

# HOSHIKI MONTHLY

June / July 2010

The last two months have been somewhat of an emotional rollercoaster ride for our club. Sadly we were informed of the passing away of one of our past instructors - Sempai Lulyeta Emini. But then we had Dai Sempai Bill's amazing 2<sup>nd</sup> Dan grading to help lift our spirits. This issue is a dedication to both.

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

On the 9<sup>th</sup> June 2010 Dai Sempai Bill Alexander completed one of the greatest feats ever performed in the 15 year history of Hoshiki Kiritsu Martial Arts. At age 57 he completed a full 2<sup>nd</sup> Dan grading. In front of approximately 70 people, including 11 Black Belts, Dai Sempai showed us exactly what can be achieved through hard work, dedication, focus and mental toughness. After 3 months of solid training Dai Sempai did us all proud and set an example to every single student and instructor that were present on the night.



Dai Sempai, who is one of the original Hoshiki students from 1995 at the Donvale Dojo, has always had an enormous capacity to push himself towards any worthwhile goal. This was exemplified by the fact that he insisted on completing a full 2<sup>nd</sup> Dan grading despite being over the age of 40, which

included 3 x 2 minute rounds of wrestling and 15 x 2 minute rounds of sparring (5 of them against two people). This along with blindfolded self defence and 4 grade katas was an enormous undertaking. The atmosphere in the Dojo was electric and support shown reflected how highly Dai Sempai is regarded within the Martial Art. In an act of selflessness Dai Sempai dedicated the grading in honour of Sempai Lulyeta Emini who unfortunately passed away recently.

Thankyou to all who attended and especially the following Black Belts both past and present who attended this most auspicious of nights: Dai Sempai Dawson Kidgell, Sempai Michael Hoffman, Sempai Sue Sturrock, Sempai Emma Cain & Sempai Scott Louder (Dai Sempai Glenn & Sensei Colin Smith both sent their best wishes and were unable to attend due to family circumstances). Along with our regular Black Belts – Sensei Jules, Dai Sempai Greg, Sempai Sam & Pete, it was a truly special night.

### **Sempai Lulyeta Emini**

It was with immense shock and sadness that we were informed of the passing of Sempai Lulyeta Emini (Thomastown Dojo 1995 – 2005). As every member of Hoshiki knows, our Martial Art is not just a club that people belong to, it is a family. I have been teaching Martial Arts for almost 20 years and can honestly say that there has been no-one more important to any club than Sempai Lulyeta was to our Thomastown Dojo. She was an original member and was still there when the club was closed. Over those ten years she achieved the rank of 1<sup>st</sup> Dan and won Most Improved 1998, Club Champion 2000 and Black Belt of the Year in 2001 & 2002. She was also recognised in 2005 with an appreciation award for her tireless work within the club. Sempai Lulyeta was a person who put herself last and others first. She would often drive the younger members of the club to and from training, to tournaments and to social events and she ran the club for 6 weeks in 2000 when Sensei Maree and myself were absent and took pride in the development of younger students as she prepared them for gradings.

Sempai Lulyeta was the gentle side of the club when it needed it and always had a smile on her face. In Hoshiki Kiritsu she found a family and treated everyone as family. She was a private person who did not demand much from life but sometimes life demanded a lot from her because it knew she would always give.

She will be eternally honoured in our Dojo with a photo plaque and her essay and from now on the Black Belt of Year award will be named after her. I cannot overstate the spirit of generosity and kindness that she contributed to Hoshiki. Sensei Maree, Sempai Sue Sturrock and myself feel we have lost a sister. If

when my time comes my greatest achievement is that in our Martial Art we gave people like Sempai Lulyeta a family to belong to and a happier life I will be happy.

As Martial Artists I know we are meant to believe in the Law of Karma – sometimes I find this extremely difficult to do.

Sensei Matt.

## WELCOME

Welcome to **Charli & Oscar** in our Monday afternoon Junior class and to **Coby, Fletcher & Luke** in our Saturday morning Junior class. It's great to have you all as a part of our club.

## GRADING RESULTS

### JUNIORS

Congratulations to Will, Jordan, Oscar, Charli & Riley on attaining their 9<sup>th</sup> Kyu (yellow bars).



Congratulations to Jack, Ellie, Sabastian, Maddie & Blake on attaining their 8<sup>th</sup> Kyu (yellow belt).



## SENIORS

Congratulations to Jeff, Steph & Susan on attaining their 8<sup>th</sup> Kyu (yellow belt).



Congratulations to Rick, Steve & Jim on attaining their 7<sup>th</sup> Kyu (green bars).



Congratulations to Chelsea, Darren & Alicia on attaining their 4<sup>th</sup> Kyu (red belt).



## **UPCOMING GRADINGS FOR AUGUST / SEPTEMBER**

### **Juniors**

- Coby, Luke & Fletcher will all be attempting their 9<sup>th</sup> Kyu (yellow bars).
- Luke, Abbey, Charlotte, Jackson & Nick will all be attempting their 8<sup>th</sup> Kyu (yellow belt).
- Noah, Gabby & Sabina will all be attempting their 6<sup>th</sup> Kyu (green belt).
- Danny, Cassidy, Zac & Nathan will all be attempting their 5<sup>th</sup> Kyu (red bars).
- Jasper, Elly, Alana & Taylor will be attempting their 4<sup>th</sup> Kyu (red belt).
- Jess, Mandy, Mia, Natalie, Judy, Riley & Thomas will all be attempting their 3<sup>rd</sup> Kyu (brown bars).

### **Seniors**

- Alasdair, Sam, Jeff, Susan & Steff will all be attempting their 7<sup>th</sup> Kyu (green bars).
- Andy, Lachlan, Jane & Kate will all be attempting their 4<sup>th</sup> Kyu (red belt).
- Mary-Anne, Shell & Melinda will all be attempting their 2<sup>nd</sup> Kyu (brown belt).

## **QUEENS B'DAY TRAINING**

Once again HK Martial arts took the opportunity on the long weekend to get some extra training done and make use of the facilities at Greensborough Mixed Martial Arts Centre. It was a great day with 10 seniors and 15 juniors training & socialising for nearly two hours (although little 3 months old Toby didn't make it into the boxing ring – maybe next year). Once again thanks to Kru Mark Cook for his generosity and allowing us to have the whole gym to ourselves for the day.



## INTERCLUB FIGHTS

We have entered a fighter in the next Interclub Tournament at Hammers Gym on Sunday August 22nd. Gav Carroll (Shell's hubby) is currently training up for a 2 round bout. Gav has no previous experience but has been training hard for what I'm sure will be an excellent fight. Stepping into the ring is very nerve racking but well worth the experience. So please try to make a big effort to come along on the day and support Gav.

### Details are:

- Date: Sunday 22<sup>nd</sup> August
- Time: 12.30pm
- Address: Hammers Gym 3/198 Whitehorse Rd, Blackburn
- Entry: \$10.00



## TEN PIN BOWLING DAY

A great day was had by all on Saturday 24<sup>th</sup> at Knox bowling with 40 of our junior and senior students coming along to join in the fun. Thankyou to everyone who was able to come along, it was great to get together outside of the dojo.



## **JUNIOR STUDENT PROFILES**

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

**Name:** Gabrielle Blewer

**Age:** 6 years old

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

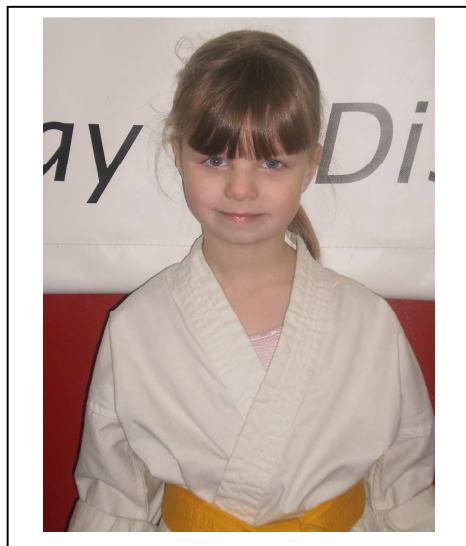
**Pets:** we have 2 cats, 1 dog, 4 birds, 6 fish and 2 bunnies

**Sports:** Karate and Dancing

**Favourite food:** Strawberries & Chicken Nuggets

**Favourite T.V. shows:** Dora, The Simpsons & Tim the Lam

**Things I like doing:** Playing my DS, Playing Fantage on the computer & Sport at school.



### **Sabastian Etheridge – 8<sup>th</sup> Kyu**

**Name:** Sabastian Etheridge

**Age:** 5 Years Old, attending Kindergarten

**Siblings:** Ayla Etheridge (7 yrs),

Ebony Etheridge (3 yrs)

**Favourite Food:** “Mint choc chip ice-cream”

**Favourite Footy Team:** “Bulldogs, Hawks and Kangaroos”

**Favourite move in martial arts:** “Fighting Kamae (because that’s important)”

**Other interests:** “Dinosaurs, Craft activities, TV/Movies, Wii, Climbing, Running, Parks, Exploring rock pools at the beach, Bike Riding.”

**What I want to be when I grow up:**

“HAWKS AFL Player”



## **SENIOR STUDENT PROFILE**

### **Rick Strodder – 7<sup>th</sup> Kyu**

A Profile by way of reminiscences

My relationship with karate started at 7.30 pm on Friday November 1st 1991. I attend my best friends 2nd dan (Zen do kai) grading. 30 rounds of semi controlled contact with no rest until the 25th. I'm in his corner. 20 years later Brett will be Best Man at my wedding. However, on that night 2 hours after some guy said “Hajime” I'm on the way to Frankston Hospital Emergency Department. Brett is in the back seat of my Midnight blue Nissan Pulsar. He's groaning, he's lumpy and he's bleeding. Something unseen is also amiss as this super fit 24 year old keeps telling me he's in “Big trouble” as he “hasn't finished his 9th grade geography homework that's due in tomorrow and this is his last chance before being sent to



the principals office.” I floor it. We are met at the Frankston E.R. with some excitement. Brett is admitted. I called his Fiancée and explain the situation. She is not happy. Crying and angry words. I called his mother and explain the situation... more unhappiness, more tears. I return to the E.R and there’s a Doctor keen to talk to the guy who bought in the male train wreck survivor wearing white pyjamas and a black belt. I start to explain.. “Oh no, he was in a karate grading... “ The Doc has a pained, confused, troubled look on his face, as if I’m telling him in detail, how I just witnessed and assisted in the drowning of a puppy. It was a long night. They discharged him 3 days later, well on the way to recovery from severe concussion and acute dehydration. His feet were heavily bandaged as the grading was not in a dojo but a gymnasium where the industrial weight synthetic floor covering had removed the skin from his feet and left them covered in friction burns. There were instructions from his attending doctor... “No sparring for 2 months and ABSOLUTELY no head contact for 3 months.” But don’t fret for Brett... his fiancée is now his wife and his Mother is talking to me again and more important than any other consideration, he was awarded his rank and was not sent to the principals office for 8 year old sloppy homework habits.

Then he took up Akido and became a 2nd dan aikidoka. An exceptional young man. I wasn’t looking to be a martial artist. One day my son Steve told me he wanted to study karate. Then Steve’s brother, Jim joined in “yeah cool, lets do karate” I was nervous. We found Hoshiki Kiritsu due to Sensei Matt’s love of music and guitar. Guitar player, teacher and member of my band, Scott Browne heard me voicing my angst in finding a dojo where my children, hopefully, would not experience the thuggie environment and philosophies Brett had told me about. Scott told me about Sensei Matt and Maree, their dojo and approach to training. It sounded perfect and I breathed a sigh of relief. I took Steve and Jim to training and stayed and watched. Next Wednesday we bought gi’s and I asked Sensei Matt if it would be okay if I trained as well. I loved watching the class train, but once I joined in and became part of it I was hooked.

Recently, on 22nd July, Steve, Jim and I graded and were awarded green bars. I find grading very stressful and always want to do the absolute best I can and feel like I’ve earned any rank I’m awarded. I worked hard towards this grading and was happy with my effort before Dai-Sempai Bill.

I felt under prepared for my yellow belt grading and thought I could and should have done much better. My grading for yellow bars went really well even though I broke bones in my right hand with the first punch on focus mitts.

I love sparing but my lack of fitness lets me down. It must be frustrating for sparing partners but in the Hoshiki Kiritsu way, all I ever hear from anyone is encouragement and I thank you all very much. I can feel myself getting stronger and fitter. I also like holds and locks.. I just like it all! apart from the Sunday morning training music which I think Sensei Matt has totally wrong... It should be the sound track from Rocky 1 or eye of the Tiger by Survivor or just the sound effects from Bruce Lee movies on constant loop.

You can keep push ups.

I am a musician and visual artist. As a J.O.B, I’m an art director. I work in advertising and design. I’m a father of 3 Children, Steve and Jim who are both students here at Hoshiki Kiritsu and who also received green bars this Wednesday (proud Father) and Giselle who is a budding ballet dancer and drummer (proud Father). My wife Belinda is a classical musician and photographer and possibly has more energy and drive than all of her kids and husband put together (proud Husband). I find the effort of all Hoshiki Kiritsu students inspiring. Watching people struggle with new Kata and then performing it makes me smile and want to hug them and I want to learn. One day I’ll be one of the last four on the dojo floor at the end of kata drop out and not one of the first at the sides watching, Alzheimer’s or hip replacement permitting. I love the fact that I’m doing this with my Children and that we grade together, however, it won’t be long until they leave me in their wake. Go Steve and Jim. I put holes in dojo walls.

Thanks to Brett who allowed me to include part of his story in mine. Brett was lapsing in and out

of consciousness with 2 rounds to go when he finally let me bundle him into my car (an ambulance wouldn't come). To this day Brett can't remember the last 8 rounds he fought or the car trip to hospital. Here are a few things he included in our email correspondence as I was writing this for our newsletter.

I asked Brett to remind me of the grading requirement:

*"...it was a total of 30 rounds with no rest until the 25th. Fresh opponents each round. It was meant to be 'semi' controlled contact, but as you saw, certain individuals went flat out and didn't pull anything, even when we were literally exhausted and out on our feet. Even though I didn't finish the grading, I was awarded my rank and also named strongest fighter. When I left hospital I was told by the Doc no training for two months after the grading and no sparring (absolutely no head contact) for three. My first class back, Ivan [Ivan was Brett's Sensei], in his own way wanted to make me feel better about not having finished the grading, so knowing I was coming back, had organised some of the boys to be there and I had to re-do the whole grading. That was fun. I ended up fighting a total of 58 rounds for my rank. I left soon after and commenced Aikido – slightly different philosophically – where I trained for another seven years to 2nd dan before the high falls, locks and pins got too much for my back and shoulders..."*

*"...Just thinking about that night. Looking back on it, now that everything's turned out OK, like someone who's been to war and survived, I'm glad I did it. I reached a place that night not many people have ever been or will ever go. I proved to myself I had a strength of spirit that went beyond what I could physically handle. I literally 'wasn't there' mentally after the 20th round. Something else took over and fought another eight rounds until my body, not my mind, shut me down. It might sound a bit sick, but it's nice to know the lengths you were capable of going to. Not to say I want to go there again. There's nothing to see..."*

Thankyou Brett and thank you Hoshiki Kiritsu.

## **PROTECTIVE EQUIPMENT**

**Please remember that all senior students must have as a minimum the following protective equipment. Mouthguard, Shin / instep pads, fully enclosed thick bag mitts, groin protector (males) & it is strongly recommended that you purchase 10 Or 12 ounce boxing gloves after the rank of 6<sup>th</sup> Kyu ( green belt ) is attained. The equipment is necessary for not only your own protection but the protection of others & the policy of protective equipment is compulsory.**

**Junior students must have hand pads & shin/instep pads.**

## **BLITZ MARTIAL ARTS MAGAZINE** **– AUGUST EDITION**

The August edition of Blitz Martial Arts Magazine has an article about Dai Sempai Bill's 2<sup>nd</sup> Dan grading on page 13. There is a copy in the Dojo so be sure to check it out, or buy a copy and show your friends! We also have an ad in the previous two editions of Blitz - there are copies in the dojo – have a look to see if you are in the group photo.

## JIMMY'S SPOT

The very talented Jim Strodder sent in the sketch below for our viewing pleasure. We hope this will be a regular feature. Thanks Jim – what a wonderful skill you possess. We look forward to seeing your next one.



## TRAINING TIP

TO GAIN A DEEPER UNDERSTANDING OF KATA IT IS IMPORTANT TO NOT ONLY ACCURATELY LEARN THE TECHNIQUES BUT TO TOTALLY IMMERSE YOURSELF IN THE ACTIVE MEDITATION OF KATA. IT IS ALSO GOOD PRACTICE TO BREAKDOWN THE HIDDEN & OBVIOUS SELF DEFENCE APPLICATIONS (BUNKAI) FROM THE KATA.

## QUOTE OF THE MONTH:

*"There is no short cut to any destination worth going"*

*See you at training,  
SENSEI MATT*