

HOSHIKI MONTHLY

August / September 2010

Term 4 is going to be jam packed with gradings! Over the next couple of months over 40 of our students will be grading so we will be busy ensuring that everyone is well prepared to grade through to their next Kyu level. This will require a lot of focus, discipline, co-operation and hard training but it will be fantastic to see so many of our students attain their next level before the end of the year. I'm really looking forward to some very high standard gradings for both our adult and junior students, including Sensei Maree's 3rd Dan grading which will be the highest ranking grading we have had in Hoshiki.

WELCOME

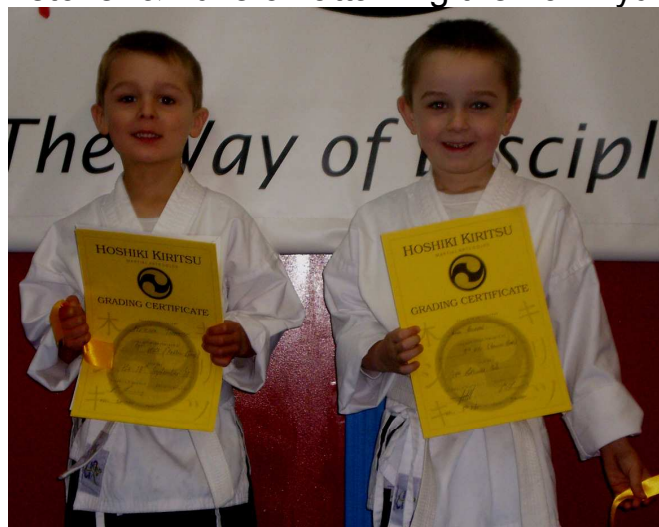
Welcome to **Tommy & Jackson** in our Monday afternoon Junior class, to **Conall & Jackson** in our Saturday morning Junior class and also to **Delphine & Lana** in our adult class. It's great to have you all as a part of our club.

Lana has 15 years of training in Goju Kensha and Genshuku Karate and achieved the rank of 3rd Degree Black Belt. I personally know one of Lana's previous instructors and in recognition of her achievements and rank I will be making Lana a probationary 1st Degree Black Belt in Hoshiki Kiritsu with the title Sempai and look forward to her integrating over the next 3 – 6 months into our curriculum as well as sharing her knowledge with us.

GRADING RESULTS

JUNIORS

Congratulations to Fletcher & Luke on attaining their 9th Kyu (yellow bars).



Congratulations to Abbey, Jackson & Sharlotte on attaining their 8th Kyu (yellow belt).



Congratulations to Charli & Luke on attaining their 8th Kyu (yellow belt).



Congratulations to Taylor, Jasper, Elly & Alana on attaining their 4th Kyu (red belt).

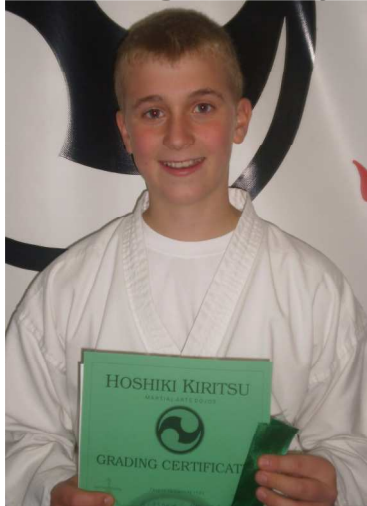


SENIORS

Congratulations to Delphine on attaining her 9th Kyu (yellow bars).



Congratulations to Alasdair on attaining his 7th Kyu (green bars).



Congratulations to Melinda, Mary-Anne & Shell & on attaining their 2nd Kyu (brown belt).



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

Juniors

- Tommy & Jackson will be attempting their 9th Kyu (yellow bars).
- Coby, Conall & Jackson will all be attempting their 9th Kyu (yellow bars).
- Nick will all be attempting his 8th Kyu (yellow belt).
- Will, Riley, Jordan & Oscar will be attempting their 8th Kyu (yellow belt)
- Luke, Maddi, Jack, Ellie, Charli & Sabastian will all be attempting their 7th Kyu (green bars).
- Noah, Gabby & Sabina will all be attempting their 6th Kyu (green belt).
- Danny, Cassidy, Zac & Nathan will all be attempting their 5th Kyu (red bars).
- Jess, Mandy, Mia, Natalie, Jude, Riley & Thomas will all be attempting their 3rd Kyu (brown bars).

Seniors

- Jeff & Susan will all be attempting their 7th Kyu (green bars).
- Rick, Steve, Jim & Alasdair will all be attempting their 6th Kyu (green belt).
- Andy, Lachlan, Jane & Kate will all be attempting their 4th Kyu (red belt).
- Alicia, Darren & Chelsea will all be attempting their 3rd Kyu (brown bars).

3rd DAN GRADING

Sensei Maree will be attempting her 3rd Dan grading on 20th October. The grading includes numerous defences against 3 attackers unarmed and defences against 3 attackers with weapons as well as 5 katas. Andy, Mel & Shell have been training with Sensei for the past 3 months to ensure that the grading is of the highest standard. It will be Hoshiki's first 3rd Dan grading so please make sure you are there to support Sensei Maree.



INTERCLUB FIGHTS AT HAMMERS GYM

After 6 weeks of intensive training 3 – 4 sessions a week, Gav Carroll fought hard and well in his first semi-contact kickboxing bout on Sunday 22nd August. Fighting a much younger and more experienced opponent Gav narrowly took the first round and was shaded in the second resulting in a very close loss. It was a great show of courage and discipline to undertake the gruelling training that is required to climb into the ring. 8am Sunday starts at Dougherty's Boxing Gym, the 1000 steps, Sunday night sparring at Greensborough Mixed Martial Arts, Friday nights at our dojo and pushing way beyond the comfort zone on freezing cold nights! Well done Gav – you did Hoshiki Martial Arts proud.

Thanks to Kru Mark Cook of Greensborough Mixed Martial Arts for allowing us to train and spar at his centre and to Kru Mark Castagnini for putting on the show. Thanks to all Hoshiki members who made it to the fights. I know some of you had to rearrange your Sunday or travel fair distances to come along and support Gav.



The next Interclub Challenge is on at Hammer's Gym on **Sunday November 21st** if anyone is interested in training up for it. Gav has decided to step into the ring again and will be fighting on the day, so if anyone else would like to give it a go please let me know. You will need to make a commitment to train with me at least 2-3 times a week as well as running in your own time but it's a great experience and the extra training will certainly improve your fitness and sparring.

PROFESSIONAL DEVELOPMENT

I am currently training with Kyoshi Martin Ruzic who is a 6th Degree Black Belt and a mentor of mine from over 20 years ago. Kyoshi is a highly skilled and experienced martial artist who has studied a number of disciplines and is currently studying Aikido. He was also previously the Victorian head for 4th Degree grading preparations in Zen Do Kai martial arts. I look forward to him visiting our dojo later in the year.

LINEAGE CHART

I have been doing research on Hoshiki Kiritsu's lineage and found it to be a fascinating process. As a result I have prepared a Lineage Chart which is currently being made into a banner and will be displayed in the dojo very soon. Please take the time to have a look and study the history of Okinawan based martial arts.

DVD

Over the next month Lachlan & I will be making a DVD of all the katas which I hope will be available for sale before the end of the year. I'm hoping this will prove to be an invaluable training tool for everyone and enable you to practice your katas more often at home.

JUNIOR STUDENT PROFILES

Abbey Bickell – 8th Kyu

My name is Abbey Bickell. I am 5.

I go to Ringwood North Primary School and I am in prep.

Who's in my family: mum, dad, Alana, Toby and me!

Favourite colours: pink and purple

Favourite food: strawberries

My favourite movie is Casper The Friendly Ghost because Casper is very friendly.

My favourite book that I like to read is about horses.

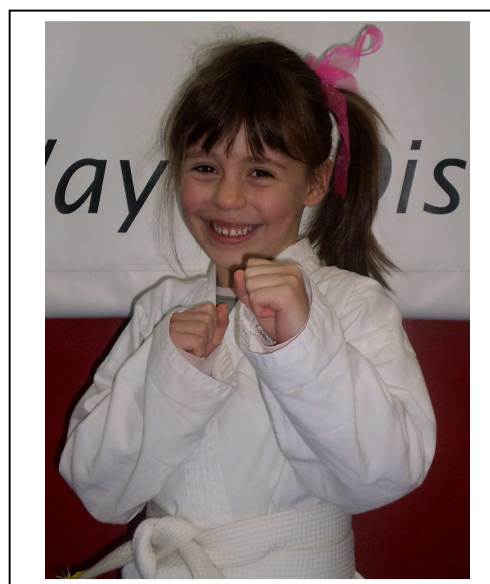
My favourite animal is ... a bunny rabbit.

When I grow up I want to be a vet.

I want to be in karate because I want to be nice and strong and my favourite thing is poison ball because I get to win and sometimes lose - but that's alright.

What I am looking forward to is getting up to a higher level like black belt and getting my yellow belt.

On Sundays I like to.... go to Hungry Jacks, having a rest and I like hanging out with my family.

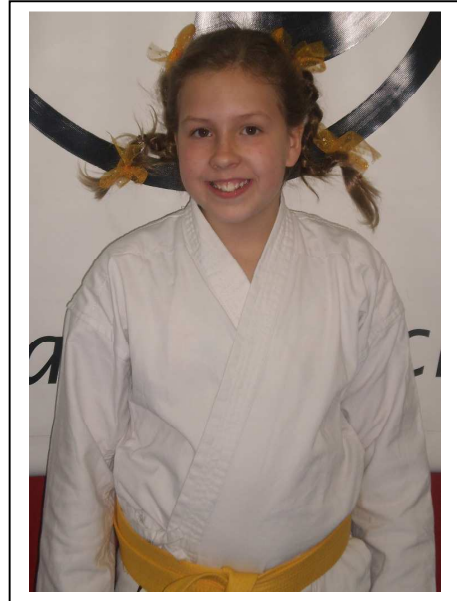


Maddi Fletcher – 8th Kyu

My name is Maddison Jain Fletcher but prefer to be called Maddi. I was born on 5.2.99 and I am an Aquarian. I have a younger brother, Will (9), a sister, Abbey (5) and a Spoodle named Wally he is 3. I am in grade six this year and I am looking forward to going on our first school camp after the holidays. My best friends at school are Abbey, Jerome and Sara

My interests are Karate of course, netball for the Mullum Netball Club and squad swimming. I also like to go bike riding and like to go away 4wd with my dad and friends. I like to cook but not clean up, draw, read, music & dance & painting. The genres I like to read are mystery, fantasy and magical. The music I like is pop and hip hop. My favourite singers are Michael Jackson, Taio Cruz, P!nk and Katy Perry.

I enjoy going out for dinner with my family and playing with my friends. In the future I would like to be a teacher.



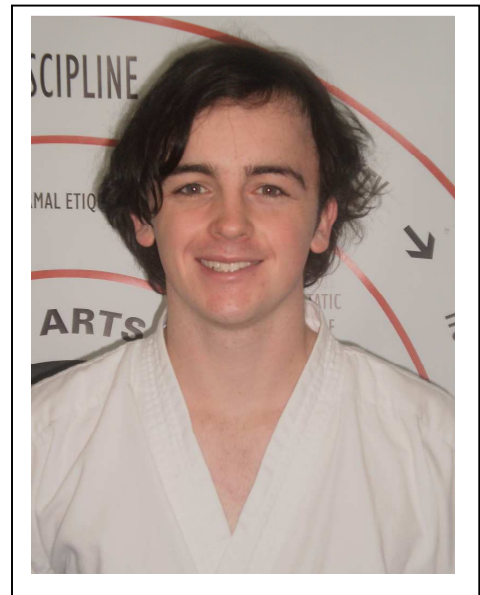
SENIOR STUDENT PROFILE

Steve Strodder – 7th Kyu

Hello newsletter readers!

My name is Steve and I am 17, I love; reading, writing, playing and listening to music especially when it's live. I play acoustic guitar and electric bass I'm not in a band but I wish I was.

I found out about this martial art through my guitar teacher, who also teaches Sensei Matt. I had wanted to start a martial art for a while because I had wanted to do something physical for a while but disliked the mentality surrounding many sports, to me Martial arts is a good mixture of physical, mental and spiritual training. This made it very appealing to me as I feel that today many people have a somewhat disconnected sense of physical and spiritual/mental self and do not wish for the same thing to happen to me as I am constantly put through the meat grinder of high school and modern day life in general.

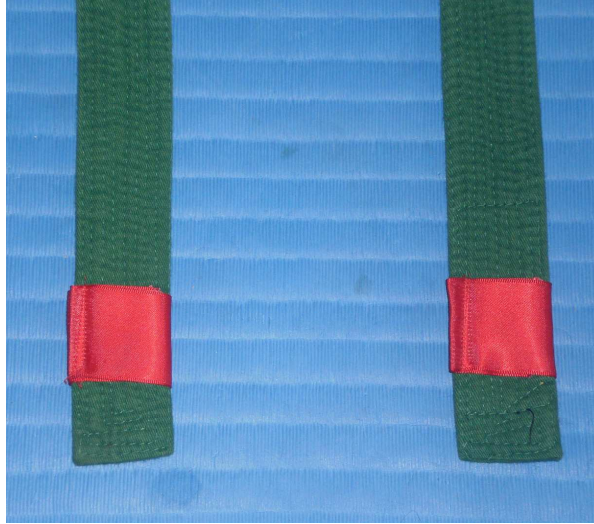


Hoshiki has increased my wellbeing in ways I cannot even begin to explain, I am much more fit and happy than I have been for a long time and I am more confident and less insular than I used to be.

I want to become a youth worker and then perhaps later study to become a psychologist or make a living of being an author (doubtful). I believe that everyone is amazing in some way even if it is deeply covered or untapped and that anyone no matter how mundane they believe themselves to be has a story that needs to be told and listened to, because no two people walk the same path in this life and sometimes all it takes to turn something around is to know someone else's view.

BELTS

Please remember that when you acquire a new belt that the label needs to be removed. And when you attach the bars after a bar grading they need to be placed one inch up from the bottom of each end as shown below.



JIMMY'S SPOT

Lesson #157 The personal weapons Kata



3RD DAN PANIC

2010
ToukaTheUltimate.DeviantArt.com

HOSHIKI'S WORLD VISION SPONSOR CHILD

I decided that the club should sponsor a child through World Vision and a portion of everyone's fees will go towards our sponsor child. I have been in contact with World Vision and am pleased to let you know that Hoshiki now have a sponsor child – his name is Kosal Sok, he is 9 years old and in grade 2 at school and lives in Cambodia with his sister and parents who are farmers. I am pleased that our club is able to help this little boy and his family and will keep you up to date on his progress.

HOSHIKI'S 15TH BIRTHDAY

It is Hoshiki's 15th Birthday in October!

To celebrate we are organising a "birthday party" and hope you are able to come along and enjoy a night out. Details are:

Date: **Saturday 23rd October**

Place: Starting at our place at 6pm for pre-dinner drinks & nibbles then moving onto Yamagata Teppanyaki at 8pm for a banquet dinner
15 – 21 Andersons Creek Rd
East Doncaster

Cost: between \$40 - \$50 per head
Licensed & BYO wine (corkage \$2.50 each)

RSVP: by Wednesday 20th October to Sensei Maree

If you are able to come along to both that would be great, but even if you can only make it to drinks at our place or just dinner we would love to see you. Partners are most welcome.



END OF YEAR CHRISTMAS PARTY

I'm already counting the sleeps to my favourite event of the year - our Hoshiki Christmas Party! Don't forget to put **Saturday 18th December** at **12 noon** in your diaries. As we did last year, the junior classes on this day will each start an hour later so the 9am class will start at 10am and the 10am class will start at 11am then you can stay for the party. Trophies, medals & great food - you wouldn't want to miss it. We really want everyone to come along and join in the fun!

CONGRATULATIONS!

Congratulations to Shell on the recent publication of her recipe in Eastland's new Feastland Recipe Book. Of the 100's of recipes submitted, Shell's was one of only 9 selected for the book – Hoshiki's own Masterchef!

Shell's Thai Mussels

by Richelle Carroll



Ingredients (serves 2)

- 1 kg mussels (debearded)
- 200ml chicken stock or water
- 10 slices fresh galangal
- 3 stalks lemongrass, cut into 3 pieces each, bruised 10 kaffir lime leaves, torn

Seasoning:

- Palm sugar, grated (about 1 tbsp)
- Tamarind water (or thinned down paste) (about 1/4 cup)
- Fish sauce – about 1 tbsp
- Water to taste

Chilli jam

(4-5 tbsps)

2 long red chillies, sliced

Extra julienned kaffir lime leaves

1 bunch Thai basil leaves

1. Heat stock, add mussels, galangal, lemongrass and lime leaves, cover and steam until open. (Discard any mussels that do not open)
2. Season with sugar, fish sauce, tamarind and chilli jam, ensuring you have a balance of flavours and adjust as required. (It should taste equally sour, sweet, salty and hot). Add more water if needed.
3. Serve with sliced chillies, extra lime leaves and Thai basil.

Richelle says

“Use (& highly recommends) Pantainorasingh brand called ‘Chilli Paste with Soya Bean Oil’ for the Chilli jam ingredient”

TRAINING TIP

WHEN TRAINING TO DEFEND AGAINST MULTIPLE ATTACKERS ALWAYS BE AWARE OF WHERE ALL OPPONENTS ARE BY USING MOBILITY, PERIPHERAL VISION, & THE ENVIRONMENT IE- CORNERING, WALLS ETC. WHILST DEFENDING USE SMALL CIRCULAR, SIMULTANEOUS & DOUBLE STRIKES, FOR EXAMPLE A FRONT KICK WOULD NOT JUST BE RETRACTED BUT USED AS A BACK KICK IN THE SAME MOTION. TO AVOID BEING GRABBED & LOCKED UP CONSTANT MOTION & SHORT SHARP TECHNIQUES ARE NEEDED.

QUOTE OF THE MONTH:

*“The tragedy of life does not lie in not reaching your goal.
The tragedy lies in having no goals to reach.”*

See you at training,

SENSEI MATT