

HOSHIKI MONTHLY

August / September 18

SUMMARY OF DATES FOR OCTOBER / NOVEMBER / DECEMBER



- Sun 7th October – Junior Black Belt Training commences 9am
– Teen Black Belt Training commences 10am
- Mon 8th October – Jnr Classes resumes for term 4
- Wed 10th October – Teen Class resumes term 4
- Sat 13th October – Jnr Classes resumes for term 4
- Sun 21st October – Tournament Training commences 9am – for 4 weeks
- Mon 5th November – Cup Eve – ONLY 1 class at 4pm (Combined 4pm & 5pm)
- Sun 18th November – Loong Fu Pai Tournament – 9.30am start
- Sat 24th November – **Jnr Nidan Grading** – 10am
- Wed 5th December – **Snr Shodan Grading** – 7.30pm
- Sat 8th December – **Jnr Shodan Grading** – 10am
- Wed 12th December – **Snr Shodan Ho Grading** – 6.00pm
- Sat 15th December – **Jnr Shodan Ho Grading** – 10am

CONGRATULATIONS SENIOR 2ND DANS

On the 29th of August the Dojo was packed as we all gathered to support **Dai Sempai Delphine** and **Dai Sempai Geoff** in their Nidan Grading. Also known as the “Marathon”, this gruelling grading requires an enormous amount of training, motivation, focus and discipline. Dai Sempai’s Delph and Geoff both put in 110% training up to 5 times per week during their 3 month preparation. Their determination really stood out as they fought their way through 18 x 2 min rounds which included wrestling, blindfolded self-defence and 2 person sparring and also 4 Katas. Both Dai Sempai Delph and Dai Sempai Geoff have contributed to HK Martial Arts in many ways over the past 8 years. They have always shown great humility and club spirit, teaching juniors, teenagers, preparing fighters for kickboxing bouts, training overseas and helping in every aspect of running a Martial Arts club. They are both very worthy Nidans and a credit to themselves and HKMA.





ADRIAN BROWN made Honourary Sempai

As we all know HK Martial Arts is a family club which relies on the support and generosity of people within the club giving their time and energy to others.

Over the past 12 years Sempai Adrian Brown has contributed enormously to our club in every way and in true Budo spirit he never wants anything in return.

Just some of Sempai's contributions are –

- Training juniors for tournaments
- Training fighters for Kickboxing competitions
- Recording all Dan gradings for the past 10 years
- Assisting with Sat morning junior classes
- Assisting with social events
- Training every Sunday KB and arriving early to help others

So it was with great pleasure that we made Adrian an Honourary Sempai after the Nidan grading – congratulations Sempai Adrian!



AMAHOF AWARDS - (Renshi Maree)

Congratulations to **Kyoshi Matt** who received the huge honour of being inducted into the Australasian Martial Arts Hall of Fame (AMAHOF) in the category “Martial Artist of the Year – Mixed Martial Arts” at a Gala event in Tasmania on 18th August. Less than 250 Martial Artists have been inducted over the last 22 years, so needless to say that we could not have been prouder to see Kyoshi Matt receiving such high recognition amongst such esteemed company.

Prior to the awards ceremony the 10 new inductees each ran a class. Kyoshi’s was the first class which was extremely well received by many high ranking instructors and he was asked to extend it so the 50 plus participants could get maximum benefit. It was a great experience to share knowledge with so many experienced and passionate instructors and masters.

It was wonderful that **Dai Sempai Craig**, **Dai Sempai Geoff & Sally** and **Sensei Glenn** and his wife **Sharon** were all able to be there with us to share this special event. A very big thankyou to **Kancho Terry Lim** for nominating Kyoshi and recognising his achievements and 35 years of service to martial arts and kickboxing. Special thanks to **Dai Sensei Scott**, **Sensei Jane** and **Sensei Lana** for their supportive references.



Sharon, Dai Sempai Craig, Renshi Maree, Kyoshi Matt, Sensei Glenn, Kancho Terry, Dai Sempai Geoff, Sally



10 AMAHOF Inductees for 2018



Kyoshi Matt with HKMA crew, fellow inductees Shihan George Kolovos & Master Joseph Julian and also Shihan Alex



Kyoshi Matt's Class

5 NEW SEMP AIS **JUNIOR SEMP AIS**

Over the past 2 months Junior Sempai's *XAVIER, AIDAN, EMILY, LACHLAN and GABBY* have graded to the title of Junior Sempai. All of these young Martial Artists commenced their training at 5 years of age and are now 12 or 13 years of age. They have all shown great discipline, humility, focus and maturity to train consistently for 7-8 years. They also had to prepare and submit a written class plan and then conduct that class for a group of approximately 15- 20 junior and senior students and instructors. We are very proud of you all and the example you set to the Junior students.



GRADING RESULTS FOR AUGUST / SEPTEMBER

JUNIORS

Congratulations to Gabriel, Charlie C, Ryan, Reeve & Kensi on attaining their 9th Kyu (Yellow bars)



Congratulations to Zetara, Oren, Nick & Alex on attaining their 7th Kyu (Green bars)



Congratulations to Lachie & James on attaining their 3rd Kyu (Brown bars)



Congratulations to Kobe, Jaron & Braedyn attaining their 1st Kyu (Black bars)



Congratulations to Jack, Zach H, Adamo & Andrew on attaining their 2nd Kyu (Brown belt)



TEENS

Congratulations to Josh on attaining his 2nd Kyu (Brown belt) and to Harrison on attaining his 6th Kyu (green belt)



Congratulations to Archie, Emily, Gabby, Aidan & Nathan H on attaining their 2nd Kyu (Brown belt)



SENIORS

Congratulations to Luca, Ella & Adam on attaining their 2nd Kyu (Brown belt)



Congratulations to Kelli on attaining her 4th Kyu (Red Belt)



UPCOMING GRADINGS FOR OCTOBER / NOVEMBER

JUNIORS

- Kensi, Charlie, Ryan, Reeve & Gabriel will all be attempting their 8th Kyu (yellow belt)
- Zetara, Oren, Nick & Alex will all be attempting their 6th Kyu (green belt)
- Zack, Jaspar, Ethan, Makalah, Santi & Samu will all be attempting their 5th Kyu (red bars)
- Charlie, Liam, Emma, Lila & Sienna will all be attempting their 4th Kyu (red belt)
- Finn, Henry, Jackson G, Jesse, Matt, Maxi, Paige & Tabitha will all be attempting their 4th Kyu (red belt)
- Sam will be attempting his 1st Kyu (black bars)

JUNIOR NIDAN GRADING – Sat 24th November

- **Sempai Xavier, Sempai Lachie & Will** will all be attempting their Junior Nidan Grading

TEENS

- Harrison will be attempting his 5th Kyu (red bars)
- Ben, Bianca, Ella & Nick will all be attempting their 3rd Kyu (brown bars)
- Jackson, Jacob & Kai will all be attempting their 1st Kyu (black bars)

SENIORS

- Richard & Trent will be attempting their 3rd Kyu (brown bars)



WORLD KUMITE ORGANISATION

Hoshiki Kiritsu Martial Arts has now been recognised by the World Kumite Organisation, we are officially members and have a membership card that allows us entry into any of the tournaments run by WKO which include the largest tournaments anywhere in Asia. Some of these tournaments in Japan attract up to 1500 competitors. This is a great honour as not all Styles are accepted. The certificates below are now on display in the Dojo.



KICKBOXING CORNER

Welcome to Kickboxing corner - this will be a regular section of our newsletter that will feature various aspects of training for Kickboxing competition bouts. As everyone is probably aware HK Martial Arts has a very long history and is significantly influenced by Kickboxing, Western Boxing and Thai Boxing dating back over 30 years. When Sensei Glenn and myself commenced fighting it was under the very old and rigid 8 kicks above the waist each round rules. Then around 1989 leg kicks were introduced and in the early 1990's Thai rules with grappling, knees and no leg protection was adopted. As HK Martial Arts has evolved and embraced change and improved techniques and styles over the years, so has the sport / art of Kickboxing and many of our students and instructors including Sensei Jane, Dai Sempai Geoff, Dai Sempai Andy, Sempai Riley, Chris Oakley and Gav "Grohly" Carroll have stepped into the square ring and competed for HKMA. It is for this reason we have decided to give more focus in the newsletter to our Sunday Kickboxing students and events.

Tips from Sempai Riley Brown...

Tip: The effectiveness of the Jab in Kickboxing and Boxing

In Kickboxing and Boxing, the Jab is one of the most useful punches you can have in your fighter's inventory. If you are an orthodox fighter (Left leg forward), your left hand is the closest weapon to your opponent. The Jab is also a great setup for combinations. Most people find that the jab is great way to break your opponents defence; it can also be the quick stun punch at the end of a combination. A few ways to throw a jab are:

The Double Jab: The Double Jab is one good jab followed by another. The effectiveness of this punch relies on your opponent anticipating a one-two combination (Jab followed by right-hand). Your opponents look for your right hand after your Jab but instead you catch him off guard with another jab. The Double Jab works well when followed by a straight right to the head or body. A double jab can be used while moving forward, backwards, or sideways. It's also important that you punch hard enough to stun your opponent if he tries to throw a straight right.

The Body-Jab: This jab is thrown to the body. While it may not be strong enough to do damage to your opponents body, it can distract your opponent and force him to drop his guard while you punch to his head with your right hand.

My overall tip: When you think you're jabbing a lot, jab twice as much.



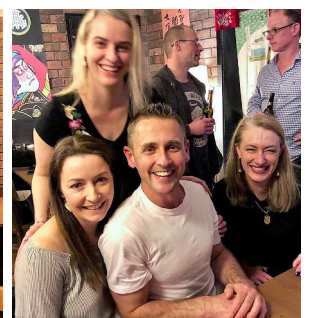
Fletcher and Sempai Darren demonstrating a reaching left jab



A great jab kick from Sensei Lana!

SOCIAL CORNER

We recently enjoyed a night out at our favourite local Japanese restaurant – **Tokyo Sake** – to celebrate Kyoshi's induction into AMAHOF and also the recent 2nd Dan Grading. It was a great night out with 20 of us enjoying delicious food and many laughs.



TRADITIONAL KATANA

Dai Sensei Scott now has his weapons licence and is training with Kancho Terry Lim using a Katana – a Japanese Sword. We look forward to him giving us a demonstration in Term 4. Here are a few pics of his training...



STUDENT PROFILES

JUNIORS

Reeve – 9th Kyu (Yellow Bars)

Hi my name is Reeve and I am 8 years old and I'm in grade 2 at Ringwood Heights Primary School.

I really like coming to karate and I was really happy when got my yellow bars. My favourite part of karate is doing front kicks and the blocking sequence.

I like going bike riding with my friends and playing with my iPad. I can't wait until the school holidays because we are going to Phillip Island



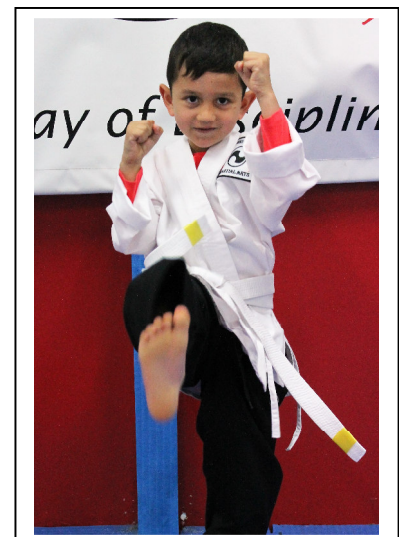
Gabriel – 9th Kyu (Yellow Bars)

Hi my name is Gabriel. I am 5 but soon turning 6.

I like running, drawing, building LEGO and making comic books. From school I like arts and drawing.

I've been doing karate for a couple of months now, and I love the warm ups!! I have learnt how to punch and kick and I really like it too.

I'm looking forward to getting my yellow belt.



SENIORS

Ivan – Kickboxing Class

My name is Ivan, I came from China and am currently studying at Caulfield Grammar Yr 10. I came to the dojo about 1 year ago, my friend Scott introduced me. People in there are being very supportive, there is just a really positive energy in the dojo, every time I go there is not just a time for me to learn and sharpen my skills on kickboxing, it's also a time for me to communicate and relax. It's a time that I put all my focus on one thing and I am really enjoying that. I hope everyone can have the same fantastic experience as me, not only training your body, craft your skills, also consciously pursuing your spiritual development and inner peace.



DEFIB

We have recently installed an Automated Defibrillator and a CPR chart in the Dojo. *Dai Sempai Craig Sedgman* who is an experienced Paramedic will be conducting a short training session on its use in the next couple of weeks.

This session will be held on a Wednesday night before class commences and is for all senior students regardless of rank. We will notify everyone shortly of the date.



TRAINING TIP

EFFORT = SUCCESS

Maximum Effort, Showing up and Working Hard with the right Attitude
= Success & Achieving Goals

The Adventures of Master Hosh & Yoko Geri

Episode 20

The two travelled on for a few weeks, nothing eventful happened and Yoko had real time to reflect and think - but he was also disappointed that nothing poignant happened in that period to reveal the answer to him.

Until one day they came across the aftermath of what was obviously a fierce battle between two warring tribes. Yoko stared in disbelief at the bodies that had been slain in the battle. "What has happened here Master? I've never seen such devastation."

"I know Yoko, you are young and I wish you never had to see such harsh realities, but life has taught me that you will see many more and much worse. Come, let's keep moving."

They travelled on in silence until Yoko suddenly stopped and looked up.

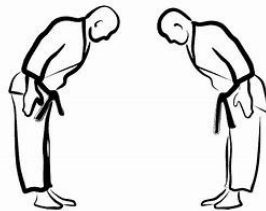
"Master, Master, I know the answer to your question!" Yoko looked at Master Hosh. "The most important area of life to master is the art of dealing with people, to understand and get along with others, to empathise and not judge them, for it is only then can we avoid conflict that has dogged humanity since time began Master."

Master Hosh smiled, "You are right Yoko - I knew you would be."



QUOTE OF THE MONTH:

"Good judgement comes from experience and often experience comes from bad judgement"



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