

HOSHIKI MONTHLY

February / March 18

We have started the year on a strong note with an amateur boxing fight, a new Senior Sempai, over 20 students graded and 1 Self Defence Course completed. We're looking forward to a Sensei and two Sempai gradings in the coming months as well the Tournament in May and also the training trip to Hong Kong. Enjoy your Easter break.

SUMMARY OF DATES FOR APRIL / MAY

- Sun 15th April – Tournament Training commences
- Wed 18th April – Sensei Grading – Dai Sempai Lana
- Sat 12th May – Tournament
- Sat 26th May – Hong Kong training trip commences



TORII GATE

As everyone would have seen, we have had a Torii gate made specifically for the entrance to the Dojo. Renshi and I have always admired the elegance and meaning of the Torii gate and have visited many Temples and Shinto Shrines in Japan that have these magnificent entrances.

The function of a *torii* is to mark the entrance to a sacred space, when you pass through the Torii you symbolically leave behind the mundane routine of everyday life and enter a sacred space. Torii gates were first used in Japan in 922, the oldest existing Torii was built in the 12th century and is outside the Hachiman Shrine in Kyoto Japan.



The 3 stainless symbols across the top of our Torii are the symbols from our grading certificates representing *Achievement, Honour and Commitment*.

Thanks to:

- *Barry Lindsey* from *PCM Carpentry* for the great job he did,
- *Michael Hourigan* from *Hourigan Designs* for the timber engraving,
- *Sempai Geoff* for the stainless steel symbols from our grading certificates.

WELCOME

Welcome to our 4 new juniors in the Saturday class – **Oren, Zetara, Alex & Nick**. It's great to have you all as a part of our club. And welcome back to **Dai Sempai Craig Sedgman**. We have known Craig since our Zen Do Kai days over 30 years ago where he trained for over 10 years before taking a break. We're pleased that he's back training and has joined us as an experienced martial artist and instructor at HKMA.

BOXING FIGHTS AT PARKDALE

Sempai Riley had his first amateur boxing fight in March and fought extremely well over the 3 rounds. Even though it was a no decision exhibition fight, Riley was clearly the dominant fighter. Thanks to everyone who made the trip down to Parkdale. Special thanks to Sempai Geoff, Sempai Jason and Damo for all their help in preparing Sempai Riley for his fight.



EXPECTATIONS OF STUDENTS

At HK we have always maintained high expectations of our students and as a result we are lucky to have many skilled, disciplined and humble instructors in our club. As we strive to maintain this standard it is important that all students take note of the following:

- **Consistency & Sacrifice** – whilst this applies to all students, it is essential that those who are attempting a grading apply themselves even more so by maintaining consistent attendance, intensity and focus. It is not enough to simply meet the requirements on the grading sheet. Attendance and displaying the qualities of a Martial Artist are necessary in order to be eligible for grading.
- If **junior students are consistently missing classes** and can't keep up with requirements of their current group they **will not be allowed to grade** and will have to wait until a lower ranked group catches up to them and then join that group. Martial arts is an activity that requires resilience – both mental and physical – **training cannot be missed simply because a student doesn't feel like it that week.**

- **Discipline & Humility** – this is an integral part of Martial Arts and relevant to all students. The higher your rank the greater the expectation of Discipline & Humility – **Black belts** and above must never forget this and ensure that we set the example.
- **Dojo Rules** – it is expected that all dojo rules are followed at all times. Some rules in particular include:
 - o All students must bow **every time** you enter or leave the dojo
 - o Titles must be used at all times in the dojo and/or when in uniform
 - o Silence must be observed when an Instructor is speaking or demonstrating.

EXPECTATIONS OF TEACHING TITLES

Whilst it is important to address an instructor by their appropriate title whilst inside the Dojo or in uniform, it is even more important that instructors (both Senior and Junior) meet and maintain the expectations of that title. The following details what those expectations are:

Sempai:

The role of a Sempai (Instructor) is to develop teaching skills whilst under the supervision of a Sensei or higher rank. Sempais should begin by teaching and breaking down the basic requirements of 9th – 6th Kyu students until they have a firm grasp of techniques, kata and styles of combat.

Dai Sempai:

The role of a Dai Sempai (Advanced Instructor) is to be able to teach 9th – 1st Kyu ranks without supervision and using both English and Japanese terminology. They should also have a basic understanding of how to break down and demonstrate more advanced Self Defence, Kata and combative strategies.

Sensei:

A Sensei (Teacher / Friend) should have an in depth knowledge of all HKMA requirements and curriculum from 9th Kyu – 2nd Dan. A Sensei should be an example of discipline, knowledge and humility. They must be able to identify the needs of all students in relation to Martial Arts and personal development and nurture them with the complete focus being on the improvement of the student in mind, body and spirit. A Sensei is also expected to support all students and the club by attending official Martial Arts events such as tournaments and high ranking gradings.

KATA KIHON TONFA & NUNCHAKU

Senior Students **must have** a set of foam Tonfas and foam Nunchaku as part of your mandatory equipment in order to properly learn the 2 weaponry grade Katas for 3rd Kyu – Brown Bars.

GRADING RESULTS FOR FEBRUARY / MARCH

SENIOR – Sempai Jason

Congratulations to *Sempai Jason* who was recently awarded the rank of “Sempai”. Sempai Jason has been assisting in the Junior classes for the last couple of years and now in the Teen class, demonstrating his ability as an excellent instructor. He is a consistent contributor to the club, helping others train for kickboxing and boxing fights as well as upcoming gradings. He is always eager to help others with their training and gets great satisfaction in helping them achieve their goals. All of us at HK are lucky to have another instructor with such qualities. Congratulations **Sempai Jason**!!



JUNIORS

Congratulations to Nick, Alex, Oren & Zetara on attaining their 9th Kyu (yellow bars)



Congratulations to Santi, Jaspas & Samuel on attaining their 7th Kyu (green bars)



Congratulations to Matt, Tabitha, Finn, Jackson, Paige, Henry & Jesse on attaining their 6th Kyu (green belt)



Congratulations to Lachie & James on attaining their 4th Kyu (red belt)



TEENS

Congratulations to Harrison on attaining his 8th Kyu (yellow belt)



SENIORS

Congratulations to Andrew on attaining his 3rd Kyu (brown bars)



UPCOMING GRADINGS FOR APRIL / MAY

JUNIORS

- Zack, Makayla and Ethan will be attempting his 7th Kyu (Green bars)
- Charlie F, Charlie W, Emma, Liam, Lila & Sienna will all be attempting their 5th Kyu (red bars)
- Adamo, Andrew, Braedyn, Charlie, Jack & Zach H will all be attempting their 2nd Kyu (brown belt)
- Angus, Jaron, Jonah, Kobe & Sam will all be attempting their 1st Kyu (black bars)
- Alex, Finn & Lucas will be attempting their 1st Kyu (black bars)

TEENS

- Nick and Bianca will be attempting their 4th Kyu (Red belt)

Sempai Class

- We look forward to **Jordan & Zach R** each taking classes over the next few months to grade for their Senior Sempai Rank

SENIORS

- Sally & Richard will be attempting their 4th Kyu (red belt)
- Trent will be attempting his 3rd Kyu (brown bars)
- Damien, Ella & Luca will be attempting their 2nd Kyu (brown belt)

Sensei Class

We are really looking forward to **Dai Sempai Lana** grading for her **Sensei Rank** when she takes class on **18th April**. It is expected that all senior students and Instructors attend to support Dai Sempai.

WOMEN'S SELF DEFENCE COURSE

Another group of fabulous women and teenagers recently completed our 6 week course. It is always so rewarding watching these women start off with hesitant strikes and kicks and within a few weeks they are striking and defending themselves with confidence, power and determination – love it!!! Big thank you to **Dai Sempai Alicia** for helping teach the course and inspiring the ladies to give it their all.



STUDENT PROFILES

JUNIORS

Ethan – 8th Kyu (yellow belt)

I am Ethan, I am in grade 2 at Ringwood North primary school. I love everything about ancient Egypt and hope to travel there one day.

My favourite food is taco's, my favourite thing about martial arts is sparring and my favourite movies are Scooby doo.



Makalah – 8th Kyu (yellow belt)

Hi I'm Makalah, I'm in Grade 2, my favourite thing to do is drawing and colouring in with my mum. I love my pets and all animals. I'm currently a yellow belt in Karate, play netball and last year competed in Auskick and had a lot of fun making new friends. I also enjoy playing Roblox on the iPad and catching up with my friends when I have free time.



Samuel – 7th Kyu (green bars)

Hi I am Samuel Paulini I do karate and I'm 7 years old. My school is called St. Anne's primary school and I am in grade 2. I got a pet dog his name is Tony. I like doing sport at school.

I love Rubiks Cubes and I've got three of them: a three by three, a two by two, and a four by four; I'm still learning how to solve them.

I got 4 people in my family and 1 dog. My brother Santi does Karate with me. I like doing Karate because it makes me strong.



Oren – 9th Kyu (yellow belt)

My name is Oren and I'm a student at Hoshiki Kiritsu Martial arts dojo, which I am really enjoying. In school I'm a grade 4 so I am turning 10 this year. My favourite topics in school are maths and inquiry and art. I also enjoy sports and I also practice gymnastics, swimming, boxing and footy. Some of my hobbies aside from sports are video games, flying drones, and doing DIY life hacks. I also love travelling and going on adventures with my little sister, Mom and Dad. They also keep me on the ground especially when I go off on a tangent.



TERM 2 CLASSES

Term 2 classes recommence on:

Juniors - Monday 16th April
- Saturday 21st April

Teens - Wednesday 18th April

Note: Senior Wednesday classes & Sunday kickboxing will continue over the break

LOONG FU PAI TOURNAMENT IN MAY

The next Tournament is on **Saturday 12th May** – 2.00pm start. We encourage students to enter as the extra training really helps with your martial arts development, it's a great experience and lots of fun. HKMA have a very strong friendship with Loong Fu Pai and we have enormous respect for Kancho Terry and his instructors who always run a fantastic tournament.

Tournament training commences on Sunday 15th April 9am – 9.45am and will run for 4 weeks – **these sessions are compulsory** for any of our students entering. Please let Renshi Maree know if you're interested in competing or would like to find out more. Entry forms will be available in the dojo in the coming weeks.

SUPPORT THOSE WHO SUPPORT HOSHIKI

Thank you to Barry Lindsey and Michael Hourigan who did a wonderful on our Torii Gate. Barry was prepared to take on something new helping to design and then build it and Michael's carving looks magnificent!!

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TRAINING TIP

- Tournament preparation & breathing

“Whilst preparing for any type of tournament or competition it is important to simulate the conditions and rules of the specific competition eg the length of the rounds, wearing the same equipment as in the competition, 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.”

The Adventures of Master Hosh & Yoko Geri

Episode 17

“There is no reason why we cannot master many skills Yoko. Once again, all we need to do is think outside the confines of what has been passed down from generation to generation.”

“That’s right Master, just because something has restricted past lives it will only restrict us if we allow it to.”

“Alright Yoko, now that you are starting to think for yourself and set your own goals, I am going to ask you a question and I want you to think very hard and long about your answer.”

Yoko was anxious to answer his Master’s question - but would have to wait, because the answer would need much thought before and after it was asked.

QUOTE OF THE MONTH:

“People are like steel, when they lose their temper they lose their worth.”
– *Chuck Norris*

See you at training,

Kyoshi Matt and Renshi Maree