

HOSHIKI MONTHLY

October / November 2010



Well, what a year it's been! A 2nd Dan grading, a 3rd Dan grading, our 15th Birthday, numerous articles in Blitz, 30 new students joining this year and a total of 133 gradings for the year! It has been one of our biggest years at Hoshiki and I'm so pleased with the hard training and discipline but also the club spirit. Thank you for being a part of Hoshiki Kiritsu and making it such a great club.

DATES FOR END OF YEAR AND NEW YEAR

- Monday afternoon class - Last class is on 13th December 2010
- Class resumes on 31st January 2011
- Wednesday night class - Last class is on 15th December 2010
- Class resumes on 2nd February 2011
- Saturday morning class - Last class is on 18th December 2010
(due to our Christmas party classes will start 1 hour later than normal on this day)
- Class resumes on 5th February 2011

END OF YEAR CHRISTMAS PARTY

Saturday 18th December at 12 noon

I'm looking forward to a great day at our Christmas Party. There will be:

Trophies, Medals, Face Painting, Piñata, Great Food and lots of fun!!

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. We hope everyone can come along and join in the fun! It is BYO meat and drinks and see Sensei Maree to put your name on the list to bring along a salad or dessert to share.

3rd DAN GRADING

On Wednesday 20th October Sensei Maree completed her 3rd Dan grading. It was a fantastic night with 14 black belts in attendance and another 50 students and spectators looking on. We were fortunate enough to have Renshi Jason Gray and Sensei Vincent Conde from Omoikiri Budo Kai come along to oversee the grading alongside Sensei Glenn Smith from Hoshiki. Sensei Maree trained solidly for 3 months with Shell, Mel & Andy in order to prepare for her grading. The 3rd Dan grading requires precision, creativity, accuracy and numerous varied and advanced techniques. The grading Sensei performed was of a very high standard and thankyou to Shell, Mel & Andy for all their time and commitment.



WELCOME

Welcome to **Fynn & Becky** in our Monday afternoon Junior class, to **Lachlan & Adam** in our Saturday morning Junior class and also to **Ori, Brad & Paul** in our adult class. It's great to have you all as a part of our club.

GRADING RESULTS

JUNIORS

Congratulations to Fynn, Tommy & Jackson & Adam on attaining their 9th Kyu (yellow bars).



Congratulations to Nick, Fletcher & Luke on attaining their 8th Kyu (yellow belt).



Congratulations to Will, Riley & Jordan on attaining their 8th Kyu (yellow belt).



Congratulations to Jack, Luke, Maddi, Charli, Sabastian & Ellie on attaining their 7th Kyu (green bars).



Congratulations to Sabina, Gabby & Noah on attaining their 6th Kyu (green belt).



SENIORS

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



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



Congratulations to Lachlan, Kate, Andy & Jane on attaining their 4th Kyu (red belt).



Congratulations to Chelsea, Darren & Alicia on attaining their 3rd Kyu (brown bars).



UPCOMING GRADINGS FOR DECEMBER

Juniors

- Coby, Conall, Jackson O & Lachlan will all be attempting their 9th Kyu (yellow bars).
- Abbey, Charlotte, Jackson, Blake & Nick will all be attempting their 7th Kyu (green bars).
- Danny, Cassidy, Zac & Nathan will be attempting their 5th Kyu (red bars).
- Jess, Mandy, Mia, Natalie, Jude, Riley, Thomas, Alana, Elly, Jasper & Taylor will all be attempting their 3rd Kyu (brown bars).

Seniors

- Brad & Paul will all be attempting their 9th Kyu (yellow bars).
- Delphine & Ori will be attempting their 8th Kyu (yellow belt).
- Rick, Steve, Jim, Alasdair & Jeff will all be attempting their 6th Kyu (green belt).

INTERCLUB FIGHTS

On Saturday November 20th the Interclub Challenge took place, this time at St. Albans and once again Gav Carroll stepped into the ring for his 2nd fight. In what ended up being a virtual full-contact kickboxing fight Gav stepped up to the intensity of the battle from the word go. Gav fought very well and was getting on top of the bout which ended up being a draw. Once again, he fought a much younger opponent who had also been training a lot longer.

Thanks to Kru Mark Cook of Greensborough Mixed Martial Arts for again allowing us to train and spar at his centre. Thanks to all Hoshiki members who made the trek out to St. Albans to come along and support Gav – once again showing the true club spirit we have at Hoshiki.





JUNIOR STUDENT PROFILES

Jackson Daws – 8th Kyu

Jackson's path to Hoshiki Kiritsu Martial Arts has been different to most. He doesn't live in the area, doesn't have school friends attending and no other sibling or family member trains there. He was encouraged to attend by family members Steve and Sue who are long time friends of Sensei Matt and Sensei Maree.

When asked what he likes about martial arts Jackson says that it is fun. I like playing poison ball and doing my kata. From a parents perspective Hoshiki Kiritsu has provided Jackson with really strong frameworks in the dojo ranging from the respect of bowing when entering to talking about key words and visualising what can be achieved and most importantly having fun.

Even though Jackson was unable to get to Auskick over winter because of his martial arts he still has a kick down at the park on weekends with mates. He plays futsal with a good mate during the week and just started MiloCricket. There is no doubt that his martial arts training compliments these other sports.



Jack Campbell – 7th Kyu

Hello. My name is Jack Campbell.

I am 11 years old and am in grade 5 at Ringwood Heights Primary School.

In my family I have a sister, Ellie. My mum is Marion and my dad, Peter.

My favourite food is Spaghetti Bolognese and I love chocolate.

My favourite football team is Carlton. *Go Blues!*

I like rabbits. I have one as a pet. Her name is Fluffy.

Activities that I enjoy doing are tennis and Scouts but best of all I like Martial Arts. So far I have achieved my 7th Kyu (Green Bars). One day I would like to get to be a black belt.

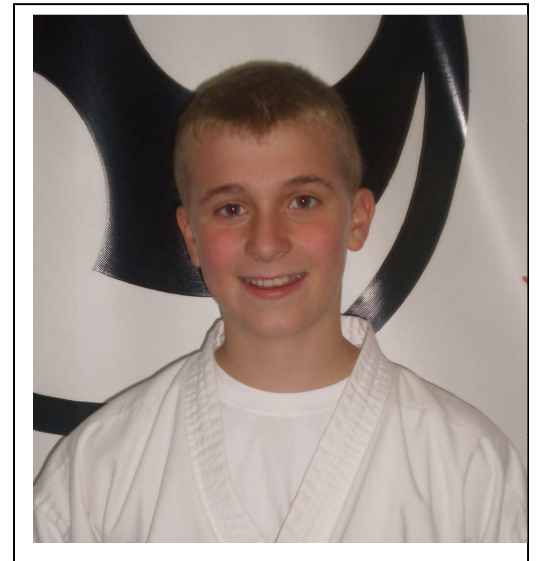


SENIOR STUDENT PROFILE

Alasdair Harvey 6th Kyu

I am 12 years old and am in year 7 at Luther College.

I have only been doing karate for a year although it feels a lot longer as I have been made to feel so welcome by everyone, even though I am one of the youngest. I started karate as a way of getting active after school and I wanted to do an interesting sport – my other sport I do is gymnastics and with good strength and flexibility I thought that I could do well at karate. In gymnastics I am training at State level 6 and at a recent competition I came second in parallel bars and won a silver medal for my overall score. I learned about Hoshiki Kiritsu through my friend Chelsea because she spoke so positively about it and am now working towards my green belt. I am hoping that when I get older I can do a course at university in mechatronics because I have lots of fun building, programming and running robots made of Lego.



KATA DVD

The Kata DVD has now been finished and we are just waiting on copies to be pressed. It will be an invaluable training tool, particularly if you are preparing for a grading or just want to brush up on previous katas learnt to maintain a high standard. We hope that it will be available before Christmas. We hired Sempai Scott Louder to produce and print them and they will be \$20 each.

LINEAGE CHART

The lineage chart detailing Hoshiki's heritage is now up in the dojo. If you haven't already had a look, take the time to read it – it's interesting to note the varied martial arts and fighting styles that have influenced Hoshiki and demonstrates the true freestyle nature of our martial art.

FIGHT FOR LIFE SEMINAR

On Saturday 6th November I attended one of the largest gatherings of Martial Arts Instructors at Melbourne Sports & Aquatic Centre. The event was organised by Shihan Kevin Walsh and was a huge success and raised over \$20,000 for cancer research. Some of Australia's best Martial Arts Instructors donated their time to teach their various disciplines to over 300 martial artists ranging from white belts through to 6th, 7th & 8th degree black belts. As well as being exposed to many different martial arts including Brazilian Jui-Jitsu, Aikido, Shotokan Karate, MMA, Kung Fu and Kickboxing I was fortunate enough to attend two classes run by Shihan Richard Norton who I haven't had a class with since I was 15, almost 25 years ago. In my opinion Shihan Richard is the best all round martial artist Australia has ever produced and once again his class on Mixed Martial Arts (MMA) was the highlight of the seminar.



Shihan Richard Norton & Sensei Matt

Blitz Articles

If you don't already read Blitz Martial Arts Magazine it is a great way to keep up to date with what is going on in Australian Martial Arts. We have been honoured to have a 2 page feature done on Hoshiki in the November edition & a smaller story & photo on Sensei Maree's 3rd Dan & our 15 year celebrations in the December issue.

HOSHIKI'S 15TH BIRTHDAY

We had a wonderful time celebrating our 15th Birthday in October. It started with Sensei Maree's 3rd Dan grading on 20th October which was a fantastic night. Then on Friday 22nd October we received an advance copy of the November Blitz Martial Arts Magazine in the mail. There was a two page article all about Hoshiki discussing how we began, the many components of our martial art & the varied programs we run. Blitz have been great in their support of us so please reciprocate and buy a copy – there are some great articles and lots of information about the martial arts world outside of Hoshiki. The celebrations then continued on Saturday 23rd October with 30 of us enjoying drinks & nibbles early in the evening and then 20 of us went on to dinner at Yamagata Teppanyaki. A fabulous night was had by all with our martial arts reflexes being tested when we had to catch raw eggs in bowls, cooked egg in our mouth as it was thrown directly from the grill and then bowls of rice were thrown – in some cases from quite a distance! I shouldn't been surprised the next morning when I found cooked egg in my pockets.

HOLIDAY TRAINING

Over the six week break when there is no formal training it is important to remember that a big part of being a Martial Artist is taking some initiative and doing your own training at home or arranging to meet up with other students in order to maintain a base level of fitness and skill. Even just going for a run a few times each week and practising your katas will hold you in good stead for when we return in February. I will be opening the dojo 2 – 3 times over the six week period and we may be organising a couple of trips down to Doherty's Boxing Gym in the city to use the ring and heavy bags. I will email you the details after Christmas.

CHANGES TO THE SENIOR CLASS FOR 2011

There will be a few changes next year in our adult Wednesday night class. Firstly, the Dojo will be open at 7pm every night if anyone wants to come early and practice any particular skill. I will also be happy to stay back until 9.30pm if anyone wants to do any extra training or make use of the room. Secondly, where possible gradings will be run earlier starting at 6.45 or 7pm depending on the rank grading. And thirdly, we will be capping the current number of students and at this stage we will not be taking on any more students. However we will have a waiting list for Wednesday night and any new students will be welcome to train casually on a Sunday.

TRAINING TIP

WHEN TRAINING IN EITHER KICKBOXING OR MARTIAL ARTS IT IS IMPORTANT TO BUILD UP YOUR TOLERANCE OF PAIN BY CONDITIONING THE BODY THROUGH ACTIVE IMPACT CONDITIONING. BY HARDENING YOUR BODY TO IMPACT YOU CAN ABSORB PUNISHMENT IF YOU HAVE TO. THIS WAY YOU WON'T BE TEMPTED TO COMPROMISE THE PROTECTION OF THE HEAD / SENSES WHICH CANNOT BE CONDITIONED.

QUOTE OF THE MONTH:

"You get back exactly what you put in."

I wish you all a very Merry Christmas and a safe and Happy New Year. Enjoy your holidays, rest up and I look forward to seeing you all next year, refreshed and ready to take on your next Hoshiki challenge!

*See you at training,
SENSEI MATT*