

# HOSHIKI MONTHLY

June / July 18

## SUMMARY OF DATES FOR AUGUST / SEPTEMBER

- Sun 12<sup>th</sup> August – Loong Fu Pai Tournament – individual entry
- Fri 17<sup>th</sup> - Sun 19<sup>th</sup> August – AMAHOF Dinner, Award Ceremony & Master Classes
- Wed 29<sup>th</sup> August – Senior 2<sup>nd</sup> Dan Grading
- Mon 17<sup>th</sup> September – Last class for term 3
- Wed 19<sup>th</sup> September – Last Teen class for term 3
- Sat 22<sup>nd</sup> September – Last class for term 3



## CONGRATULATIONS JUNIOR BLACK BELTS

Congratulations to *Hannah, Jess, Sarah, Felix & Tamara* who after 4 years of solid training and commitment achieved their Shodan Ho – Junior Black Belt!! They trained particularly hard in the three months leading up to the grading, training multiple times a week as they worked on their fitness, kata, self defence and sparring skills. We're extremely proud of their determination and perseverance and look forward to seeing them develop as strong black belts and future Junior Instructors.

Special thanks to *Sensei Kate, Sensei Jane, Sensei Lana, Sempai Geoff, Sempai Jasper, Sempai Riley & Sempai Jason* for all their work preparing them for Black Belt grading.



## UPCOMING SENIOR 2<sup>ND</sup> DAN GRADING

On Wednesday the 29<sup>th</sup> of August Sempai Geoff and Sempai Delphine will both be attempting their Nidan grading. This mentally and physically demanding milestone grading is a huge achievement for any Martial Artist.

Sempai Geoff and Sempai Delphine have both been key figures at HKMA over the past 7 years, they have displayed great humility, determination, self-sacrifice and supported or participated every one of our major gradings and events. It is expected that all senior students are there to support them. Teenager and Junior students are also welcome to attend. Thanks to **Renshi Jules and Dai Sensei Scott** for overseeing the preparation for the grading.

# ***SOME SNAPS FROM THE BLACK BELT GRADING ...***

Perfect timing in Kata Tensho



Hannah, Jess, Sarah, Tamara & Felix



Tamara's Self Defence



Hannah's Bag Work



Sarah Sparring



Felix Sparring



Jess ground fighting



## TORII GATE SYMBOLS

Our Torii gate is now complete with the 3 symbols across the top. These are the same as the symbols across the top of all our grading certificates and represent three of our key values – **Achievement (kouseki)**, **Honour (sonkei)**, **Commitment (genchi)**. Thank you to **Sempai Geoff** for putting in a lot of time organising them, getting them just right and producing them – it's very much appreciated.



## UPCOMING LOONG FU PAI TOURNAMENT

The next Loong Fu Pai Tournament is being held on **Sunday 12<sup>th</sup> August**. Whilst we will not be able to provide extra tournament training for this one, we still encourage all students to consider competing as it is always a great experience and helps build your martial arts skills. We have entry forms in the dojo and feel free to chat with any of the instructors if you have questions or would like to enter.

## GRADING RESULTS FOR JUNE / JULY

### JUNIORS

Congratulations to Santi, Samu, Jaspas, Makalah, Zack & Ethan on attaining their 6<sup>th</sup> Kyu (Green belt)



Congratulations to Jesse, Finn, Jackson, Matt, Tabitha, Paige & Henry on attaining their 5<sup>th</sup> Kyu (Red bars)



Congratulations to Emma, Charlie F, Sienna, Lila & Liam on attaining their 5<sup>th</sup> Kyu (red bars)



Congratulations to Morgan, Elise, Eshan & Riley H on attaining their 2<sup>nd</sup> Kyu (Brown Belt)



## TEENS

Congratulations to Harrison on attaining his 7<sup>th</sup> Kyu (Green bars)



## SENIORS

Congratulations to Andrew & Damien on attaining their 2<sup>nd</sup> Kyu (Brown belt)



## UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

### JUNIOR SEMPAI CLASSES

- **Aidan, Gabby, Lachie, Emily, Will & Xavier** will all be grading for their Junior Sempai Rank when they take classes over the coming months.

### JUNIORS

- Alex, Nick, Oren & Zetara will all be attempting their 7<sup>th</sup> Kyu (green bars)
- Charlie, Liam, Emma, Lila & Sienna will all be attempting their 4<sup>th</sup> Kyu (red belt)
- Finn, Henry, Jackson G, Jesse, Matt, Maxi, Paige & Tabitha will all be attempting their 4<sup>th</sup> Kyu (red belt)
- James & Lachie will be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Adamo, Andrew, Jack & Zach H will all be attempting their 2<sup>nd</sup> Kyu (brown belt)
- Kobe, Jaron & Sam will be attempting their 1<sup>st</sup> Kyu (black bars)

### TEENS

- Harrison will be attempting his 6<sup>th</sup> Kyu (green belt)
- Ben, Bianca, Ella & Nick will all be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Aidan, Archie, Emily, Gabby, Josh & Nathan H will all be attempting their 2<sup>nd</sup> Kyu (brown belt)
- Jackson, Jacob & Kai will all be attempting their 1<sup>st</sup> Kyu (black bars)

### SENIORS

- Kellie will be attempting her 4<sup>th</sup> Kyu (red belt)
- Richard & Trent will be attempting their 3<sup>rd</sup> Kyu (brown bars)
- Luca, Ella & Adam will be attempting their 2<sup>nd</sup> Kyu (brown belt)

## MARTIAL ARTS BUSINESS OWNERS GROUP

Renshi Jules and myself attended the 2<sup>nd</sup> Martial Arts Owners Group meeting on Friday the 13<sup>th</sup> of July. We spent a couple of hours with over 40 of Australia's foremost Martial arts instructors. We were fortunate enough to witness Sensei Bruce Hyland receive a Lifetime Achievement award from the Australian Board of Kanchos. We also spoke to Kancho Graham Slater from Martial Arts Alliance of Australia about a new magazine titled - MA Bus News. Kancho has recruited extensive expertise from around the world regarding how to run a Martial Arts school to contribute. We are hoping to have the opportunity to have some input in the future.

### STUDENT PROFILES

#### JUNIORS

##### *Charlie C – 10<sup>th</sup> Kyu (White Belt)*

Hi my name is Charlie, I am in Grade 2 at Ringwood Heights Primary School. I am 7 years old and my birthday is in November. I just started Karate two months ago, I will be going for my yellow bars on my white belt soon. My favourite thing about Karate so far is learning to spar with my friends.

I also do swimming lessons and love playing on my iPad and playing board games with my family. I really enjoy playing outside and spinning and twirling around on the grass.



##### *Kensi – 10<sup>th</sup> Kyu (White Belt)*

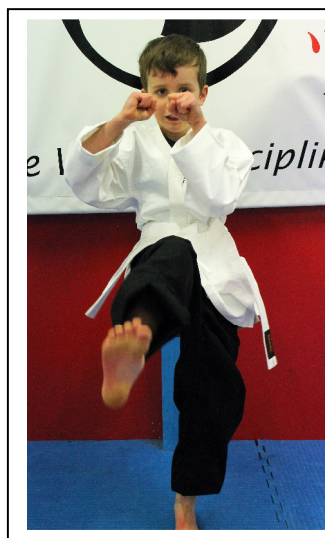
My name is Kensi and I'm 5 years old. I like to play on swings, do karate and swimming. My favourite colour is blue and favourite food is pasta.

I'm really looking forward to school next year and our family holiday to Bali and Disneyland.



##### *Ryan – 10<sup>th</sup> Kyu (White Belt)*

I am Ryan, I am 6 years old and in grade 1. I'm really enjoying learning Martial arts and showing my family what I've learnt. I also enjoy swimming, playing basketball, LEGO, wrestling with my little brother and Dad, and reading books. I love to go away with my family in our caravan and visit new places. I am looking forward to my first grading.



## **SENIORS**

### **Andrew – 2<sup>nd</sup> Kyu (Brown belt)**

I'm Andrew Crossley and I joined HKMA around April 2017 and I've recently completed my grading for brown belt. I attend 4 times a week, with two of those being private lessons. Previously I've studied Judo and Taekwondo.

I grew up in the Eastern suburbs of Melbourne, and became an expat for 13 years, working in half a dozen countries, before returning to Australia with my Dutch wife Els. We have two children - Ben 10 & Lisa 9. I am a qualified ski instructor and still love teaching skiing in Austria every year for a few weeks. I also used to teach Scuba diving in the Cayman Islands. I've written three #1 best-selling books and contributed to two other books. I run a property investment buyer advocacy firm and in my spare time I enjoy running, gym, watching movies, good food and wine.



## **UPCOMING AMAHOF AWARDS** - (Renshi Maree)

The Australasian Martial Arts Hall Of Fame Awards night is coming up in a few weeks in Tasmania where Kyoshi Matt will receive the honour of being inducted. Sensei Glenn and his wife Sharon, Dai Sempai Craig, Sempai Geoff and Sally and myself from HKMA are heading down there for the weekend and we are really looking forward to a fantastic 3 days of classes with some of Australia's highest ranking martial artists as well as the formal Awards Ceremony and dinner. Keep an eye out in the next newsletter for plenty of photos!

## **CORRECT EQUIPMENT FOR KATA KIHON TONFA & NUNCHUKU**

All Teen and Senior students **MUST** have their own set of *Foam Tonfas* & *Foam Nunchaku* as Kata Kihon Tonfa & Kata Kihon Nunchaku are now part of the Curriculum and grading requirements for 3<sup>rd</sup> Kyu (brown bars). Take advantage of the dojo being open 30 minutes before every Senior class ie 7.00pm Wednesdays and at 9.30am every Saturday to practice these katas and purchase equipment if needed. Make sure all equipment is labelled to avoid any confusion or loss.

## **TRAINING TIP**

### **Humility & Control**

Remember that the truly enlightened martial artist, particularly black belt, does not respond to their ego. Therefore when engaged in combat rounds we do not keep count or score. We look to improve both ourselves and our partners. When engaged in a round with someone of a lesser rank, physicality or skill level it is important to go into defensive mode to allow and encourage them to improve their attacking techniques which in turn allows us to focus on improving our defensive and evasive skills.

# The Adventures of Master Hosh & Yoko Geri

## Episode 19

"What do you mean by the 'right answer' Master? Do you mean that there is only one possible subject or is it another of your trick questions?"

Master Hosh was pleased that Yoko was so intent on supplying the right answer and that he was now daring to question and challenge Master Hosh's exercises, having learned from the past.

"Yoko, all I want from you is to tell me what the most important skill to master is."

Master Hosh and Yoko stopped for the night, lit a fire and went to sleep.

"I will sleep on your question Master. I'm sure the right answer will come, I don't know how or when it will come but I do believe it will come."

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### QUOTE OF THE MONTH:

*"Talent is nature given – be humble*

*Fame is man given – be grateful*

*Conceit is self given – be careful"*

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

### FILL THIS GAP...

To fill this gap we took a look into the archives and here's what we found **from April 2010** ..... *Sempai Cassidy, Sempai Zach & Sempai Nathan*

