

# HOSHIKI MONTHLY

April / May 2016

## WELCOME

Welcome to *Finn H* in our Monday Junior class and to *Sally & Richard* in our Senior class. It's great to have you all as a part of our club.

## CONGRATULATIONS TO JUNIOR SEMPAI SHARLOTTE

Congratulations to Sempai Sharlotte who was awarded the title of Junior Sempai recently. She was required to submit a written lesson plan and teach a junior class of more than 20 students for a minimum of 30 minutes. With numerous spectators as well as 3 senior black belts watching on, this could be a daunting task for just any 10 year old. But not so for Sempai Sharlotte who took the class with confidence, speaking clearly and teaching a range of skills. Her "rapid fire Japanese test" game was something new and we may well be adding that to future classes! Congratulations Sempai Sharlotte.



## TOURNAMENT

The first Loong Fu Pai Tournament for the year was held on 29<sup>th</sup> May at the new venue in Dandenong. HK had 13 students competing on the day and as usual all of our competitors displayed excellent sportsmanship and behaviour and were very competitive and focussed throughout the day. They are all to be commended on their presentation and discipline and I could not have been prouder – thank you all for representing HK so well.



Representing HK were *Emily, Will, Sempai Riley, Becky, Matthew B, Jess, Tam, Angus, Archie, Nick, Lucas, Daniel T & Finn W.* Congratulations to all of you for competing. Big thank you to our specialist "Tile Break" trainer *Adrian*, and to our senior students and parents *Rob, Geoff, Jason, Trent, Steve, Sally, Richard, Damien & Tim* and also *Junior Sempai Cass* for all their help over the last month at tournament training. Special thanks to *Sempai Delphine & Rob* for helping on the day.

HK took home 11 trophies. CONGRATULATIONS to the following recipients:

☯ SUMO WRESTLING – various weight divisions:

- Lucas – 1<sup>st</sup> - Angus – 2<sup>nd</sup> - Daniel – 2<sup>nd</sup>

- Finn – 3<sup>rd</sup> - Matthew – 3<sup>rd</sup>

☯ CONTINUOUS FIGHTING (various divisions)

- Sempai Riley – 1<sup>st</sup> - Will – 2<sup>nd</sup>

☯ TILE BREAK (various divisions)

- Lucas – 2<sup>nd</sup> - Tamara – 3<sup>rd</sup>

☯ POINTS FIGHTING (various divisions)

- Sempai Riley – 3<sup>rd</sup>

☯ KATA

- Finn – 1<sup>st</sup>



## GRADING RESULTS FOR APRIL & MAY

### JUNIORS

Congratulations to Maddie, Finn, Jesse, Lachie & James on attaining their 9<sup>th</sup> Kyu (yellow bars)



Congratulations to Eshan, Riley H, Elise, Morgan, Zach H & Toby on attaining their 8<sup>th</sup> Kyu (yellow belt)



Congratulations to Jack D, Charlie, Braedyn & Andrew on attaining their 7<sup>th</sup> Kyu (green bars)



Congratulations to Alexander, Finn, Lucas & Jonah on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Tamara, Hannah, Bianca, Felix & Jess on attaining their 4<sup>th</sup> Kyu (red belt)



**SENIORS**

Congratulations to Kellie, Sally & Richard on attaining their 9<sup>th</sup> Kyu (yellow bars)



Congratulations to Nick, Paul & Damien on attaining their 6<sup>th</sup> Kyu (green belt)



Congratulations to Jason on attaining his 3<sup>rd</sup> Kyu (brown bars)



Congratulations to Nathan on attaining his 1<sup>st</sup> Kyu (black bars)



## UPCOMING GRADINGS FOR JUNE & JULY

### JUNIOR BLACK BELT GRADING

**Aidan, Josh & Liam** will be attempting their Junior Black Belt grading on **Saturday 18<sup>th</sup> June**. The boys all began training more than 4 years ago and have been training particularly hard over the last 3 months putting in numerous extra sessions to prepare for their grading. The grading requires a high level of skill, technique, fitness, focus and discipline and we are looking forward to a strong grading.

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

On **Wed 15<sup>th</sup> June** Dai Sempais Kate & Jane and Sempais Lana & Alicia will all be attempting the most physically gruelling of Martial Arts Grading – NIDAN – 2<sup>nd</sup> Dan. To give you an indication of how few Martial Artists achieve this goal, in 24 years of running Martial Arts clubs (since April 1992) we have only had 7 instructors complete Nidan. This will also be the first multiple Nidan grading. The ladies have already proved themselves not only during the 3 months of

intensive training but also over the past 7 – 8 years as dedicated Martial Artists and Instructors. I expect ALL senior students and all Junior 1<sup>st</sup> Dan and above students to attend an honour these four instructors. Kancho Terry Lim (9<sup>th</sup> degree) and Shihan Wayne Boyd (4<sup>th</sup> degree) from Loong Fu Pai will also be attending. This will be one of the most historic and important events in HKMA's history.

### **Juniors**

- Angus, Kobe, Ben, Aaron, Jaron, Lachlan W & Sam will all be attempting their 5<sup>th</sup> Kyu (red bars)
- Ben, Ella, Isla & Sarah will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Gabby, Ethan & Luca and Will, Emily, Tiana, Xavier, Paige, Matthew, Becky & Nathan will all be attempting their 1<sup>st</sup> Kyu (black bars)

### **Seniors**

- Kellie, Sally & Richard will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Steve & Ella will be attempting their 3<sup>rd</sup> Kyu (brown bars)
- 

## **JUNIOR BLACK BELT EXPECTATIONS**

It has been noticed by a number of Senior Instructors that some of our Junior Black Belts have been letting their discipline lapse during class. If you have been given the responsibility of wearing a black belt or been given the title of Sempai, this means that at **all times** you must be setting an example for the younger students. This includes:

1. Lining up and focussing as soon as Heiko Dachi is called
2. Not distracting other black belts or students opposite you
3. Using correct titles for all titled martial artists – junior and senior
4. Do not try to correct younger students whilst they are in the middle of a kata, wait until it is finished

If you cannot display the discipline and focus that is worthy of your rank and / or title you will be removed from the instructors line and have to line up in the coloured belt line until such time you can prove yourself once again.

## **JAPAN / HONG KONG TRAINING TRIP**

On Tuesday 17<sup>th</sup> May Geoff, Steve and I set off on a 12 day training trip to Tokyo and Hong Kong. The first club we visited was Grabaka MMA in Higashi, Tokyo. The instructors and fighters were very humble and knowledgeable. Professional MMA fighters Ryo Iseki and Sassima took us through some basic grappling and submission training followed by a kickboxing class and general sparring. We were then invited back to return two days later where Ryo took us through an hour of MMA conditioning followed by Freestyle grappling rounds with him and his fighters. In true Japanese tradition of honouring a code of ethics, Ryo was extremely generous with his time and facilities and we felt very honoured.



Next on the itinerary was a half day tour to the most spectacular and awe inspiring events in the world – a Sumo Tournament, which are only held 3 times a year in Tokyo. The tradition, ceremony and atmosphere was unbelievable and to see how the Japanese people run and organise such an event in a 15,000 seat stadium was something to behold. The competitors were so humble and accommodating, they were more than happy to pose with us for photos. After the final bout we headed to a local restaurant where the day was capped off with a traditional Chankra (Sumo) dinner where another sumo display was performed and we could again mix with the competitors.





**Andrew Dinneen - 7<sup>th</sup> Kyu (Green bars)**

My name is Andrew and I'm 7 years old. I'm in grade 2 at Our Lady of the Pines in Donvale. I live in East Doncaster. I like watching Power Rangers.

My favourite sports are football and Martial Arts. I like Martial Arts because you can do katas and you can do kicks and punches. I'm so happy on Monday night when karate is on.

At school I like to do writing and reading. I like playing football with my friends at play time at school. I love school and karate. I go for RICHMOND TIGERS.



**Maxi McLeod – 7<sup>th</sup> Kyu (Green bars)**

Hi my name is Maxi McLeod I am 5 1/2 years old, I started doing marital arts last year with my 2 brothers. I love practicing my kicking at home with the kick pad I got for Christmas.

My favourite games are playing Auskick and basketball and I want to be a boxer when I grow up.



**JASPER'S JUMP!!**

Congratulations to Sempai Jasper on his recent "Jump". To celebrate his 13<sup>th</sup> birthday Sempai Jasper went tandem skydiving. He went up 14,000 feet in a plane then jumped out!

It takes a lot of courage to do something like that, particularly as the jump was cancelled the two previous weeks due to bad weather. Well done Sempai!!



# The Adventures of Master Hosh & Yoko Geri

## Episode 5

"Master Hosh, I must say, I will be very pleased when we finally reach our destination."

There was no reply to Yoko's leading statement.

Yoko again spoke, "How long do you think we will have to travel Master?"

"No one knows Yoko, for the only true destination is death. We have no destination Yoko, simply a journey."

"But Master, we have been travelling so deliberately and so far, I assumed you had a place, somewhere wonderful for us to be."

"No Yoko, all we have is our journey so we must enjoy it because life is a journey - not a destination, so make every breath deep, every footstep an adventure and remember every sight with warm content because one day it will be your last."

## **TRAINING TIP**

### **- EVASION**

Evasion is an important skill to acquire & takes practice & confidence to become proficient at it. To improve your evasive skills ducking, slipping & 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:**

*"If you wish to be out front, then act as if you were behind."*

*Lao Tzu*

*See you at training,*

*Shihan Matt and Renshi Maree*



*Finn*



*Sempai Riley*



*Lucas*



*Emily*



*Will*



*Daniel*



*Becky*



*Matthew*



*Finn*



*Angus*



*Archie*



*Nick*



*Tamara*



*Jess & Daniel*



*The Huddle*