

HOSHIKI MONTHLY

February / March 2010

Our 15th Anniversary year has started off so well. We have another Junior class up and running, 12 new students have joined our club, we have already been along to one Interclub Challenge (semi contact bouts in the ring) and may have 3 or 4 senior students training up to fight in the future. There is a wonderful spirit at our club - in all the classes. Whilst we encourage discipline and focus during class, it is great to see the fun and laughter before and after class. I'm really looking forward to a great year ahead.

There will be a lot of gradings over the next couple of months, so let's all knuckle down and focus on our grading requirements - this includes practice at home as well as in the Dojo. All of our Junior students will be grading sometime in April or May, so if any of our Senior students are available to help with gradings it will be much appreciated. We will let you know dates in the near future.

WELCOME

Welcome to all our new students - *Luke Moreau, Sabastian Etheridge, Maddy & Will Fletcher and Jack & Ellie Campbell* in our Monday afternoon Junior class; *Abbey Bickell, Jackson Daws, Blake Keane & Nick Reilly* in our Saturday morning class and also *Susan & Stephanie Alexander* in our Senior class. It's great to have you all as a part of our club.

WELCOME & CONGRATULATIONS!!

Welcome to the newest member of our Hoshiki "family" – little **Toby Bickell**. Congratulations to Andy, Mel, Alana & Abbey on the safe arrival (albeit it a little late) of Toby. We look forward to seeing him in a gi in a few years.

FIGHTS AT HAMMERS GYM

On Sunday 7th March a group of us went along to the Interclub Challenge at Hammers Gym. The day went very smoothly with over 50 bouts taking place. The overall standard, spirit and control were excellent. Sensei Maree and I were pleased to be able to officiate for part of the afternoon. A number of our students have expressed an interest in training for a bout in the near future. If you are interested please let me know as this is an area of martial arts that I specialise in and really enjoy the challenge of taking a student from normal martial arts training to the standard required to fight in a semi-contact / full-contact bout.

GRADING RESULTS

Congratulations to Susan & Stephanie Alexander on attaining their 9th Kyu (Yellow bars).



UPCOMING GRADINGS FOR APRIL / MAY

Juniors

- Jack & Ellie Campbell, Sabastian Etheridge, Maddie & Will Fletcher and Luke Moreau will all be attempting their 9th Kyu (yellow bars).
- Abbey Bickell, Jackson Daws, Blake Keane & Nick Reilly will all be attempting their 9th Kyu (yellow bars).
- Sabina & Gabby Blewer and Noah Sanders will all be attempting their 7th Kyu (green bars).
- Cassidy Brown, Nathan Keane, Danny Raaymakers & Zac Reilly will all be attempting their 6th Kyu (green belt).
- Alana Bickell, Elly Clarke, Taylor Dykstra & Jasper Thornton will all be attempting their 5th Kyu (red bars).
- Riley Brown, Mia Carroll, Jess & Mandy Charnley, Thomas Dominko, Natalie Gammino & Jude Sanders will all be attempting their 4th Kyu (Red belt).

Seniors

- Sam Tunstall will be attempting her 8th Kyu (yellow belt).
- Alasdair Harvey, Rick, Steve & Jim Strodder will all be attempting their 7th Kyu (green bars).
- Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton will all be attempting their 5th Kyu (red bars).
- Chelsea & Darren Carson and Alicia Keane will all be attempting their 4th Kyu (red belt).

WOMEN'S SELF DEFENCE COURSES

Sensei Maree finished a 6 week Women's Self Defence Course last week. All participants were presented with Certificates and as well as learning some essential skills in basic self defence all the women had a great time and a lot of laughs. If you have any family or friends who may be interested in participating in future courses please encourage them to contact Sensei Maree on 9893-2280 or 0413 312 924 for further information. Courses can be arranged to suit the needs of individual groups – a minimum of only 4 participants is required to run a course.

JUNIOR STUDENT PROFILES

Danny Raaymakers –7th Kyu

Name: Danny Raaymakers
Age: I will be turning 7 in May
Family: Dave is my dad, Kate is my mum and Charli is my sister
Pets: Harry is our dog and Spiny is my Siamese Fighting Fish
Sports: Karate and Swimming
Favourite Food: Chicken and Chips and Salt & Vinegar Chips
Favourite Movies: XMEN/Wolverine, Harry Potter, Star Wars
Collections: Beanie Kids and Action Figures
Hobbies: Guitar
Things I Enjoy: Playing DS / Wii / Listening to IPOD
Making things with Lego
Playing Basketball
Camping with my family



Noah Sanders –8th Kyu

My name is Noah Sanders and I am 5 years old and I go to the Ringwood Heights Primary School.
I am in Prep.
My mum and dad are Jo and Peter.
I love Karate and want to be a Black Belt.
I also like drawing and playing cricket and football. I barrack for the Saints.
My favourite foods are rice, peas, corn, cake and ice-cream



SENIOR STUDENT PROFILE

Lachlan Campbell – 6th Kyu

I am 24 years old and currently studying Industrial design at Swinburne Uni. When I am not training in the dojo I am either working as a production assistant or studying (and a little bit of xbox of course). During the winter months I enjoy snowboarding as much as I can (preferably overseas where there is some proper snow). I recently travelled to Canada with my girlfriend Susan to live and work in the snow for six months; I am looking forward to one day returning as a wealthy tourist instead of a poor student. Sempai Bill originally convinced me to come down to the dojo, I had tried karate many years ago (when I was knee high to a grasshopper) and since then had always thought I'd like to return to the dojo one day.

I really enjoy the team atmosphere in the club and especially the support from my little green belt gang (soon to be green with a touch of red). I am very glad to have joined Hoshiki Kiritsu, I look forward to training every week and already feel I have learnt so many skills that improve my confidence in everyday situations. In recent weeks I have also become interested in the prospect of entering into some tournaments to test out what I have learnt so far.



TRAINING AT HAMMERS GYM & MARK COOKS TAIPAN GYM

It was really great to train at Mark “Hammer” Castagnini’s new gym recently. Mark and I have been friends for almost 25 years and he is without doubt one of the hardest working men in Australian martial arts. Not only does he run his own gym and train fighters, he is also a commentator for the Foxtel Kickboxing and is General Manager of Blitz Martial Arts magazine.



We have also been able to train at Mark Cook's Taipan Gym in Greensborough. Mark is another friend of over 20 years, which shows that friendships made through martial arts are very enduring and valuable. We will be swapping between the two gyms during the next few months. We really appreciate their generosity in allowing us to train down at their gyms in preparation for Dai Sempai Greg & Sempai Bill's 2nd Dan. This extra training will be invaluable for their grading and also for any students aspiring to fight in upcoming Interclub Challenges.

The Adventures of Hosh & Yoko Geri

Episode 24

"Yoko, there comes a time when we must all realise our full potential."

"What do you mean Master?"

"I will give you an example Yoko - if a bird doesn't crack the shell of its egg it will never develop and therefore perish. That same bird must also learn to leave the confines of its nest or once again it will not survive. We are much the same, we only learn through experience and natural progression so we can then pass on our knowledge to the next generation. Your time with me is almost at an end Yoko and like the bird you will surely find your wings."

TRAINING TIP

DURING TRAINING IT IS WISE TO BE AWARE OF THE 5 DISTANCES OF COMBAT: KICKING, PUNCHING, ELBOWING, KNEEING, GRAPPLING & WRESTLING. TO BE A WELL ROUNDED MARTIAL ARTIST WE NEED TO HAVE A LEVEL OF PROFICIENCY AT EACH OF THESE DISTANCES AND BE ABLE TO MOVE FROM ONE TO ANOTHER, WHETHER BRIDGING THE GAP OR OPENING IT WITH EASE.

QUOTE OF THE MONTH:

"A positive attitude is a person's passport to a better tomorrow."

*See you at training,
SENSEI MATT*

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