

HOSHIKI MONTHLY

June /July19

June and July have been very busy and very rewarding months, especially for our Teen and Junior members. Many gradings have been completed and the ground work put in for some important gradings in August / September. Tournament training is in full motion and we are looking forward to our students both Junior and Senior competing in the newly devised Kickboxing division. Thanks to all the dedicated Senior & Teen instructors who have helped with both tournament and grading preparation.

SUMMARY OF UPCOMING DATES FOR AUGUST / SEPTEMBER

- Sun 11th August – Loong Fu Pai Tournament
- Mon 16th Sept – Sat 21st Sept – Last week of Junior & Teen Classes for Term 3
- Mon 16th Sept – Junior Shodan (Full 1st Dan) Grading – 4pm
- Sat 21st Sept – Junior Shodan Ho (Black Belt) Grading – 10am



CONGRATULATIONS SENIOR SHODAN HO

Congratulations to **Jacob** and **Jackson O** on successfully grading through to your Senior Shodan Ho (Black Belt). Whilst you are both to be commended on many months of solid, intensive training, you have both also put in at least 8 years of martial arts leading up this! The timing and technique of all 6 katas was excellent; your Self Defence was strong and your fitness and combat skills showed through in the 16 rounds of sparring and bag work. Over the past 8 years both of you have displayed humility, discipline, focus, determination and maturity - all true attributes of a Martial Artist and a Black Belt – congratulations!

Special thanks to **Dai Sempai Delphine** and **Sempai Jason** for all their hard work and extra time preparing and training the boys – we're lucky to have committed and dedicated instructors.





JUNIOR SEMPAI

Congratulations to **Sempai Will** who graded to the title of Junior Sempai recently. He commenced training at just 5 years old and over the last 7 years has been a quiet but consistent achiever, rarely missing a class and participating and having success in numerous tournaments over the years. We look forward to Sempai Will developing as a Junior Instructor and passing on his knowledge to our younger students.



GRADING RESULTS FOR JUNE / JULY

JUNIORS

Congratulations to Dexter, Will T, Ned, Maya & Harlan on attaining their 8th Kyu (Yellow belt).



Congratulations to Henry, Caleb, George, Ollie, Rafe & Isla on attaining their 8th Kyu (Yellow belt).



Congratulations to Charlie C, Kensi, Reeve, Ryan & Gabriel on attaining their 6th Kyu (Green belt).



Congratulations to Liam, Lila, Emma & Finn on attaining their 3rd Kyu (Brown bars).



Congratulations to Matt, Tabitha, Charlie F & Maxi on attaining their 3rd Kyu (Brown bars).



Congratulations to Lachie S, James & Charlie C on attaining their 2nd Kyu (Brown belt)



TEENS

Congratulations to Nathan H, Josh, Lachie C, Conall, Archie, Aidan & Gabby on attaining their 1st Kyu (Black bars).



UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

JUNIOR BLACK BELT & DAN GRADINGS

- **Andrew, Jack, Morgan, Zach, Eshan, Riley & Sam** will be grading for their Junior Shodan Ho (Black Belt) on **21st September**
- **Angus, Braedyn, Felix, Finn & Jaron** will all be grading for their Junior Full Shodan (1st Dan) on **16th September**

JUNIOR SEMPAI CLASSES

- **Ben & Paige H** will be grading for their Junior Sempai Rank when they take classes over the coming months.

JUNIORS

- Ethan, Jack, Lachie & Tom will all be attempting their 9th Kyu (Yellow bars)
- Caleb, George, Henry, Isla, Ollie & Rafe will all be attempting their 7th Kyu (Green bars)
- Dexter, Harlan, Maya, Ned & Will T will all be attempting their 7th Kyu (Green bars)
- Charlie C, Gabriel, Kensi, Reeve & Ryan will all be attempting their 5th Kyu (Red bars)
- Alex, Nick, Oren & Zetara will all be attempting their 4th Kyu (Red belt)

TEENS

- Ben will all be attempting his 2nd Kyu (Brown belt)

SENIORS

- Harrison will be attempting his 4th Kyu (Red belt)
- Nick, Sally & Kelli will be attempting their 3rd Kyu (brown bars)
- Richard will be attempting his 2nd Kyu (brown belt)

LOONG FU PAI TOURNAMENT

The next Tournament is coming up shortly on **Sunday 11th August** 9.30am start. HKMA have 14 students competing, including some of our Teens and Seniors, with many of them competing in the new Kickboxing event. We're looking forward to a great day and encourage anyone who is free to come along and support those competing.



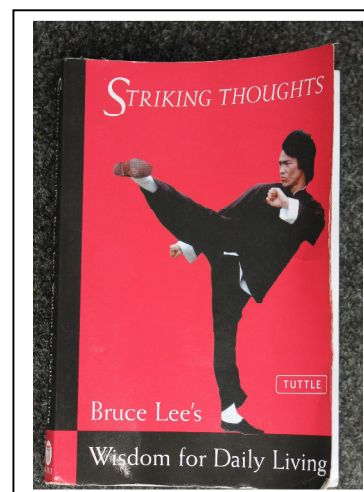
KALI STICK SEMINAR WITH SHIHAN WAYNE

As a freestyle martial art we are always seeking to broaden our knowledge in all aspects of martial arts. We were pleased to have **Shihan Wayne** from *Loong Fu Pai Martial Arts* come down to our Senior class and take us through a Kali Stick Seminar recently. We all learnt basic Kali Stick strikes and defences and had a lot of fun honing our co-ordination with a new weapon whilst practicing drills with partners. We appreciated **Shihan Wayne** taking the time to come along and instruct.

Recommended Reading

As we all know Bruce Lee was an exceptional and the first real Freestyle Martial Artist, his Martial Art – Jeet Kune Do (The Way of the Intercepting Fist) was a ground breaking & modern Freestyle system. What many of us do not know is that Bruce Lee was an incredibly gifted visionary who was ahead of his time, he majored in Philosophy at the University of Washington and applied this to Martial Arts.

If you get the time I would highly recommend reading his book **Striking Thoughts- Wisdom for Daily Living**, it is extremely insightful, practical and thought provoking.



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>RANK</u>	<u>Classes</u>	<u>RANK</u>	<u>Classes</u>
10 th Kyu – 9 th Kyu	6	10 th Kyu – 9 th Kyu	6
9 th Kyu – 8 th Kyu	8	9 th Kyu – 8 th Kyu	8
8 th Kyu – 7 th Kyu	8	8 th Kyu – 7 th Kyu	8
7 th Kyu – 6 th Kyu	10	7 th Kyu – 6 th Kyu	12
6 th Kyu – 5 th Kyu	8	6 th Kyu – 5 th Kyu	10
5 th Kyu – 4 th Kyu	12	5 th Kyu – 4 th Kyu	12
4 th Kyu – 3 rd Kyu	10	4 th Kyu – 3 rd Kyu	14
3 rd Kyu – 2 nd Kyu	14	3 rd Kyu – 2 nd Kyu	16
2 nd Kyu – 1 st Kyu	14	2 nd Kyu – 1 st Kyu	20
1 st Kyu – Shodan Ho (Black Belt)	20	1 st 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

WEBSITE UPDATE

We are continuing to add short training tips and tutorials to our website. So log in a take some time to look at our Instructional Videos. We have recently added to “Martial Arts”, “Kickboxing” & “Self Defence” - <http://hkmartialarts.com/instructional-videos/>

SPONSOR CHILD UPDATE

Some of you may remember HK have a sponsor child with World Vision. We began our sponsorship in 2009 and currently sponsor a boy in Cambodia. His name is Singhuon Sim and we have been sponsoring him for the last 5 years. Singhuon is now 11 yrs and enjoys primary school. There is a recent photo of him in the dojo.

STUDENT PROFILES

JUNIORS

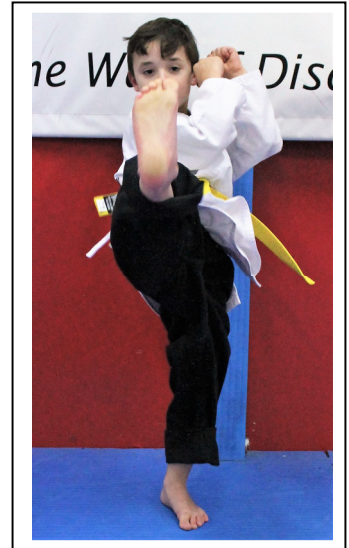
George – 8th Kyu (Yellow belt)

My name is George. I am 7 years old and I have an older sister, Deanna and pet dog called 'Chanel'.

I am in grade 1 and enjoy writing and reading my 'Ninja Kid' books. I like footy, karate and swimming. In karate I enjoy sparing, punching and kicking the bags.

My favourite football team is Richmond Tigers and my favourite player is Dustin Martin. I love playing with my teenage mutant ninja turtles and watching the TV show.

My favourite food is my mum's homemade pizza and my favourite movie is 'Shazam'.



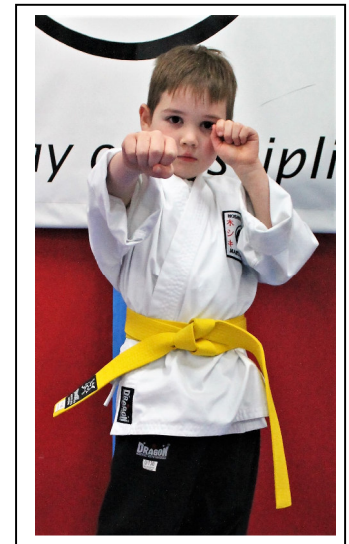
Rafe – 8th Kyu (Yellow belt)

I'm 6yrs old and in Prep. I do Auskick on the weekend, and I like playing Freeze Tag with my friends.

I like chocolate and ice cream and playing games on iPad.

I like going to my friends house, and drinking lemonade.

My favourite thing to do at karate is Kata Boshu.



Harlan – 8th Kyu (Yellow belt)

I am 8 years old and I go to Ringwood Heights Primary School.

My favorite food is hot dogs followed by a super close second bananas.

My favorite TV show is any kids show on Netflix.

I have two dogs named Abbie and Cody. They are whippets.

My favorite hobby is playing games on the PlayStation, but I also really like riding my bike.

My favorite place to go on a holiday is Inverloch where I love going to the beach.

I am reading the Bad Guys books at the moment. I'm up to book 9. I also like Dog Man books.

I go to swimming lessons every Sunday morning with my 6 year old brother Dexter.

What I really like about going to karate is learning how to punch and kick, and learning about how to concentrate and focus my thoughts.



KICKBOXING CORNER

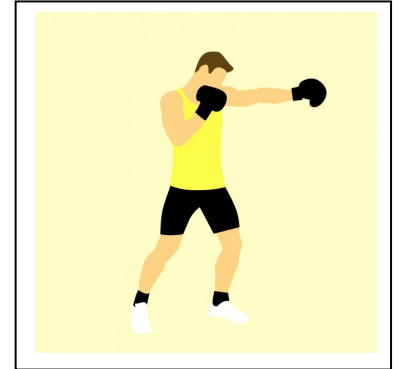
The art of Timing

In any sport **Timing** is crucial, and this is especially true of Combat Sports. When we are delivering any type of strike, whether it be in a real bout or training on impact equipment we must be conscious of timing. Good timing means clean, fast delivery and retraction of the limb that is delivering our entire mass. In order to leave the maximum amount of energy in the intended target created by a strike we can follow a simple formula.

Speed X Mass X retraction = Power

This means that if we hit with speed we must ensure through Timing, that our entire mass is behind the strike otherwise the weight of the limb alone will be felt.

For instance if we strike with a 7kg arm at a speed of 80 kph with clean retraction it will generate 560 units of power, this is an example of poor timing. If we strike again with the same arm with our entire 70kg mass at 80kph with clean retraction this will generate 5600 units of power, this is an example of good timing.



TRAINING TIP

- EVASION

Evasion is an important skill to acquire & takes practice & confidence to become proficient at it. To improve your evasive skills ducking, slipping & moving drills must be repeated & then slowly introduced into sparring. Remember a good balance between parrying / blocking & evading will make you a much more unpredictable opponent. "evasion beats collision"

The Adventures of Master Hosh & Yoko Geri

Episode 25 - The Final Chapter

"What do you mean Master?" Yoko knew exactly what Master Hosh meant, but did not want to let go of his mentor and companion.

"Yoko, the time has come for you to seek and find your own experiences and knowledge, just as I did many years ago."

The two travelled on and came to a narrow valley that carved its way through a mountain range. Master Hosh stopped and looked at Yoko. "The time has come Yoko, just as the mother bird knows when it is time for the young to leave the nest, and I know it's time for you to leave me."

Yoko knew that this was the last time he would see his Master for a long time, but somehow knew that they would meet again.

"Master, I'm scared."

"I know Yoko, so was I, but my fear was soon replaced with confidence because I knew I was well prepared to face any of life's challenges and so are you. One day Yoko you will be able to pass on your knowledge and this in itself will teach you more about life and yourself than you can imagine. But for now, we must be alone to negotiate what life presents."

Yoko listened and was silent for a minute. "What will you do Master?"

"I too will travel and learn Yoko - for there is one certain fact about life and that is that you never ever stop learning. My final advice for you Yoko is this - no matter what happens or who you meet, always listen and learn from everyone and everything but ultimately you must listen to yourself and make your own decisions."

"Thank you Master."

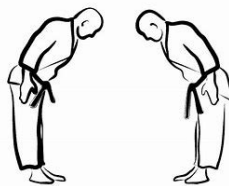
"Thank you Yoko." With that Master Hosh turned and started up the mountain.

Yoko stood and watched until Master Hosh was out of sight. Yoko looked forward and started down the valley, he did not look back.



QUOTE OF THE MONTH:

" Be open to new knowledge – after all the usefulness of a cup is in it's emptiness " B. Lee



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