Kyu (Red bars).



Congratulations to Mary-Anne Brown, Shell Carroll & Melinda Frost on attaining their 3rd Kyu (brown bars).



UPCOMING GRADINGS FOR DECEMBER

Seniors

- Chelsea & Darren Carson and Alicia Keane will all be attempting their 5th Kyu (red bars).
- Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton will all be attempting their 6th Kyu (green belt).

NEW CLASSES FOR 2010

We will be starting up another Junior class next year on a Monday afternoon 4.15 – 5pm. This will be a beginners class for new students. Please let others know who may be interested to contact Sensei Maree or myself.

LAST CLASS 2009 & COMMENCEMENT DATES FOR 2010

Seniors: Last Class 09 – Wed 16th Dec First Class 2010 - Wed 3rd Feb

Juniors: Last Class 09 – Sat 12th Dec
First Class 2010 - Mon 1st Feb (beginners class) & Sat 6th Feb

TRAINING OVER JANUARY 2010

Dai Sempai Greg, Sempai Bill and myself will be training at various boxing & kickboxing gyms and our own dojo in preparation for their 2nd Dan. If anyone is interested in joining us please contact me on 0412 068 154 and I will give you the dates, times and places.

WOMEN'S SELF DEFENCE COURSES

Sensei Maree will be conducting a 6 week Self Defence Course next year on Friday mornings – commencing on 5th February 2010. If you have any family or friends who may be interested in participating please encourage them to contact Sensei Maree on 9893-2280 or 0413 312 924 for further information and to book a place.

JUNIOR STUDENT PROFILES

Zac Reilly – 7th Kyu

Hi, I'm Zac, I am 7 years old and I am in year 1 at Southwood Grammar School. I love Karate even though I may yawn a lot through it. I am yellow belt at the moment but hope to get my green bars soon. When I'm not going to school, to swimming or karate lessons, I'm playing with my cousins and friends.

My family goes to Tasmania at Christmas time to visit my other cousins. We swim every day, go fishing and play cricket on boxing day. It's great! See you at karate.



Nathan Keane – 7th Kyu

Name: Nathan Keaneg: 8
School: Holy Spirit Ringwood North
Grade: 2
Siblings: Blake (5) and Tiana (2)
Favourite Colour: Red
Favourite Books: Where's Wally? Zac Power, Aussie Nibbles
Favourite Shows: Goodies, The Upside Down Show, Star Wars, Ben 10
Interests / Hobbies: Legos, reading, Wii, trampoline, swimming, tennis, beach
Pets: Crunchie (Cavalier Dog) and Sunny (cat)
Favourite Food: Spaghetti



Special moments in Karate:

Meeting new buddies, gaining confidence, Student of the Week and getting a free life in poison ball.



SENIOR STUDENT PROFILE

Kate Raaymakers – 7th Kyu

Hi my name is Kate and I have been training with the club since February 2009.

My hubby is Dave and I have two gorgeous children, Charli (8) and Danny (6) and a Staffy called Harry.

I have two part time jobs; Integration Aide with Ringwood Heights PS and Merchandiser with a company called Info-med that provide doctor clinics with information brochures. I also do the bookwork for our Mechanical Repairs business in Ringwood.

I enjoy running with my dog Harry in the mornings, camping with the family, reading and going to the beach.

Prior to having my kids I trained in karate for two years and loved it and always hoped I would train again. At the beginning of the year Dan decided he wanted to start karate and whilst watching his first lesson my passion for karate was ignited!

Each aspect of the club is important to me. I love the fitness I can achieve by pushing myself when training. The self defence empowers me and makes me feel in control. The philosophy of Hoshiki Kiritsu gives such a contagious positive energy that makes me believe I can achieve anything. The social side of the club makes it all good fun and there is always a lot of laughs.

I always leave training on a Wednesday night a better person than when I walked in!



SUPPORT THOSE THAT SUPPORT HOSHIKI...

MUSTANG VALLEY

Rob & Kerrie Dykstra (Taylor's mum & dad) have started their own business.

“Mustang Valley” is a classic experience, a chauffeur driven 1965 Mustang can take you on tailor made tour. Contact Kerrie on 0423 020 636 or visit the website:

www.mustang-valley.com

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Contact Amanda on 0417 559 608

The Adventures of Hosh & Yoko Geri

Episode 21

Yoko was so proud of himself; he knew that Master Hosh expected more and more of him as he matured. Answering the Master's question correctly also made him reflect. Yoko was slightly disappointed that it took such a sense of devastation to prompt the right answer. It also posed another question for him to ask Master Hosh.

"Master, if the most important element of life to master is dealing with people, why then do we spend so much time mastering our fighting and battle strategy skills and less time honing our skills of negotiation?"

"That is a very good question Yoko and once again the answer lies in the aftermath of battle such as the one you have recently seen."

Episode 22

Once again Yoko knew that Master Hosh wouldn't give him a direct answer because it didn't promote deep or lateral thinking.

Yoko always admired the discipline and patience that Master Hosh showed and how he never ever spoke spontaneously, but rather always thought deeply about everything and never just gave away knowledge. Yoko sometimes wished that he had the same patience. Then it dawned on him, "Master, I know why we train so hard to be proficient in the fighting Arts!"

"Tell me why then Yoko."

"Because even though we think that settling matters through compromise and negotiation is the best train of thought - others simply do not."

"Well done Yoko - our values are sometimes as different as our personalities therefore we must be able to deal with all types!"

TRAINING TIP

TO HELP IMPROVE OUR RETENTION OF THE JAPANESE COMMANDS IT IS WISE TO SAY EACH STRIKE, KICK, OR COMMAND IN YOUR MIND WHILST EXECUTING THAT TECHNIQUE. REMEMBER THAT EACH TECHNIQUE WILL BE TO 1 OF 3 SECTIONS OF THE BODY THEREFORE MAI GERI (FRONT KICK) TO THE MID SECTION BECOMES "CHUDAN MAI GERI". BLACK BELTS & HIGHER RANKS CAN ADD IN LEFT OR RIGHT, SO A FRONT KICK WITH THE LEFT LEG TO THE MID SECTION BECOMES HIDARI CHUDAN MAI GERI.

QUOTE OF THE MONTH:

"If you try to chase two rabbits at once, you end up losing both."

See you at training,

SENSEI MATT