

# HOSHIKI MONTHLY

October / November 18



## SUMMARY OF DATES FOR DECEMBER

- Wed 5<sup>th</sup> December – Snr Shodan Grading – 7.30pm
- Wed 12<sup>th</sup> December – Snr Shodan Ho Grading – 6.00pm
- Sat 15<sup>th</sup> December – Jnr Shodan Ho Grading – 10am



## CONGRATULATIONS JUNIOR NIDANS

Congratulations to **Sempai Xavier & Sempai Lachie** on a fantastic Jnr Nidan grading. They both displayed the true attributes of a Martial Artist – great focus, discipline, endurance & humility. Their focus during testing of Kata Sanchin was outstanding and their skills during multiple attacker combat rounds and self-defence were excellent. It's great to see these junior martial artists develop into such fine young men over the last 8 years

Thank you to Sempai Jason & Dai Sempai Craig for coming down to grade and to Sempai Riley for helping prepare the boys for grading.



# TOURNAMENT

In November we headed out to Dandenong with 9 students to compete in another Loong Fu Pai Tournament, with 4 students competing for the first time. As usual our students all competed extremely well, demonstrating discipline and focus and supporting and cheering each other on throughout the day. Congratulations to **Andrew, Angus, Sempai Conall, Finn, Henry, Jasper C, Lila, Zach H & Zack C** who all represented HKMA with pride and honour. Competing takes courage and is an excellent way to improve your skills whilst training for a tournament.



Special thanks to Sensei Lana, Richard & Sempai Riley for attending in gi and to all the instructors and parents for all your help at the Sunday morning training sessions.



Congratulations to the following students on their trophies: **Lila** – 3<sup>rd</sup> place Sumo, **Zach H** – 2<sup>nd</sup> place Tile Break, **Angus** – 2<sup>nd</sup> place Tile Break & 3<sup>rd</sup> place Sumo



## **SNAPSHOT OF 2018**

We began the year with the installation of our Torii Gate to symbolise the entrance to a place where everyone is valued and surrounded by people supporting their goals, applauding their successes and encouraging them to improve and achieve. Apart from the actual training, this support is one of the best things about the HKMA family.

The usual annual events took place of course – the *girls weekend away* in April was bliss, the *training trip to Hong Kong* in May was another success and our *Tokyo Sake dinner* was a lot of fun. A highlight though was Kyoshi Matt's *induction into AMAHOF* and the award ceremony in Tasmania in August as well as HKMA being accepted into the *WKO* – both were wonderful recognition of the last 35 years!

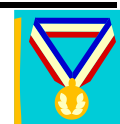
During the year we were extremely pleased to promote another 4 Senior instructors and 5 Junior instructors to the rank of *Sempai* as well as 2 Senior instructors to the rank of *Dai Sempai* and 1 to the rank of *Sensei*.

We had 20 students participate in 2 Loong Fu Pai tournaments this year bringing home a total of 11 trophies! We welcomed another 13 new students during the year and taught 2 Women's Self Defence Courses during year to over 30 women.

So far this year we have had 110 gradings. Among these were Senior 2<sup>nd</sup> Dan (2), Junior 2<sup>nd</sup> Dan (2) and Junior Black Belt (5) and we still have another 40 gradings to take place in December – including Junior Black Belt (6 students), Junior 2<sup>nd</sup> Dan (1 student), Senior Black Belt (4 students) and Senior 1<sup>st</sup> Dan (3 students).

*Enjoy your Summer break, stay safe and have a very Merry Christmas!*

## **CHRISTMAS PARTY AND PRESENTATION DAY**



We hope to see everyone at our Christmas party and presentation day. Even if you can only make it for the presentations, please make a big effort to attend and honour those who have excelled throughout the year. All junior students receive a personalised participation medal and there will be trophies awarded to 8 of our outstanding Juniors and 7 of our exceptional Teens & Seniors.

**WHEN:** Saturday 15<sup>th</sup> December 2018.

**WHERE:** It is being held again in the **Multipurpose Room** at **Ringwood Heights Primary School** – Cnr Felix and Aurum Cres – car parking is available in the school.

**TIME:** The party starts at **12pm** and Presentation of trophies and medals will be at **1.30pm**.

**SAT CLASS:** Morning classes on that day will start at the normal time as we have a Black Belt Grading in the 10am class.

BBQ's will be available. BYO meat, drinks and either a salad or dessert to share. There is a list in the dojo if you would like to add your name so we can organise food to share.

## **DATES for End of Year 2018 and New Year 2019**

- Monday afternoon class** - Last class is on 10<sup>th</sup> December 2018  
- Class resumes on 4<sup>th</sup> February 2019
- Wednesday night class** - Last class is on 12<sup>th</sup> December 2018  
- Class resumes on 30<sup>th</sup> January 2019
- Saturday morning class** - Last class is on 15<sup>th</sup> December 2018  
- Class resumes on 2<sup>nd</sup> February 2019
- Sunday kickboxing class** - Last class is on 16<sup>th</sup> December 2018  
- Class resumes on 3<sup>rd</sup> February 2019

## **WELCOME**

Welcome to **Eric, Tim & Jacob** in the Sunday Kickboxing class. It's great to have you both as a part of our club.

## **REMEMBRANCE DAY**

We had great attendance from both young and old at HK Martial Arts on Remembrance Day. At 11am we took time to reflect on the sacrifices of others and being grateful for what we have and never unhappy about what we don't.



## **MAINTAINING HIGH STANDARDS AND INTEGRITY**

To ensure the highest standards and integrity are maintained at HKMA we have formalised the minimum number of classes and attendance that must be met before anyone can grade for their next rank. This chart is in the dojo and also below. Students will not be permitted to grade until they have met the minimum requirements.

It is also a requirement that all Martial Arts classes are attended in full and clean HKMA Gi Top and Pants. Any tops worn underneath can only be plain white or black. Belts must be tied correctly – ask an instructor if you require assistance.

# MINIMUM ATTENDANCE FOR GRADING

In order to be eligible to grade, a **minimum** number of classes must be attended as well as an 80% attendance. All classes must be official HKMA Martial Arts / Kickboxing classes **conducted in the Dojo** by a qualified Instructor.

No student will be considered for grading unless the following minimum attendance levels have been achieved:

## ***JUNIOR RANKS***

## ***SENIOR RANKS***

<u><b>RANK</b></u>	<u><b>Classes</b></u>	<u><b>RANK</b></u>	<u><b>Classes</b></u>
10 <sup>th</sup> Kyu – 9 <sup>th</sup> Kyu	6	10 <sup>th</sup> Kyu – 9 <sup>th</sup> Kyu	6
9 <sup>th</sup> Kyu – 8 <sup>th</sup> Kyu	8	9 <sup>th</sup> Kyu – 8 <sup>th</sup> Kyu	8
8 <sup>th</sup> Kyu – 7 <sup>th</sup> Kyu	8	8 <sup>th</sup> Kyu – 7 <sup>th</sup> Kyu	8
7 <sup>th</sup> Kyu – 6 <sup>th</sup> Kyu	10	7 <sup>th</sup> Kyu – 6 <sup>th</sup> Kyu	12
6 <sup>th</sup> Kyu – 5 <sup>th</sup> Kyu	8	6 <sup>th</sup> Kyu – 5 <sup>th</sup> Kyu	10
5 <sup>th</sup> Kyu – 4 <sup>th</sup> Kyu	12	5 <sup>th</sup> Kyu – 4 <sup>th</sup> Kyu	12
4 <sup>th</sup> Kyu – 3 <sup>rd</sup> Kyu	10	4 <sup>th</sup> Kyu – 3 <sup>rd</sup> Kyu	14
3 <sup>rd</sup> Kyu – 2 <sup>nd</sup> Kyu	14	3 <sup>rd</sup> Kyu – 2 <sup>nd</sup> Kyu	16
2 <sup>nd</sup> Kyu – 1 <sup>st</sup> Kyu	14	2 <sup>nd</sup> Kyu – 1 <sup>st</sup> Kyu	20
1 <sup>st</sup> Kyu – Shodan Ho (Black Belt)	20	1 <sup>st</sup> Kyu – Shodan Ho (Black Belt)	40
Shodan Ho – Shodan	30	Shodan Ho – Shodan	50
Shodan – Nidan	30	Shodan – Nidan	90
Nidan - Sandan	30	Nidan - Sandan	120
Sandan - Yondan	30	Sandan - Yondan	150
		Yondan - Godan	180

# GRADING RESULTS FOR OCTOBER / NOVEMBER

## JUNIORS

Congratulations to Gabriel on attaining his 8<sup>th</sup> Kyu (Yellow belt)



Congratulations to Jaspar, Santi & Samu on attaining their 5<sup>th</sup> Kyu (Red bars)



Congratulations to Sienna, Liam & Sienna on attaining their 4<sup>th</sup> Kyu (Red belt)



Congratulations to Sam & Eshan on attaining their 1<sup>st</sup> Kyu (Black bars)



## **TEENS**

Congratulations to Jackson, Kai & Jacob on attaining their 1<sup>st</sup> Kyu (Black bars)



## **SENIORS**

Congratulations to Richard on attaining his 3<sup>rd</sup> Kyu (Brown bars)



## **UPCOMING GRADINGS FOR DECEMBER**

It is going to be a very busy and exciting December with quite a few Black Belt and Dan gradings happening:

- **Junior Black Belt – Shodan Ho**  
**Alex, Angus, Braedyn, Finn W, Jaron & Lucas** will all be attempting their Junior Shodan Ho on Saturday 15<sup>th</sup> December
- **Junior 2<sup>nd</sup> Dan – Nidan**  
**Will** will be attempting his Junior Nidan on Wednesday 12<sup>th</sup> December
- **Senior Black Belt – Shodan Ho**  
**Blake, Fletcher, Nick & Sharlotte** will all be attempting their Senior Shodan Ho on Wednesday 12<sup>th</sup> December - we were so sorry to hear that Cassidy is unable to grade due to an ongoing knee injury & wish her all the best in her recovery.
- **Senior 1<sup>st</sup> Dan – Shodan**  
**Sempai Jasper, Sempai Nathan & Sempai Riley** will all be attempting their Senior Shodan on Wednesday 5<sup>th</sup> December

## **JUNIORS**

- Charlie, Kensi, Reeve & Ryan will all be attempting their 8<sup>th</sup> Kyu (yellow belt)
- Nick, Alex, Oren & Zetara will all be attempting their 6<sup>th</sup> Kyu (green belt)
- Zack C will be attempting his 5<sup>th</sup> Kyu (red bars)
- Henry, Maxi, Jackson, Paige, Tabitha, Jesse & Matt will all be attempting their 4<sup>th</sup> Kyu (Red belt)
- Charlie & Emma will be attempting their 4<sup>th</sup> Kyu (Red belt)
- Adamo, Zach, Jack, Andrew & Morgan will be attempting his 1<sup>st</sup> Kyu (black bars)
- Riley & Elise will be attempting their 1<sup>st</sup> Kyu (black bars)

## **TEENS**

- Ben will be attempting his 3<sup>rd</sup> Kyu (brown bars)

## KICKBOXING CORNER

An important aspect of Kickboxing training is Fitness/ Body Conditioning. In order to be able to stand up to the rigours of fighting multiple continuous rounds we must have a base level of fitness as well as tolerance to body impact. Both of these attributes can only be built up through continuous conditioning and hard work, the better our fitness levels are the better prepared we are to not only throw multiple techniques and combinations but also withstand an opponent who is intent on doing the same back to us. Fatigue is the enemy, it makes us immobile both in mind and body, it makes us technically unsound and leads to poor decision making under duress. This is why such an emphasis is placed on running, body impact conditioning and constantly training round after round to increase oxygen intake.



## STUDENT PROFILES

### SENIORS

#### *Dai Sempai Craig*

My martial arts career began in 1986 after a tussle with my parents who had the belief that I would get injured if I started karate; times were different then and it was more common for that misconception. The movie Coolangatta Gold had a section on Ironman Grant Kenny training in Zen Do Kai as part of the movie plot, which was the same style a school mate of mine did. Once I watched that film I knew I had to start and commenced more persistent lobbying of my parents until I was allowed to start.

I trained under a number of instructors in Zen Do Kai, and met Kyoshi Matt there who at the time was a fellow student. During that time, I also worked in a casual job at McDonalds with Renshi Maree, and Maree knew that I trained and asked me about starting karate. I brought Maree down to the dojo and she commenced training soon thereafter; who knew that the introduction of Maree to the dojo at which Matt trained would lead to Matt and Maree becoming partners, married and forming our beloved Hoshiki Kiritsu!





I attained a third dan black belt in Zen Do Kai in 1996 before a change of head instructor coinciding with the commencement of full time employment post university lead to me stop training. During the 10 years, I also trained in Muay Thai and some Judo/Jiu- Jitsu with the late Barry Bradshaw. I later trained in Aikido for a year but work and travel also got in the way of the regularity that I have always believed is important in not only martial arts but in any pursuit. I have had a number of careers- I was a physiotherapist and travelled internationally with sporting teams, was a paramedic at Ambulance Victoria and now work in a managerial role with Medibank delivering health services to the men and women of the ADF. I believe many of the professional and personal successes that I have achieved are due to the focus, discipline, resolve and the development of almost a sixth sense obtained through martial arts.

I returned to training at the start of this year with Hoshiki Kiritsu. During my long absence, I had always wanted to go back to training but the combination of work and travel, getting married and having two kids always took priority. I had bumped into Kyoshi Matt and Renshi Maree a few times over the preceding years and both encouraged me to come down and train. I decided late last year that it was time and I needed to prioritise this for me, rather than just continually just telling my wife that I needed to return!

I was somewhat surprised in the first few sessions that I could remember in detail (though rusty in technique!) the black belt katas that I hadn't practiced since 1996. Having said that, there would not have been a week gone by in my 20 year absence from the dojo that I wouldn't have thought about some element of martial arts, in addition to the practical applications of martial arts learnings to my life as previously mentioned. I believe the ability to continually reflect upon and mentally rehearse my martial arts learnings over this period in the absence of physically training has assisted me greatly in the transition back to training; it has always been with me and will always be with me. I am really enjoying attending the Wednesday and Sunday senior classes each week and helping out with junior classes when work and family life permit- this enjoyment is not only due to the high quality class content but also the calibre of people who train at our club. See you in the dojo!

### **Eric – Kickboxing Class**

My name is Eric, I come from China and study at Caulfield Grammar school currently Yr10. It has been 3 months since I came to the dojo and my friend Ivan introduced me. Initially, I'm here to learn kickboxing tactics and skills. Gradually, I find the positive energy and supportive people in the dojo. It's not only a time for me to practice and sharpen my skills, but also a time for me to be connected with other people and relax. The sense of community always cheers me up and helps me to be more concentrated. I hope everyone can feel the same fascinating experience of the weekly training of body strength, and the consciously pursuing of spiritual development and inner peace.



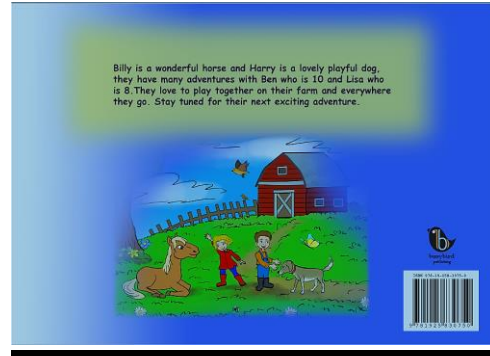
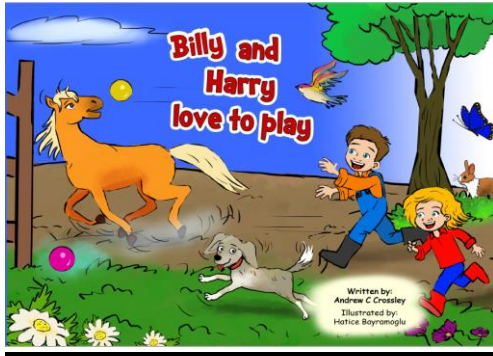
## **TRAINING TIP**

### **Self Defence**

Circular movement & footwork are two of the key elements in effective Self Defence against a variety of grabs

## NEW CHILDREN'S BOOK LAUNCH

Congratulations to **Andrew** (Senior's class) who is about to launch his first Children's Book!! Andrew has told us "I wrote this children's book, my first in this genre as a legacy for my children. If anyone would like to order an advance copy, please email [andrew@apag.com.au](mailto:andrew@apag.com.au). The book launch will be in the next 10 days, with copies being distributed to primary schools around the country. If anyone knows someone who works at a primary school please let me know, I'd love it to be introduced into the literacy 'reader' program in schools."



## The Adventures of Master Hosh & Yoko Geri

### Episode 21

Yoko was so proud of himself; he knew that Master Hosh expected more and more of him as he matured. Answering the Master's question correctly also made him reflect. Yoko was slightly disappointed that it took such a sense of devastation to prompt the right answer. It also posed another question for him to ask Master Hosh.

"Master, if the most important element of life to master is dealing with people, why then do we spend so much time mastering our fighting and battle strategy skills and less time honing our skills of negotiation?"

"That is a very good question Yoko and once again the answer lies in the aftermath of battle such as the one you have recently seen."

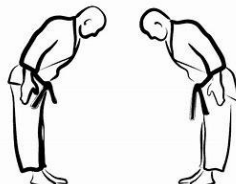
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### QUOTE OF THE MONTH:



*"Luck is a dividend of sweat. The more you sweat, the luckier you get"*

*Ray Kroc*



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

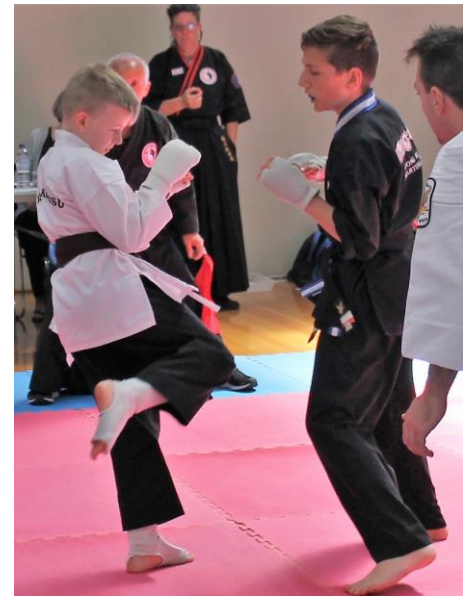
**A FEW ACTIONS SNAPS FROM THE TOURNAMENT ...**



*Sempai Conall in Kata*



*Zack breaking tiles*



*Finn sparring well against a 2<sup>nd</sup> Dan*



*Angus winning a trophy in Sumo*



*Andrew breaking tiles*



*Jaspar with great kicks in sparring*



*Lila winning a trophy in Sumo*



*Henry breaking tiles*



*High kicks from Zach*



*Sempai Adrian – your coaching has paid off - Excellent Tile breaking from Zach, Angus & Sempai Conall*



*Excellent sparring from Andrew*

*Cossey brothers in action – Zack & Jasper in Sumo*



*A determined Henry in Sumo*

*Lila focussed in Kata*

*Picture tells a thousand words ...*

