

HOSHIKI MONTHLY

February / March 2016

VISIT FROM MASTER BENNY

We were privileged to have Master Benny Yu from *Greatest Thai Boxing in Hong Kong* visit us in February and take a kickboxing class. The dojo was full of students and enthusiasm as Master Benny took us through a fantastic Thai Boxing class. It was a great experience to learn from such a knowledgeable and animated Master of Thai Boxing and we can't thank him and his wife Joyce enough for taking the time to train with us. At the end of the class I was pleased to make Master Benny an Honorary Sensei of Hoshiki as a mark of respect and indication of how highly Master Benny is regarded both here and in Hong Kong, where he is one of the few Instructors accredited by The Asian Academy of Sports Professionals to certify Thai Boxing instructors.

We were then pleased to be able to show our appreciation by hosting an "Aussie Barbie" after class. Thanks to everyone who came along to meet Master Benny and Joyce. They were thrilled to meet so many of our students and honoured by how many were able to attend class and lunch.

Special thanks to Geoff and Sally for driving Master Benny & Joyce around town and to Geoff for making the time to take Master Benny fishing – something he particularly wanted to do in Australia.





Master Benny and Joyce also joined us for a farewell dinner which was a wonderful night out.



Just before they left for the airport Master Benny stopped by to watch a Junior class but was soon joining in and doing some bag work with the kids!



WELCOME

Welcome to *James, Maddie, Jesse & Lachie* in our Monday Junior class and to *Kellie* in our Senior class. It's great to have you all as a part of our club.

GRADING RESULTS FOR FEBRUARY & MARCH

JUNIORS

Congratulations to Toby & Morgan on attaining their 9th Kyu (yellow bars)

Congratulations to Lachie W on attaining his 6th Kyu (green belt)



Congratulations to Daniel J, Adamo & Eloise on attaining their 7th Kyu (green bars)



Congratulations to Archie & Lachlan C on attaining their 2nd Kyu (brown belt)



UPCOMING GRADINGS FOR APRIL & MAY

Juniors

- Riley H, Eshan, Elise, Zach H, Toby & Morgan will all be attempting their 8th Kyu (yellow belt)
- Andrew, Jack D, Charlie & Braedyn will all be attempting their 7th Kyu (green bars)
- Jonah, Finn, Alexander, Lucas & Maxi will all be attempting their 6th Kyu (green belt)
- Angus, Kobe, Ben, Aaron, Jaron, Lachlan W & Sam will all be attempting their 5th Kyu (red bars)
- Felix, Hannah, Bianca, Tamara & Jess will all be attempting their 4th Kyu (red belt)
- Ben, Ella, Isla & Sarah will all be attempting their 3rd Kyu (brown bars)
- Gabby, Ethan & Luca will all be attempting their 1st Kyu (black bars)

Seniors

- Kellie will be attempting her 9th Kyu (yellow bars)
- Damien, Nick & Paul will be attempting their 6th Kyu (green belt)
- Jason will be attempting his 3rd Kyu (brown bars)
- Nathan will be attempting his 1st Kyu (black bars)

SENIOR DAN TRAINING & GRADINGS

After Black Belt has been attained there are certain time and skill requirements that must be displayed before the next Dan or title is attempted.

Minimum requirements for Senior Dan gradings:-

- Shodan –Ho (Black belt) to Sempai (instructor title) – 6 months of constant training and a Sempai grading class
- Shodan- Ho to Shodan (Full 1st Dan) – 18 months of constant training.
- Shodan to Nidan (2nd Dan) – 18 months of constant training / teaching.
- Nidan to Sandan (3rd Dan) – 2 years of constant training / teaching.
- Sandan to Yondan (4th Dan) – 3 years of constant training / teaching.
- Yondan to Godan (5th Dan) – 4 years of constant training / teaching.
- Godan to Rokudan (6th Dan) – 5 years of constant training / teaching.

Any senior instructor attempting a Dan grading must display a thorough understanding of the HKMA curriculum and philosophy.

UPCOMING TOURNAMENT

The next Loong Fu Pai Tournament is coming up in May. It is a great day and good way to improve and test your skills. It is conducted in a very supportive, controlled and co-operative spirit. All levels/ranks are welcome to compete and we recommend you have a go – it's a lot of fun and a great experience.

- Training commences on **Sunday 1st May** – 9.00am – 9.45am – **for 4 weeks**
- Date of tournament **Sunday 29th May** – 9.00am start
- Please ensure you know what events your child will be entering when training commences so we know what to focus on for everyone.
- If any Seniors are available to help with training and at the tournament it would be much appreciated – please let Renshi Maree know if you are available

BLITZ

As we all know Blitz Martial Arts magazine has been a great supporter of HKMA for many years. Please make an effort to purchase a copy every month, as it always has great articles, seminars and all the up to date information for Australian Martial arts. (see page 17 of the April edition for an article of Master Benny's visit to HKMA).

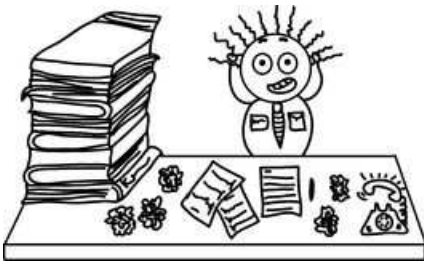
ANZAC DAY CLASS TIME

As Monday the 25th is Anzac Day we will be conducting one class only at **4pm -4.45pm** for any Monday students who wish to attend. A minutes silence will be observed before bow in.

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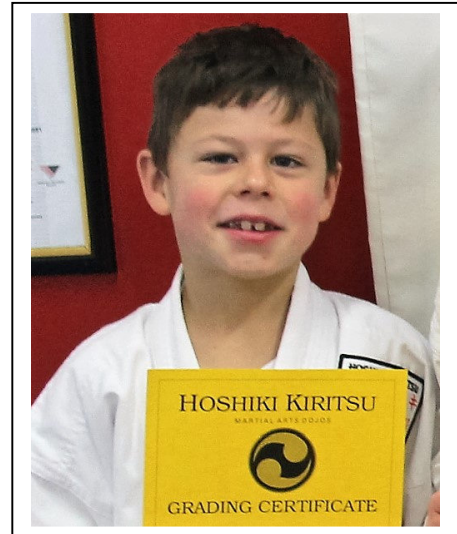
STUDENT PROFILES

JUNIORS

Lucas Mortensen -7th Kyu (green bars)

My name is Lucas and I'm 8 years old and in grade 2. I like singing and playing the drums. My favourite sports are Cricket and Martial Arts. I enjoy Martial Arts because you learn katas and can go in tournaments. I also like swimming and snorkelling too.

I have a dog named Chloe and she is 3 years old and is a Jack Russell. I also have 3 chickens, a cat and 7 fish. I have a sister, Elise who is 5 and she recently started Martial Arts too. I like to play with my sister and my friends at school. I enjoy Maths, reading and writing.



Lachlan Williams -6th Kyu (Green belt)

Hi my name is Lachie Williams and I'll be turning 10 this year. I am in grade 4 at Ringwood North Primary School. I have two younger sisters Maddy who is 7 and Ashley is 5. Maddy is starting Karate next week. I really enjoy coming to Karate each week. I enjoy warm ups, punching, kicking and sparring with other kids. I am about to grade for my green belt.

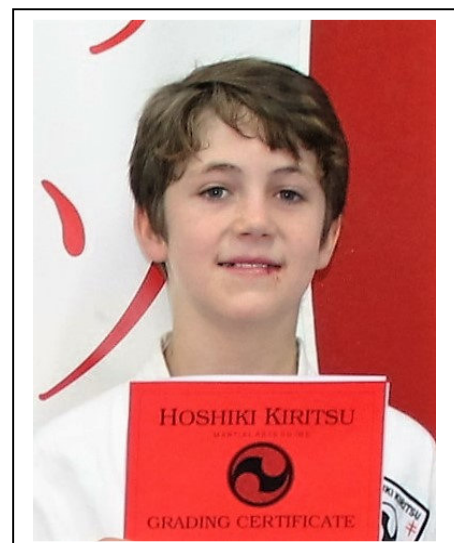
I also play football for Norwood Footy club in the winter and I play cricket in the summer. I have been playing football for a few years and have only played cricket for the last two seasons. I love going to the beach and surfing with my dad. We did it many times over the summer. I like playing minecraft and my mum tells me I play it too much.



Ben Hunt -4th Kyu (Red belt)

Hi I'm Ben, I'm 11 years old and in grade 6 at Ringwood North Primary. I moved to Park Orchards and started at Hoshiki Kiritsu the year after. One of my interests outside of martial arts is music: I am the school music captain, I sing in the choir, and I play guitar.

I also really enjoy riding our motor bike and trampolining. My brother, Riley and I are quite competitive with our tricks. I like studying marine life especially sharks but I also like fishing. One day I will dive with sharks.



Jaron Mooren -6th Kyu (Green belt)

Hi, my name is Jaron. I am 8 years old and I love Martial Arts because I enjoy learning the skills to defend myself. My favourite parts are sparring and round house kicks. Other things that I enjoy doing are swimming, surfing, football, soccer, and down ball. I live in Ringwood North and go to Ringwood North Primary school where I am in grade 2. I do my very best at Hoshiki Kiritsu and look forward to my next grading which is green belt with red bars. From Jaron.



The Adventures of Master Hosh & Yoko Geri

Episode 4

"Let us stop for a while Yoko."

Master Hosh was unusually quiet and almost appeared tired.

Yoko sat down and expected Master Hosh to do the same, but he did not. Instead Master Hosh walked off searching for an uneven rock or ledge. Yoko watched, somewhat perplexed as master Hosh calmly but deliberately stood on a pointed, angled rock about 30 yards away. Then he slowly lifted his leg, closed his eyes and gently balanced himself; subtly battling to keep his precarious position stable. About 20 minutes passed and Yoko wondered if he should approach his master to inquire about what he was doing as it certainly didn't seem like rest. Yoko thought better of disturbing his master whilst he was actively mediating and knew the point of the lesson would soon be revealed. A further 15 minutes passed and whilst Yoko had relaxed and replenished his energy, he was worried that his master would still be fatigued.

"Let us go Yoko!" Master Hosh brightly barked.

"But Master, you have not rested, how can you go on?"

"I did not need to rest young Yoko; all I needed was to re-balance, physically and mentally. Balance is a much undervalued and under addressed virtue that we must recognise. It is only with a balanced mind and body can we make astute judgements and react with lightning fast speed and accuracy. You will never outwit or outfight an adversary without a properly balanced like Yoko. Always take time to balance your life, it is only then can you see if others are about to tip over."

TRAINING TIP

- 2ND DAN / TOURNAMENT PREPARATION & BREATHING

“Whilst preparing for any endurance grading (eg. 2nd Dan or Black Belt) or tournament it is important to simulate the conditions and rules of the specific activity eg the length of the rounds, wearing the same equipment, training in the same size area and under the same rules.

Between rounds it is also extremely important to deep breath (ibugi) in through the nose and out through the mouth slowly and deliberately to re-oxygenate the blood and slow the heart rate.”

QUOTE OF THE MONTH:

“The more difficult the goal, the greater the happiness in achieving it.”

*See you at training,
Shihan Matt and Renshi Maree*

HOSHIKI KIRITSU CALENDAR 2016

May

- Sun 1st – 9am Tournament training commences – every Sunday for 4 weeks
- Tue 17th – Japan / Hong Kong Training Trip commences (until 30th May)
- Sun 29th – Loong Fu Pai Tournament – 9.00am start

June

- Mon 6th – *Public Holiday – only 1 class at 4pm* (4pm & 5pm combined)
- Wed 15th – Senior 2nd Dan Grading
- Mon 20th – Last class for term 2
- Sat 25th – Last class for term 2
- TBC – Junior Black Belt Grading

July

- Mon 11th – Term 3 classes commence
- Sat 16th – Term 3 classes commence

August

- Sat 6th – Family Fun Day – Details closer to date
- Sun 28th – **Loong Fu Pai Tournament – individual entry**

September

- Mon 12th – Last class for term 3
- Sat 17th – Last class for term 3
- TBC – Junior 1st Dan Grading
- TBC – Junior 2nd Dan Grading

October

- Mon 3rd – Term 4 classes commence
- Sat 8th – Term 4 classes commence
- Sun 22nd – 9am Tournament training commences – every Sunday for 4 weeks
- Mon 31st – *Cup Eve – only 1 class at 4pm* (4pm & 5pm combined)
- TBC – Junior 3rd Dan Grading

November

- Sat 19th – **Loong Fu Pai Twilight Tournament – 2.30pm start**

December

- TBC – Junior Black Belt Grading
- Sat 10th (TBC) – Hoshiki End of Year BBQ & Presentation Day - midday
- Sat 10th – Last class for term 4
- Sun 11th – Last kickboxing class for term 4
- Mon 12th – Last class for term 4
- Wed 14th – Last class for term 4