

# HOSHIKI MONTHLY

December 2009 / January 2010

I hope everyone had a wonderful Christmas and a nice break over January. It's now time to set some new goals for this year building on the success and skills built up during 2009. It would be an ideal time over the next few weeks to dig out your curriculum and have a look at the requirements for your next grading, this will help you start to focus and set some short-term goals.

## **END OF YEAR BBQ & PRESENTATIONS**

Thankyou to everyone for coming along to our end of year BBQ & trophy presentations. A great day was had by all and it was enjoyable catching up with everyone outside the dojo. Thankyou for our wonderful water feature, it was a very thoughtful gift and fits in perfectly with our Japanese garden. Congratulations to the following award recipients:

*Junior Club Champion – Mia Carroll*

*Junior Most Determined – Taylor Dykstra*

*Junior Most Consistent – Danny Raaymakers*

*Junior Most Improved – Nathan Keane*

*Senior Club Champion – Shell Carroll*

*Senior Most Determined – Darren Carson*

*Senior Most Consistent – Andy Bickell*

*Senior Black Belt of the Yr – Sempai Sam Clifford*

*Bag Holder of the Yr – Adrian Brown*

See back page for photos.

## **HOSHIKI'S 15<sup>TH</sup> ANNIVERSARY**

We will be celebrating our 15<sup>th</sup> Anniversary in a few ways:

- We have had an honour board specially made showing the history of our past award winners. You may see a few names you recognise from back in the 90's and early 00's.
- There will also be some high ranking gradings including 2<sup>nd</sup> Dan and 3<sup>rd</sup> Dan & possibly a 1<sup>st</sup> Dan grading.
- And of course we will be organising a night out to celebrate.

## OUR NEW WEBSITE

As most of you would now be aware our website is now online. Please pass the address on to friends and family and anyone who may be interested in martial arts or women's self defence. The address is [www.hkmartialarts.com](http://www.hkmartialarts.com).

## GRADING RESULTS

Congratulations to Chelsea & Darren Carson and Alicia Keane on attaining their 5<sup>th</sup> Kyu (Red bars).



Congratulations to Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Gabby & Sabina Blewer on attaining their 8<sup>th</sup> Kyu (yellow belt).



### **NEW CLASSES THIS YEAR**

Our new Junior class will be starting up on Monday afternoons 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.

### **COMMENCEMENT DATES FOR THIS YEAR**

Seniors: Our first class will be Wed 3<sup>rd</sup> Feb

Juniors: Our first Monday class will be Mon 1<sup>st</sup> Feb (beginner's class)  
Our first Saturday class will be Sat 6<sup>th</sup> Feb

### **WOMEN'S SELF DEFENCE COURSES**

Sensei Maree will be conducting two 6 week Self Defence Courses starting in February. One will commence on Friday 5<sup>th</sup> February 9.15 – 10.15am. The second course will commence on Wednesday 10<sup>th</sup> February 9.15 – 10.15am. 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.

## *The Adventures of Hosh & Yoko Geri*

### Episode 23

The two travelled on, keen to put as much distance as possible between them and the battle field (both physically and mentally).

"Master?"

"Yes Yoko?"

"With all we have learned throughout the centuries, why have we not yet learnt how to live peacefully?"

"That is something that I cannot answer Yoko and if I could we would probably not be on our current journey."

"Why not Master?"

"Because we would not be leaving a battle torn village on a peaceful quest for knowledge - we could have lived in peace right where we were."

"Master, do you think that there will ever be a time when human beings get along and live in harmony?"

"I hope there will be Yoko, but I don't think so."

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### **TRAINING TIP**

WHEN CLEARING OUR MIND AT THE START OF CLASS IT IS IMPORTANT TO BREATHE DEEPLY (IBUGI BREATHING) TO LOWER BRAIN WAVES INTO ALPHA STATE WHICH WILL ENABLE US TO VISUALISE MORE CLEARLY AND CONNECT MORE DIRECTLY WITH THE SUB-CONSCIOUS MIND.

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

*"The inlet of a person's mind is what they learn;  
the outlet is what they accomplish."*

*See you at training,*

**SENSEI MATT**



***Taylor Dykstra  
Most Determined***



***Nathan Keane  
Most Improved***



***Danny Raaymakers  
Most Consistent***



***Mia Carroll  
Jnr Club Champion***



***Andy Bickell  
Most Consistent***



***Darren Carson  
Most Determined***



*Shell Carroll*  
*Snr Club Champ*



*Adrian Brown*  
*Bag Holder of the Yr*



*Sam Clifford*  
*Black Belt of the Yr*