

HOSHIKI MONTHLY

February / March 19

We've had a strong start to the year with numerous high standard gradings ranging from our new Juniors successfully grading to 9th Kyu to a strong Junior 1st Dan grading. The bar has been set high and focus, discipline and hard training will keep it there. Looking forward to a busy and exciting couple of months...

SUMMARY OF DATES FOR APRIL / MAY



- Mon 1st April – Sat 6th April - Last Junior & Teen Classes for Term 1
- Wed 3rd April – Sensei Grading – Dai Sempai Craig – 7.30pm
- Wed 10th April – Sensei Grading – Dai Sempai Alicia – 7.30pm
- Sat 13th Shorin Kempo – Gasshuku Training Day 8am -6pm
- Sun 21st April (Easter Sunday) – 9am - Tournament Training commences for 3 weeks
- Mon 22nd April – Sat 27th April - Junior & Teen Classes Resume for Term 2
- Wed 1st May – Senior 1st Dan Grading
- Thur 2nd May – Tue 14th May – Hong Kong training trip
- Sat 11th May – **Tournament** – Twilight – 2.00pm start

WELCOME

Welcome to our 11 new juniors – **Maya, Harlan, Dexter, Ned & Will** in the Saturday class and **Henry, George, Caleb, Rafe, Isla & Ollie** in the Monday class. Welcome also to **Rohan & Tristan** in Sunday Kickboxing class. It's great to have you all as a part of our club.

CONGRATULATIONS ON JUNIOR 1ST DAN

Congratulations to **Hannah, Isla, Sarah & Paige** on attaining their full Junior Shodan (1st Dan). We were thrilled with the extremely high standard – their techniques, control of weapons, level of skill and focus were excellent!





GRADING RESULTS FOR FEBRUARY / MARCH

JUNIORS

Congratulations to Dexter, Harlan, Will, Maya & Ned on attaining their 9th Kyu (Yellow bars)



Congratulations to George, Henry, Caleb & Rafe on attaining their 9th Kyu (Yellow bars)



Congratulations to Finn on attaining his 4th Kyu (Red belt)



Congratulations to Zetara, Alex, Oren & Nick on attaining their 5th Kyu (Red bars)



TEENS

Congratulations to Harrison and Zack on attaining their 5th Kyu (Red bars)



SENIORS

Congratulations to Andrew & Damien on attaining their 1st Kyu (Black bars)



UPCOMING GRADINGS FOR APRIL / MAY

JUNIORS

- Isla & Ollie will be attempting their 9th Kyu (yellow bars)
- Kensi, Charlie, Ryan, Gabriel & Reeve will be attempting their 7th Kyu (green bars)
- Jaspas & Santi will be attempting their 4th Kyu (Red belt)
- Liam, Lila & Emma will be attempting their 3rd Kyu (Brown bars)
- Lachie, Charlie & James will be attempting their 2nd Kyu (brown belt)

TEENS

- Bianca and Ella will be attempting their 3rd Kyu (brown bars)
- Gabby, Archie, Conall, Aidan, Lachie, Josh & Nathan will be attempting their 1st Kyu (black bars)

SENIORS

- Nick will be attempting his 3rd Kyu (Brown bars)

SENSEI CLASSES & SENIOR 1ST DAN

- **Sensei Classes** - we are really looking forward to 2 Sensei classes in April.
 - Dai Sempai Craig – 3rd April
 - Dai Sempai Alicia – 10th April
- **Senior 1st Dan**
Sempai Jordan & Sempai Jason will be attempting their Shodan grading on 1st May 2019 7.30pm. They've been working hard on their yuksukos over the past few months and we look forward to

NEW WEBSITE

We're pleased to announce that our new website is now up and running <http://hkmartialarts.com/>. Please take a few minutes to have a look at the various pages, in particular the Galleries as there are many great action and still shots from the past 30 years.

The Instructional video of all our Katas and Sequences is now on the website <http://hkmartialarts.com/instructional-videos/>. We will be adding to the Video library over the coming months to cover all the disciplines of HKMA.

We can't thank Brad Maunsell (Sempai Conall's dad) enough for all the work and advice he has given us in building our new site.

KATANA PRESENTATION

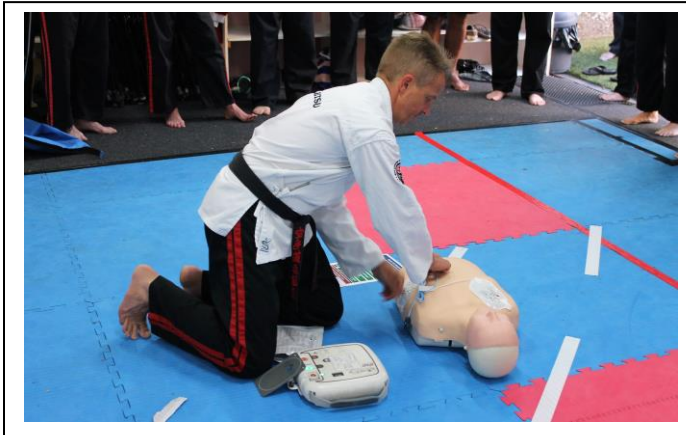
Dai Sensei Scott passed on his knowledge in a fantastic Katana and Shinai presentation and demonstration. It was great to learn more about these sacred and traditional weapons. *Dai Sensei* decided a few years ago to further expand his martial arts knowledge and began learning about and training with these weapons under the instruction and guidance of *Kancho Terry Lim*.



DEFIB TRAINING

Thank you to *Dai Sempai Craig* for conducting a brief session recently on how to use the Defib (AED) in the dojo. It was great that so many were able to attend. However, please remember that this was not CPR training but rather a basic explanation as to how to use the Defib.

The following link is a useful YouTube clip that demonstrates how to use it - https://youtu.be/b2T5_3GwUDg and we would also encourage people to undertake a recognised CPR course as well.



HKMA GIRLS WEEKEND

We got in early this year and enjoyed another wonderful weekend away at Blairgowrie with the HKMA girls. So much fun, laughter, food & relaxing – we may just manage to squeeze in a second one later in the year ...



KICKBOXING CORNER

DISTANCING

It is crucial that we are aware of and train regularly both on impact equipment and during rounds the skill of distancing. As we are all aware the distance between us and our opponent can change in a fraction of a second. This can occur for many reasons:

1. Our opponent changes their range in order to use different weapons / combinations,
2. We change our distance either offensively or defensively,
3. Either fighter quickly changes angles which changes the distance,
4. We are stopped from using our footwork by the ropes or the opponent.

We must be competent and comfortable at all 5 ranges as kicking distance can turn into grappling distance very quickly.

5 Distances of Kickboxing

1. Leg / kicking range
2. Arm / punching range
3. Elbowing range
4. Kneeing range
5. Grappling / clinching range



LOONG FU PAI TOURNAMENTS - KICKBOXING

Kancho Terry has decided to add a **Kickboxing Division** to the tournaments which is great news for HKMA as this is the style of sparring our students are most used to. I have met with Kancho to discuss the rules which will be finalised in the coming months.

The **AUGUST** tournament will be the first one for the Kickboxing division and initially it will only be LFP and HKMA students permitted to enter this division to ensure maximum control for all competitors – there will be no head contact and only very light body contact. We strongly encourage as many HKMA students as possible to enter and have a go – it will be similar to current sparring in the dojo. This means HKMA will be participating and preparing for all 3 LFP Tournaments this year.

The first tournament is on Saturday 11th May – 2.30pm start. Preparation training commences Sunday 21st April 9.00 am – 9.45am – this is Easter Sunday but if you're around please come down as we only have 3 sessions to prepare. Just think of the extra chocolate you can eat knowing you've just had a good training session!

BE ON TIME

Please ensure that you or your child are on time for class. This means arriving 5 minutes before class is due to start. This is especially important if your child is grading as pre-grading Kata and Japanese rehearsal is vital. Discipline must be displayed by punctuality.

SHORIN KEMPO GASSHUKU (Training Camp)

Kancho Terry, Dai Sempai Geoff, Dai Sempai Craig, Damien and myself will be attending a training day with Shorin Kempo at Anglesea on Saturday April 13th. We will be privileged to train with *Kancho Sifu McInnes* (8th Dan Shorin Kempo), *Soshi Masayasu Sugihara* (8th Dan Byakuren) and *Shihan Yutaka Ichikawa* (6th Dan Jukejuku- Shikoku).

This is the first time all 3 founders of WKO will be in Australia together. Thanks to *Shihan Matthew Charles* (5th Dan) from Casey Elite Martial Arts for hosting the event.

STUDENT PROFILES

JUNIORS

Maya – 9th Kyu (yellow bars)

Hi my name is Maya, I'm 8 years old and I started Karate this year I enjoy sketching things that interest me - like drawing pictures of nature that I see and copying it down on the page, or sketching someone's face. I love going on bike rides and going camping with my friends and family. Sometimes I play Minecraft on Playstation to calm myself down by creating cool buildings and making lots of swimming pools!

My house is a very busy place. In my family, there's me, my Mum, my Dad, my twin sister, my older brother and my dog, Frankie. My mum and dad go to work at 8am, and I walk to school with my brother and sister. Being a twin is sometimes good because you can have a lot of fun with a twin your age, but you can also fight a lot and that can be hard.



I knew Karate would be a GREAT sport for me because when I finally get to Black Belt I'll be really good at defending myself. I thought it was going to be really energetic but it turns out there are also parts where you practice being calm. This is a good thing, because it helps me after I've done lots of kicking, then I get to rest.

To me, Karate is a really good sport where I can challenge myself and get better every time!

Henry – 9th Kyu (yellow bars)

Hi my name is Henry and I am 6 years old.

I have just started karate. I have a big brother Lachie who does Karate too.

I like playing LEGO and drawing superheroes.



TRAINING TIP SPARRING – UP ON TOES

When sparring stay up on your toes – no heels on the ground. Being able to move in any direction at any time is extremely important, if you are flat footed you have to first raise your heels off the ground & then move. This slight delay in movement can be the difference between evasion & impact.

The Adventures of Master Hosh & Yoko Geri

Episode 23

The two travelled on, keen to put as much distance as possible between them and the battle field (both physically and mentally).

"Master?"

"Yes Yoko?"

"With all we have learned throughout the centuries, why have we not yet learnt how to live peacefully?"

"That is something that I cannot answer Yoko and if I could we would probably not be on our current journey."

"Why not Master?"

"Because we would not be leaving a battle torn village on a peaceful quest for knowledge - we could have lived in peace right where we were."

"Master, do you think that there will ever be a time when human beings get along and live in harmony?"

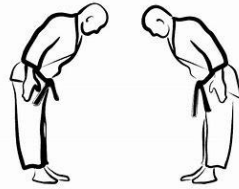
"I hope there will be Yoko, but I don't think so."



QUOTE OF THE MONTH:

*“We are what we repeatedly do.
Excellence therefore is not an act, but a habit.”*

Ip Man



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