

HOSHIKI MONTHLY

April / May 19

It's been a HUGE couple of months at HKMA! Two new Sensei, Senior Shodan, Training Camp, Tournament, Hong Kong Trip and preparing almost 50 students for gradings over the coming weeks. Keep reading for all the details and great photos...

SUMMARY OF UPCOMING DATES FOR JUNE / JULY

- Mon 10th June – Public Holiday – **1 combined Class at 4pm** for all students
- Wed 19th June – Kali Sticks Seminar 7.30pm with **Shihan Wayne** – Loong Fu Pai
- Mon 24th June – Sat 29th June - Last Junior & Teen Classes for Term 2
- Wed 26th June – **Shodan Ho Grading** – Teen Class 6pm
- Mon 15th July – Sat 20th July - Junior & Teen Classes Resume for Term 3



CONGRATULATIONS – 2 NEW SENSEI TITLES

We were proud to award the title of Sensei to both *Sensei Alicia* and *Sensei Craig* recently. **Sensei Alicia** has been a part of HKMA for over 10 years and since attaining her Black Belt has become a valued instructor, teaching both juniors and seniors as well as assisting in Dan gradings and volunteering her time to teach self defence classes to women and school children. She presented a very practical and well thought out grading, with a focus on practical techniques and self defence.



Sensei Craig began his training in Zen Do Kai where he trained for 10 years. After some time off, he recommenced his training with us 18 months ago and has quickly become a part of the HKMA family and an excellent instructor. His class was well presented and researched, focussing on pressure points and manipulations.



CONGRATULATIONS – SENIOR SHODAN

Congratulations to **Sempai Jordan** and **Sempai Jason** on attaining their Senior Shodan – Full 1st Dan. They both displayed great control, precision, discipline and creativity with their Weaponry Yuksukos, empty hand yuksukos and Katas. Congratulations on 3 months of dedicated preparation and presentation.



GRADING RESULTS FOR APRIL / MAY

JUNIORS

Congratulations to Isla & Ollie on attaining their 9th Kyu (Yellow bars).



Congratulations to Gabriel, Kensi, Ryan, Reeve & Charlie C on attaining their 7th Kyu (Green bars)



Congratulations to Paige, Henry & Jackson on attaining their 3rd Kyu (Brown bars)



UPCOMING GRADINGS FOR JUNE / JULY

JUNIORS

- Junior Sempai Grading

We're looking forward to **Will A** presenting his Sempai class on **15th June**

- Dexter, Harlan, Maya, Ned & Will T will all be attempting their 8th Kyu (Yellow belt)
- Caleb, George, Henry, Isla, Ollie & Rafe will all be attempting their 8th Kyu (Yellow belt)
- Charlie C, Gabriel, Kensi, Reeve & Ryan all will be attempting their 6th Kyu (Green belt)
- Jaspas & Santi will be attempting their 4th Kyu (Red Belt)
- Emma, Liam & Lila will all be attempting their 3rd Kyu (Brown bars)
- Charlie F, Finn, Matt, Maxi & Tabitha will all be attempting their 3rd Kyu (Brown bars)
- Lachie S will be attempting his 2nd Kyu (Brown Belt)

TEENS

- Shodan Ho Grading (Senior Black Belt)

Jackson & Jacob will be attempting their Senior Shodan Ho grading on 26th June 2019 6.00pm. There're well into their 3 month intensive training program under the guidance of Dai Sempai Delphine and Sempai Jason, their focus and discipline thus far has been excellent – we're looking forward to a high standard grading!

- Aidan, Archie, Conall, Gabby, Josh, Lachie C & Nathan H will be attempting their 1st Kyu (Black bars)

SENIORS

- Nick, Sally & Kelli will be attempting their 3rd Kyu (Brown bars)
- Richard will be attempting his 2nd Kyu (Brown belt)

SHORIN KEMPO GASSHUKU (Training Camp)

Kyoshi Matt, Sensei Craig, Dai Sempai Geoff & Damien were all invited to attend the Shorin Kempo Gasshuku along with *Kancho Terry* for a day at Anglesea. We learnt some fantastic techniques from some of WKO's Japanese masters and were honoured to be welcomed and experience their Budo spirit and learn from their great depth of knowledge.



LOONG FU PAI TOURNAMENT



We had 8 students compete in the May Tournament and brought home 5 trophies! Well done to **Andrew, Henry, Jack, James, Oren, Paige, Zach & Zetara** who all represented HKMA with pride, focus and discipline. Our students stuck together throughout the day supporting each other's events. Special thanks to **Sensei Lana** for arriving early to be there when our students arrived and keeping track of everyone's events throughout the day.

Thank you also to *Sensei Lana, Dai Sempai Geoff, Sempai Riley, Sempai Adrian, Damien, Trent & Damien* for all their help preparing the students on Sunday mornings.



Congratulations to the following competitors who won trophies:

- Zach H** – 1st Place – Tile Break
- Henry** – 3rd Place – Tile Break
- Zetara** – 3rd Place – Tile Break
- Jack** – 2nd Place – Tile Break & 3rd Place Continuous Sparring

TRAINING TRIP TO HONG KONG

Sensei Craig, Dai Sempai Geoff, Sally and I set off for another fantastic training trip in Hong Kong. Sensei Craig and I began the trip with a hike to the Tsing Shan Monastery and visited the rotunda where scenes from "Enter the Dragon" were filmed back in 1973.



Monastery



Mindful Wing Chun



With Sifu Chris

Thanks to Sifu Chris and Sifu Lawrence from Mindful Wing Chun for once again sharing their knowledge with such patience, and passion for their Martial Art.



With Master Benny



Master Benny and his Instructors

We had some great days both training and relaxing with Master Benny, Joyce and our Martial Arts Brothers and sisters.



We enjoyed a fantastic night of professional boxing, culminating with a brutal world title fight. It was superb endurance and determination from all the fighters. Thanks to Jay Lau from DEF Boxing for holding 2 seats for us.

So enlightening to learn about Martial Arts and life in general from a different culture and perspective.

Upcoming Kali Stick Seminar with Shihan Wayne

On June 19th we have **Shihan Wayne Boyd** from Loong Fu Pai coming to present a Kali Stick Seminar. We're looking forward to broadening our knowledge in this area.

WEBSITE – INSTRUCTIONAL VIDEOS

We have added various short Instructional Videos to our website including some produced in Hong Kong featuring **Master Benny** from *Greatest Thai Boxing* (under the "Kickboxing" and "Grappling" headings). And also **Sifu Chris** from *Mindful Wing Chung* (under the "Martial Arts" heading). We now have a total of 13 short videos covering a variety of aspects of HKMA and hope to add a few more during the year. Here's the link to view them: <http://hkmartialarts.com/instructional-videos/> Please take the time to view the videos as they cover many various aspects of HKMA.

STUDENT PROFILES

JUNIORS

Caleb – 9th Kyu (Yellow bars)

My name is Caleb. I like LEGO. I have 10 pet fish.

My favourite fish is called Woffles.

I am 8 years old.

I have a little brother and sister and a mum and dad.

I go to Ringwood Heights Primary School.



Will T – 9th Kyu (Yellow bars)

I started doing karate because I liked the idea of doing Martial Arts and I also like learning new things. After I started learning, my dad was inspired by me doing Karate and he has started doing Jiu Jitsu!

I have one brother and one sister. I have 9 cousins. 2 on my mum's side and 7 on my dad's side. My favourite food is spaghetti Marinara. I like playing video games and reading. My favourite book is Dinosaur Boy and my favourite TV show is Voltron. My favourite sport is basketball. In the Easter holidays, I went to the aquarium which was super fun.



KICKBOXING CORNER

Controlling the ring

When we are preparing for a Kickboxing competition bout it is important to do as much pad work and sparring as possible inside a boxing ring. By doing this we can become familiar with the size and confines of the ring. It also helps us to get used to avoiding the ropes and corners as well as controlling the centre of the ring. Awareness of exactly where we and our opponent is at all times is crucial to avoid being controlled and moved into a position that might favour the other fighter.

TRAINING TIP

- MOTIVATED TO ATTEND

To become truly proficient, consistent attendance is vitally important as in Martial Arts we have so many skills to master. Setting short term goals can help you remain focussed and motivated to train.

The Adventures of Master Hosh & Yoko Geri

Episode 24

"Yoko, there comes a time when we must all realise our full potential."

"What do you mean Master?"

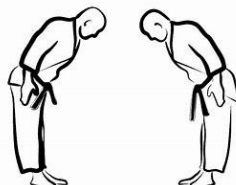
"I will give you an example Yoko - if a bird doesn't crack the shell of its egg it will never develop and therefore perish. That same bird must also learn to leave the confines of its nest or once again it will not survive. We are much the same, we only learn through experience and natural progression so we can then pass on our knowledge to the next generation. Your time with me is almost at an end Yoko and like the bird you will surely find your wings."

QUOTE OF THE MONTH:



"The more you sweat in training, the less you bleed in combat"

Unknown



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

A FEW SNAPS FROM THE TOURNAMENT ...



Zach H



Oren



Jack



Henry



Andrew



Paige



James & Zetara



Andrew



Oren



Zach H



Paige



Jack



James



Henry



Zetara