

HOSHIKI MONTHLY

December 18 / January 19

Happy New Year for 2019!! As well as our usual schedule for the year of training hard, gradings ranging from white belt to 3rd Dan, training trips to Hong Kong, weekend escapes at the Hot Springs, Tournaments and kickboxing bouts; we're also excited to be welcoming another 12 juniors and launching our new website very soon! Can't wait for another year of fun, friendship and setting and achieving goals.

CONGRATULATIONS TO OUR 6 NEW JUNIOR BLACK BELTS!

Congratulations to Jaron, Lucas, Angus, Braedyn, Alex & Finn on attaining their Junior Shodan Ho – Black Belt. 4 years of dedication, self-motivation and focus with the last 3 months focussed on disciplined and hard training twice a week resulted in a very strong grading.



Thank you to all the senior instructors who came along to help grade. Particular thanks to Dai Sempai Geoff for helping train the boys on Sundays and also to the parents of our new black belts for your support ensuring they were able to attend all the extra training sessions.



CONGRATULATIONS TO OUR 4 NEW SENIOR BLACK BELTS!

Congratulations to **Nick, Fletcher, Blake & Sharlotte** on attaining their Senior Shodan Ho. Their training began almost 9 years ago when they started with us as Junior White Belts and progressed through the junior ranks to attain Junior 3rd Dan. So needless to say we were bursting with pride to see 9 years of hard work, determination and so much self-motivation culminate in a strong Senior Black Belt grading!



Many months of hard training ensured they were well prepared to endure the 16 rounds of sparring and bag work, self-defence and 9 kata & sequences, demonstrating their physical and mental strength and stamina. Their essays are now displayed and worth a read.

CONGRATULATIONS ON SENIOR SHODAN!

Congratulations to **Sempai Jasper, Sempai Riley & Sempai Nathan** on attaining their Senior Shodan – Full 1st Dan. A lot of thought, creativity and practice was put into their yuksukos resulting in a fantastic display of martial arts and self-defence that flowed effortlessly, demonstrating a high level of skill and knowledge.

These young men have now been with HKMA for more than 10 years and are to be congratulated on their determination, self-motivation and maturity. We're lucky to have 3 young instructors who can be positive role models and set an example to our younger students.



CONGRATULATIONS WILL

Congratulations to **Will** on achieving his **Junior Nidan**. Will was unable to grade last month with his group but was not deterred and showed true determination, particularly at a young age, persevering and training hard to achieve his goal.



CHRISTMAS PARTY AND PRESENTATION DAY

We had a great turn out for our Presentation Day and enjoyed the opportunity to relax over a delicious lunch and celebrate another great year at HKMA. Thank you to everyone who was able to join us and honour our 2018 Award Recipients.

Thank you to the whole club for your very generous gifts and to Dai Sempai Delphine, Sempai Jason & Kelli for organising them. We have purchased a new water feature for the Japanese garden and look forward to using our city escape voucher very soon!

Special thanks to the Abell family for bringing along their BBQ.

Congratulations to our 2018 Award Winners:

SENIORS

- Club Champion - Damien
- Black Belt of the Year - Sempai Riley
- Outstanding Service - Sensei Kate
- Outstanding Service - Sensei Jane
- Outstanding Service - Dai Sempai Delphine
- Outstanding Service - Sempai Jason
- Kickboxing Club Champ- Fletcher
- Most Disciplined - Richard
- Most Determined - Andrew

JUNIORS

- Club Champion - Zach H
- Black Belt of the Year- Sempai Conall
- Most Determined - Liam
- Most Disciplined - Sempai Xavier
- Most Courageous - Adamo
- Most Focussed - Elise
- Most Consistent - Isla
- Most Improved - Sienna

TEENS Most Disciplined - Archie - Most Determined - Jacob



GRADING RESULTS FOR DECEMBER

JUNIORS

Congratulations to Charlie, Reeve, Ryan & Kensi on attaining their 8th Kyu (Yellow belt)



Congratulations to Zetara, Alex, Nick & Oren on attaining their 6th Kyu (Green Belt)



Congratulations to Maxi, Matt, Tabitha, Paige, Jackson, Jesse & Henry on attaining their 4th Kyu (Red belt)



Congratulations to Zack C on attaining his 5th Kyu (Red Bars)



Congratulations to Emma & Charlie on attaining their 4th Kyu (Red Belt)



Congratulations to Morgan, Jack, Adamo, Zach, Andrew, Elise & Riley H on attaining their 1st Kyu (Black Bars)



TEENS

Congratulations to Ben on attaining his 3rd Kyu (Brown bars)



GOAL SETTING FOR 2019

In order to set yourself up for a successful year it is important to be clear about what your goals are for the year. This includes short, medium and long term goals in all aspects of your life, not just regarding martial arts. And remember the simple act of writing down your goals is a very powerful way of embedding them in your subconscious mind.

TRAINING TIP

Focus

At the commencement of class it is essential that we take a moment to focus on our intentions during heiko dachi. Remaining in that focussed receptive state throughout the entire class and reflecting that in your body language (ie. head up & shoulders back or strong stances and not leaning) allows you to get the most out of every class and sets a pattern for strong, disciplined training.

The Adventures of Master Hosh & Yoko Geri

Episode 22

Once again Yoko knew that Master Hosh wouldn't give him a direct answer because it didn't promote deep or lateral thinking.

Yoko always admired the discipline and patience that Master Hosh showed and how he never ever spoke spontaneously, but rather always thought deeply about everything and never just gave away knowledge. Yoko sometimes wished that he had the same patience.

Then it dawned on him, "Master, I know why we train so hard to be proficient in the fighting Arts!"

"Tell me why then Yoko."

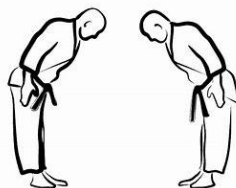
"Because even though we think that settling matters through compromise and negotiation is the best train of thought - others simply do not."

"Well done Yoko - our values are sometimes as different as our personalities therefore we must be able to deal with all types!"



QUOTE OF THE MONTH:

"The greatest discovery of any generation is that a human being can alter their life by altering their attitude."



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

SOME SNAPS FROM THE BLACK BELT & DAN GRADINGS

JUNIOR SHODAN HO



Braedyn



Angus



Alex



Finn W



Jaron



Lucas

TEEN SHODAN HO





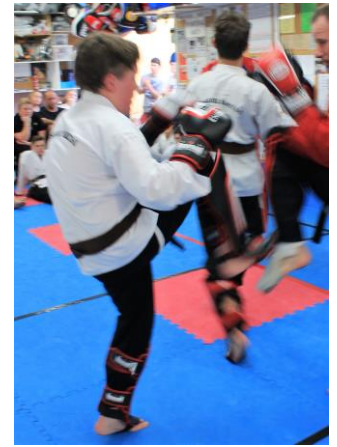
Sharlotte



Fletcher



Blake



Nick

SENIOR SHODAN



Perfect Kata timing



Sempai Riley's Yuksuko



Sempai Jasper's Yuksuko



Sempai Nathan's yuksukos



Sempai Riley's Yuksuko



Sempai Nathan's yuksukos

DRILL – Auditory & Peripheral Vision Training

Reflex conditioning- as we all know having well trained, lightning fast reflexes is a mandatory skill for any proficient Martial Artist and for that matter any athlete in general. The sharpening of our spontaneous physical reactions is something that must be actively developed as very few of us are blessed naturally with cat- like reaction times.

I know that in my 30 year martial arts career, the times when my reflexes were honed the best was when I felt at my most confident and capable. It seems to me that a quick reaction time built into your body through reflex training also translates into a quick thinking mind. This generally increases everything from your awareness, ability to anticipate, react, balance yourself, regain balance & even choose & execute the right techniques.

So how do we develop these explosive reflexes, given that so much of our training can seem to be rehearsed & sometimes a little too contrived & compliant?

To really “switch on” our reflexes I believe we need to start by building our overall awareness by developing our senses, hearing, peripheral vision, & intuition.

Hearing

Listening is something we all hopefully do intently within the dojo when an instructor is speaking- but how often do we “listen” to where other people are in relation to us?

The first sign of an attack is quite often not until we have been physically or at least verbally accosted; to me this seems to be too late. If we can develop our ability to listen & feel we can often anticipate trouble before it begins & hopefully avoid or diffuse it.

Drill 1. - Auditory Training

Place one student in the centre of the dojo with their eyes shut or blindfolded (this automatically heightens their sense of hearing) they are then surrounded by 4 or 5 students. Each student then randomly stalks in towards the designated centre person, the aim of the exercise is for the student to hear the attackers & then quickly turn to face that general direction in a balanced fighting stance – this then heightens their awareness & increases listening sensitivity.

This exercise can be performed with varying degrees of difficulty – from students wearing shoes on different surfaces (hard surfaces being more audible & soft being less audible) to intentionally scuffing a foot or rustling a Gi or approaching as quietly as possible.

The result from regularly relying on hearing & anticipation only is for the student to become more sensitive to the sound of someone approaching & thus being able to intercept & trigger the decision making process earlier than was otherwise possible.

Peripheral Vision

Quite often combat within the dojo is one on one – when sparring or practicing drills we become a little myopic and focus only on our direct opponent or partner. Which leads us to inadvertently shutdown our peripheral vision. In order to be more aware & increase the ability to anticipate we need to train our peripheral vision to be fully engaged & active.

Drill 2 - Peripheral Vision Training.

Stand straight with correct posture & balance .Keeping your eyes focused forward, outstretch your arms to the side, hands at eye level & point your fingers forward, move your arms forward & back so your fingers are within the very fringe of your peripheral vision range.

Move your arms back so your fingers are just within your peripheral vision then hold them still – your fingers will soon blend into the background. Now wriggle your fingers and your vision will pick them up again, and then stop moving them and they will blend and be lost again. Repeat this exercise to increase peripheral awareness of movement.

Then substitute your hands for people and incorporate footwork. This will increase the ability to use your peripheral vision as a reflex and thus be aware of people who would not normally be in your field of view.

These two exercises can then be combined and put into more practical use.

Drill 3 - Detect & React

Using either hearing or peripheral vision the person in the centre now initiates a strike combination as soon as they sense the presence of a world- be attacker. The emphasis here is to be completely reactive to the attack and not pre-empt the type of attack, number of attackers or distance.

It is quite possible to have 3 different means of first contact with your training partner in 3 similar approaches:

1. Peripheral vision (early interception)
2. Hearing (early interception)
3. Touch (late interception)

This way the drill teaches us to react to different distances and forms of attack.

To develop impact and power as well as anticipation and reflexes it is a good idea to introduce shields / focus mitts, belly pads etc. and then combine impact with locks, holds and breaks.

With the very high incidence of attacks these days, commencing with an unexpected “coward punch”, how important then is early detection & instant, skilled reaction?

Kyoshi Matt Charnley