

# HOSHIKI MONTHLY

April / May 2010

The last two months have been jam packed with gradings and there are still a few more to come. Thankyou to all the senior students for helping with the Junior gradings - Sensei Jules, Sempai Sam, Sempai Bill, Alicia, Andy, Kate, Shell & Jane.

I have been really impressed with the standard of all the gradings so far. It is rewarding watching students progress through the ranks - at every grading I have seen the focus, discipline & overall skill getting better and better.

## WELCOME

Welcome to all our new students – *Riley, Hayley, Jordan & Will* in our Monday afternoon Junior class; *Sharlotte* in our Saturday morning class and also *Jeff* in our Senior class. It's great to have you all as a part of our club.

## 2<sup>nd</sup> DAN GRADING

Sempai Bill will be attempting his 2<sup>nd</sup> Dan grading on Wednesday 9<sup>th</sup> June. The 2<sup>nd</sup> Dan grading is known as the marathon grading which very few people ever attempt, let alone complete. To give you an idea of how difficult it is, in 18 years of running Martial Arts clubs only 4 people have successfully completed 2<sup>nd</sup> Dan under my tuition, with Sempai Bill being the 5<sup>th</sup>. It is a true test of dedication, discipline and the ability to push yourself physically and mentally.

Please make sure everyone is in attendance and feel free to invite interested onlookers/supporters. Sempai Bill has been a dedicated Hoshiki member/instructor for over 15 years and it is important that we are all there to support him.

## INTERCLUB FIGHTS

If any of our senior students are interested in training up to fight in a semi-contact bout later in the year please let me know in the next few weeks. Whilst there is a lot of training and commitment required, your skills and fitness will improve enormously with all the extra training and it is a great experience.

## GRADING RESULTS

### JUNIORS

Congratulations to Jack & Ellie Campbell, Sabastian Etheridge, Maddie Fletcher, Blake Keane and Luke Moreau on attaining their 9<sup>th</sup> Kyu (Yellow bars).



Congratulations to Abbey Bickell, Sharlotte Brown, Jackson Daws & Nick Reilly on attaining their 9<sup>th</sup> Kyu (Yellow bars).



Congratulations to Sabina & Gabby Blewer and Noah Sanders on attaining their 7<sup>th</sup> Kyu (green bars).



Congratulations to Cassidy Brown, Nathan Keane, Danny Raaymakers & Zac Reilly on attaining their 6<sup>th</sup> Kyu (green belt).



Congratulations to Alana Bickell, Elly Clarke, Taylor Dykstra & Jasper Thornton on attaining their 5<sup>th</sup> Kyu (red bars).



Congratulations to Riley Brown, Mia Carroll, Jess & Mandy Charnley, Thomas Dominko, Natalie Gammino & Jude Sanders on attaining their 4<sup>th</sup> Kyu (red belt).



## **SENIORS**

Congratulations to Sam Tunstall on attaining her 8<sup>th</sup> Kyu (yellow belt).



Congratulations to Andy Bickell, Lachlan Campbell, Kate Raaymakers & Jane Thornton on attaining their 5<sup>th</sup> Kyu (red bars).



## **UPCOMING GRADINGS FOR JUNE / JULY**

### **Juniors**

- Will Cooper, Jordan, Hayley Van Praet & Riley Wilkinson will all be attempting their 9<sup>th</sup> Kyu (yellow bars).
- Abbey Bickell, Charlotte Brown, Jack & Ellie Campbell, Jackson Daws, Sabastian Etheridge, Maddie Fletcher, Blake Keane, Luke Moreau & Nick Reilly will all be attempting their 8<sup>th</sup> Kyu (yellow belt).

### **Seniors**

- Steph & Susan Alexander & Jeff Cooper will all be attempting their 8<sup>th</sup> Kyu (yellow belt).
- Alasdair Harvey, Rick, Steve & Jim Strodder & Sam Tunstall will all be attempting their 7<sup>th</sup> Kyu (green bars).

- Chelsea & Darren Carson and Alicia Keane will all be attempting their 4<sup>th</sup> Kyu (red belt).
- Mary-Anne Brown, Shell Carroll & Melinda Frost will all be attempting their 2<sup>nd</sup> Kyu (brown belt).

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

If you have any family or friends who may be interested in participating in our 6 week Women's Self Defence Courses please encourage them to contact Sensei Maree on 9893-2280 or 0413 312 924 for further information or to look at our website. Courses can be arranged to suit the needs of individual groups – a minimum of only 4 participants is required to run a course.

### **PARKING**

Please try not to park too close to our neighbours driveways or opposite them as some of them are elderly and find it difficult to get in and out. If we can have as many cars as possible on our property that would be best. Parking in our driveway and up on the grass or the gravel alongside our picket fence is fine.

### **BLITZ MARTIAL ARTS MAGAZINE** **– JUNE, JULY & AUGUST EDITIONS**

We have an ad in the next three editions of Blitz Martial Arts Magazine. The first one is due out at the beginning of June. Keep an eye out for it and show all your friends!

### **PROFESSIONAL DEVELOPMENT**

#### **- MIXED MARTIAL ARTS SEMINAR**

On Sunday May 30<sup>th</sup>, Mary-Anne, Shell, Andy, Dai Sempai Greg & I attended the Bushido Instructors seminar for the day Aqualink in Box Hill. It was a wonderful day of friendship and knowledge sharing between many different Martial Artists from many different disciplines. With aspects such as Jiu-Jitsu, Iaido, Freestyle, weaponry use & Self Defence applications all being taught, it is fair to say that an enormous amount of information was on offer. After 7 classes of approximately 1 hr each of fairly intense training, we were all extremely tired out by 5pm but extremely satisfied with what we had learned. We hope to pass on some of the techniques in the coming weeks. Thankyou to all who attended as it takes a great deal of dedication and sacrifice to give up an entire Sunday to further your knowledge in Martial Arts.



With *Sensei Kurt Tancredi* from Idokan jiu-jitsu



With *Renshi Jason Gray* from Omoikiri Budo Kai.

### **- BOXING ACCREDITATION**

After 21 years of being involved with boxing as a fighter, trainer and judge, I recently completed my Level 1 Boxing Coach Accreditation. I was fortunate enough to spend a day with Victoria's top amateur boxing coaches and officials. The course showed that just like in martial arts, everything is moving towards a more professional and structured direction.

## **JUNIOR STUDENT PROFILES**

### **Luke Moreau – 9<sup>th</sup> Kyu**

Hi I am Luke. I am almost 8 years old. I go to North Ringwood primary school and I am in grade 2. I like sports: skate boarding, bike riding, tennis and of course karate!

I am also learning guitar and enjoy it very much. But when I grow up I would like to be an astronomer (not astronaut) to keep an eye on the stars!

I like to spend time with my family: I have 1 brother and 1 sister and soon we are going to visit more family when we go to France.



### **Sabina Blewer – 7<sup>th</sup> Kyu**

Name: Sabina Blewer

Age: 8 years old

Family: My Dad is Jules, my Mum is Karen and my Sister is Gabby

Pets: we have 2 cats, 1 dog, 4 birds, 6 fish and 2 bunnies

Sports: Karate and Dancing

Favourite food: Chocolate and apricots

Favourite T.V. shows: Hannah Montana, The Simpsons, Family Guy

Things I like doing: Playing my DS, playing with Gabby



## **SENIOR STUDENT PROFILE**

### **Jim Strodder – 8<sup>th</sup> Kyu**

I decided to do karate for ONE reason: To be able to fight back. Back in primary school to the start of year 7, I was always bullied because I was different to everyone else. But when I thought of doing Karate back in June 2009, that changed everything. Now, I'm in year 8, and becoming a green bars soon. I do Karate with my dad, Rick, and my older brother, Steve. I'm 14 now, and have always had an interest in Japanese culture since I can remember. In fact, I've always been interested in it when I got interested in Manga and Anime. I draw a lot as well, in fact I'm the best artist in my



class, as everyone else says to me. If I don't have anything else to do, I'll sit down and sketch out whatever comes into my head. One of my ambitions, of course, is to become a Black belt. And that is DEFINATELY worth training hard for.

## END OF YEAR CHRISTMAS PARTY

Nothing like being organised 6 months in advance! We really want everyone to come to our End of Year Christmas Party so with this much notice there really is no excuse not to be there! Put Saturday, 18<sup>th</sup> December at 12 noon in your diaries. Trophies, medals & great food - you wouldn't want to miss it.

## *The Adventures of Hosh & Yoko Geri*

### Episode 25 - The Final Chapter

"What do you mean Master?" Yoko knew exactly what Master Hosh meant, but did not want to let go of his mentor and companion.

"Yoko, the time has come for you to seek and find your own experiences and knowledge, just as I did many years ago."

The two travelled on and came to a narrow valley that carved its way through a mountain range. Master Hosh stopped and looked at Yoko. "The time has come Yoko, just as the mother bird knows when it is time for the young to leave the nest, and I know it's time for you to leave me."

Yoko knew that this was the last time he would see his Master for a long time, but somehow knew that they would meet again.

"Master, I'm scared."

"I know Yoko, so was I, but my fear was soon replaced with confidence because I knew I was well prepared to face any of life's challenges and so are you. One day Yoko you will be able to pass on your knowledge and this in itself will teach you more about life and yourself than you can imagine. But for now, we must be alone to negotiate what life presents."

Yoko listened and was silent for a minute. "What will you do Master?"

"I too will travel and learn Yoko - for there is one certain fact about life and that is that you never ever stop learning. My final advice for you Yoko is this - no matter what happens or who you meet, always listen and learn from everyone and everything but ultimately you must listen to yourself and make your own decisions."

"Thank you Master."

"Thank you Yoko." With that Master Hosh turned and started up the mountain.

Yoko stood and watched until Master Hosh was out of sight. Yoko looked forward and started down the valley, he did not look back.

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## **TRAINING TIP**

EVASION IS AN IMPORTANT SKILL TO ACQUIRE & IT TAKES PRACTICE & CONFIDENCE TO BECOME PROFICIENT AT IT. TO IMPROVE YOUR EVASIVE SKILLS - DUCKING, SLIPPING, WEAVING & MOVING DRILLS MUST BE REPEATED & THEN SLOWLY INTRODUCED INTO SPARRING. REMEMBER A GOOD BALANCE BETWEEN PARRYING / BLOCKING & EVADING WILL MAKE YOU A MUCH MORE UNPREDICTABLE OPPONENT. "EVASION BEATS COLLISION"

## **QUOTE OF THE MONTH:**

*"A positive life pivots on modesty;  
the bigger the ego the greater the insecurity"*

*See you at training,  
SENSEI MATT*