

# HOSHIKI MONTHLY

August / September 2019

A lot can happen in just two months...We now have another **7 Junior Black Belts, 4 Junior 1<sup>st</sup> Dans, 2 Junior Sempais**, almost 30 Kyu gradings completed, 15 Tournament trophies & 13 medals!! The last few months have been the result of a true club effort with many seniors, teens and juniors helping with extra training and classes as well as gradings.

We all know the saying “..it takes a village..” and at HKMA we’re proud to say that the achievements of all our students are the result of the support of an entire club.

## SUMMARY OF UPCOMING DATES FOR OCTOBER / NOVEMBER

- Mon 7<sup>th</sup> October – Term 4 Commences
- Sun 20<sup>th</sup> October – Tournament Training commences for 4 weeks **9am**
- Wed 23<sup>rd</sup> October – Senior Sandan Grading 7.30pm
- Mon 4<sup>th</sup> November – Cup Eve – ONE class only at 4pm for all Monday students
- Sat 16<sup>th</sup> November – Junior Sandan (3<sup>rd</sup> Dan) Grading – 10am
- Sun 17<sup>th</sup> November – Loong Fu Pai Tournament – 9am



## CONGRATULATIONS JUNIOR SHODAN HO – BLACK BELT

Congratulations to **Jack, Eshan, Riley H, Sam, Andrew, Zach & Morgan** on successfully achieving their SHODAN HO – Black Belt! Training for Black Belt requires an enormous amount of determination, self-motivation and focus and it was rewarding to watch the group achieve this, resulting in an impressive grading. As well as more than 4 years of consistent training, the boys also spent the last 3 months of disciplined and intensive training twice a week and we thank their parents for all your support bringing them to all the extra training sessions.



We ask and expect an enormous amount from our Junior students and were extremely proud of the entire group as they pushed themselves beyond their comfort zone, in order to achieve their goal. Special thanks to the following instructors who had a significant input into their development and training: *Sensei Kate, Sensei Jane, Sensei Lana & Sempai Riley*. And thank you to all of our Senior and Junior instructors who came along to help with the grading.

## **CONGRATULATIONS JUNIOR SHODAN – FULL 1<sup>ST</sup> DAN**

Congratulations to *Angus, Braedyn, Felix & Jaron* on successfully grading to Full Junior Shodan (1<sup>st</sup> Dan). They have consistently demonstrated great focus discipline, application and humility since they were 5 years of age. They all trained particularly hard over the last 3 months and this was evident during the grading as they each displayed their impressive skills both using nunchakus and during their defence against multiple attackers. Well done and congratulations!



## **JUNIOR SEMPAI**

Congratulations to **Sempai Ben & Sempai Paige** who recently graded to the title of Junior Sempai. They have both shown great discipline, humility, focus and maturity to train consistently over the last 5 - 6 years. As well as preparing and submitting written class plans, they each conducted a 30 minute class confidently and clearly teaching and explaining techniques as well as introducing some new training methods. We are very proud of you both and the example you set to the Junior students.



# GRADING RESULTS FOR AUGUST / SEPTEMBER

## JUNIORS

Congratulations to Jack, Tom, Ethan & Lachie on attaining their 9<sup>th</sup> Kyu (Yellow bars).



Congratulations to Isla R, George, Caleb, Will T, Ollie & Rafe on attaining their 7<sup>th</sup> Kyu (Green bars).



Congratulations to Dexter, Harlan & Ned on attaining their 7<sup>th</sup> Kyu (Green bars).



Congratulations to Gabriel, Reeve, Kensi & Charlie C on attaining their 5<sup>th</sup> Kyu (Red bars).



Congratulations to Santi, Oren, Zetara, Nick & Alex on attaining their 4<sup>th</sup> Kyu (Red belt).



## TEENS

Congratulations to Ben on attaining his 2<sup>nd</sup> Kyu (Brown Belt)



## SENIORS

Congratulations to Harrison on attaining his 4<sup>th</sup> Kyu (Red belt) & Richard on attaining his 2<sup>nd</sup> Kyu (Brown belt)



## **SENIORS**

Congratulations to Sally, Kellie & Nick on attaining their 3<sup>rd</sup> Kyu (Brown bars).



## **UPCOMING GRADINGS FOR OCTOBER / NOVEMBER**

### **SENIOR 3<sup>RD</sup> DAN GRADING**

- **Sensei Jane & Sensei Lana** will be attempting their Sandan (3<sup>rd</sup> Dan) on **Wednesday 23<sup>rd</sup> October 2019 at 7.30pm.** They are both huge contributors to the club so please make an effort to come along in your gi to support them in what will be a fantastic grading!

### **JUNIOR 3<sup>RD</sup> DAN GRADING**

- **Sempai Xavier & Sempai Will** will be grading for their Junior Sandan (3<sup>rd</sup> Dan) on **Saturday 16<sup>th</sup> November 2019 at 10am.**

### **JUNIOR SEMPai CLASSES**

- **Sarah H** will be grading for her Junior Sempai Rank

## **JUNIORS**

- Ethan, Jack, Tom, Lachie & Sarah will all be attempting their 8<sup>th</sup> Kyu (Yellow belt)
- Henry & Maya will be attempting their 7<sup>th</sup> Kyu (Green bars)
- Ryan will be attempting his 5<sup>th</sup> Kyu (Red bars)
- Charlotte, Olivia & Madeleine will be attempting their 4<sup>th</sup> Kyu (Red belt)
- Paige, Jackson, Henry, Finn, Maxi, Matt T & Tabitha will all be attempting their 2<sup>nd</sup> Kyu (Brown belt)
- Liam, Lila & Emma will all be attempting their 2<sup>nd</sup> Kyu (Brown belt)

## **LOONG FU PAI TOURNAMENT – 10<sup>th</sup> August**

Another successful trip out to Dandenong yielded us **15 trophies and 13 kickboxing medals!** We had 15 competitors across a range of events, including the new Kickboxing event. **Dai Sempai Delphine, Sempai Adrian, Damien, Caleb, Will T & Ned** all competed for the 1<sup>st</sup> time alongside **Sempai Riley, Sempai Conall, Angus, Felix, Sarah, Zach, Henry, Oren & Zetara** who were all return competitors.

As we've come to expect, our students all competed with discipline, focus and respect and all supported each other throughout the day, representing HKMA with pride. Special thanks to **Sensei Lana** for her enormous help throughout the day ensuring everyone was where they needed to be and supporting and cheering everyone on.



Thank you to **Sensei Lana, Sensei Craig, Dai Sempai Geoff, Sempai Adrian, Sempai Riley, Sempai Conall, Damien & Nick** for all your help training the Juniors at the Sunday training sessions!

Congratulations to the following trophy & medal recipients:

- |                            |                                                                                                      |               |                                                                                                                                                           |
|----------------------------|------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Angus</b>               | 2 <sup>nd</sup> Place – Sumo,<br>2 <sup>nd</sup> Place – Kickboxing                                  | <b>Oren</b>   | 1 <sup>st</sup> Place – Kickboxing,<br>3 <sup>rd</sup> Place – Continuous Sparring,<br>3 <sup>rd</sup> Place – Kata,                                      |
| <b>Caleb</b>               | 1 <sup>st</sup> Place – Sumo,                                                                        | <b>Felix</b>  | 3 <sup>rd</sup> Place – Tile Break                                                                                                                        |
| <b>Henry</b>               | 1 <sup>st</sup> Place – Kickboxing,<br>3 <sup>rd</sup> Place – Sumo,<br>3 <sup>rd</sup> Place – Kata | <b>Will T</b> | 2 <sup>nd</sup> Place – Kickboxing,<br>3 <sup>rd</sup> Place – Sumo                                                                                       |
| <b>Ned</b>                 | 2 <sup>nd</sup> Place – Kickboxing                                                                   | <b>Zach H</b> | 1 <sup>st</sup> Place – Tile Break,<br>2 <sup>nd</sup> Place – Sumo                                                                                       |
| <b>Sarah H</b>             | 1 <sup>st</sup> Place – Kickboxing                                                                   | <b>Zetara</b> | 1 <sup>st</sup> Place – Continuous Sparring,<br>1 <sup>st</sup> Place – Kata,<br>2 <sup>nd</sup> Place – Tile Break<br>2 <sup>nd</sup> Place – Kickboxing |
| <b>Sempai Riley</b>        | 1 <sup>st</sup> Place – Sumo,                                                                        |               |                                                                                                                                                           |
| <b>Sempai Adrian</b>       | 1 <sup>st</sup> Place – Kickboxing,<br>2 <sup>nd</sup> Place – Kata                                  |               |                                                                                                                                                           |
| <b>Dai Sempai Delphine</b> | – 1 <sup>st</sup> Place – Kickboxing                                                                 |               |                                                                                                                                                           |
| <b>Sempai Conall</b>       | – 1 <sup>st</sup> Place Draw – Kickboxing                                                            |               |                                                                                                                                                           |
| <b>Damien</b>              | – 2 <sup>nd</sup> Place – Kickboxing                                                                 |               |                                                                                                                                                           |
|                            | – 2 <sup>nd</sup> Place – Kickboxing                                                                 |               |                                                                                                                                                           |
|                            | – 2 <sup>nd</sup> Place – Kickboxing                                                                 |               |                                                                                                                                                           |



The last Tournament for the year is on **Sunday 17<sup>th</sup> November** 9.30am start. Sunday training sessions commence on 20<sup>th</sup> October at 9am for 4 weeks. We'd love to finish the year with a big group of HKMA students competing. Let Renshi know if you'd like to compete.

## WELCOME

Welcome to our new junior students in the Saturday classes – **Charlotte, Olivia, Sarah, Lachie & Madeleine**. It's great to have you all as a part of our club.

## STUDENT PROFILES

### JUNIORS

#### *Ned – 7<sup>th</sup> Kyu (Green bars)*

Hi my name is Ned I am 7 years old, my friends call me Neddy. At Karate I love sparring, sit-ups, push-ups, Kickboxing and tile breaking.

I play footy for Norwood Black Raiders and I like jumping off the 5 metre platform at diving.

Ghostbusters and the Lion King are my favourite movies and my favourite book is Ninja Kid 1, 2, 3 and I'm reading 4.

At home I like to rumble with my dogs Jackamo and Tiny Dog and play on our zip line.

#### *Isla – 7<sup>th</sup> Kyu (Green bars)*

Hi I'm Isla, I'm 7 years old and my hobbies are martial arts, tennis and basketball. I love learning martial arts because it teaches me self defence. I like staying active and playing around with friends. My favourite movie is Harry Potter. My favourite holiday was going to Vietnam and Cambodia, I really liked going through the Cu Chi tunnels and the adventure park.

#### *Dexter – 7<sup>th</sup> Kyu (Green bars)*

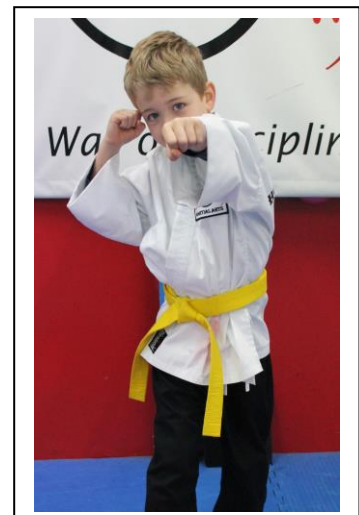
Dexter is 6 years old. He is in Grade 1 at Ringwood Heights Primary School. He loves chocolate and watermelon.

He likes to play tiggy with his friends, play Plants vs Zombies Garden Warfare 2 on the PlayStation, make cubbies and build Lego with his 8 year old brother, Harlan.

His favourite movie is Toy Story 4 and favourite TV show is Garfield. His favourite subject at school is maths.

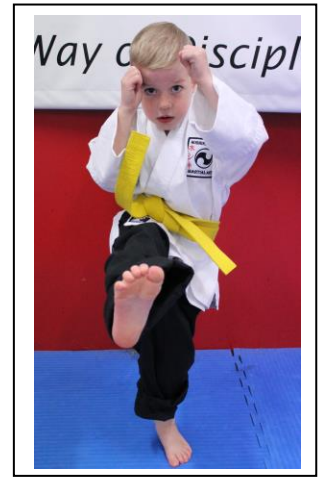
He has two dogs which are whippets called Abbie and Cody who he likes to pat.

He enjoys kicking at martial arts each Saturday and thinks karate will help him learn to defend himself. He goes to swimming lessons every Sunday. His favourite place to go on a holiday is Inverloch because of the beaches and the pool. He is looking forward to going on a plane for the first time with his family to Fiji later this year.



### Ollie – 7<sup>th</sup> Kyu (Green bars)

Hi my name is Ollie, I'm 5 years old, my favourite food is shark (flake) and my hobbies are martial arts, tennis and playing with LEGO. I like martial arts because we learn stuff. My favourite holiday is Cambodia and Vietnam because we went to the zoo, the Cu Chi tunnels and the places we lived at. My favourite movie is Yogi Bear and I love my home, my dog, Lilly, my mum, dad and sister.



## KICKBOXING CORNER

### Relaxation

Being able to relax your body during the rigours and demands of a kickboxing round / bout is crucial. When we are under duress, especially defensively, it is very natural for our bodies to tense up and then hold that tension, this then has an adverse effect on our performance. Tension causes us to 1. Lose energy through nerves, 2. Think and react more slowly, 3. Inhibits agility, through locked joints and muscles.

It is crucial to train in a relaxed manner and remember that our bodies should only have tension at two points – 1. At the point of delivering impact and 2. At the point of receiving impact. We must then immediately relax to allow our techniques and movement to flow. This is where extensive shadow sparring and monitored pad work can help us to strike and relax instantly.

### TRAINING TIP

#### - Practicing the Basics

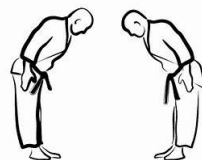
A good fighter is constantly analysing their technique. We often hear the phrase 'Practice makes perfect', but if we take that one step further – '**Only perfect practice makes perfect**'. It's too easy to develop bad habits and there's no value in continually training an incorrect technique. Some boxing and kickboxing skills which seem fairly basic are often overlooked – it's important they are included regularly in our training sessions – and that we perfect them. There's always room for improvement on the basics as well as adding new skills, ideas or variations.

### QUOTE OF THE MONTH:



*"Knowing is not enough we must apply. Willing is not enough we must do"*

*B. Lee*



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





# ***SOME SNAPS FROM THE BLACK BELT & DAN GRADINGS SHODAN HO***



*Andrew*



*Riley H*



*Sam*



*Jack*



*Eshan*



*Zach*



*Morgan*



*Andrew*



*Jack*



*Riley H*



*Eshan*



*Morgan*



*Zach*



*Sam*



*Jack, Eshan, Riley, Sam, Andrew, Zach, Morgan*

# ***SHODAN***



*Angus*



*Jaron*



*Braedyn*



*Felix*



*Felix, Braedyn, Jaron, Angus*



# ***SOME SNAPS FROM THE TOURNAMENT***



***Henry***



***Zach***



***Zetara***



***Sarah***



***Oren***



***Will & Ned***



***Will***



***Felix & Angus***



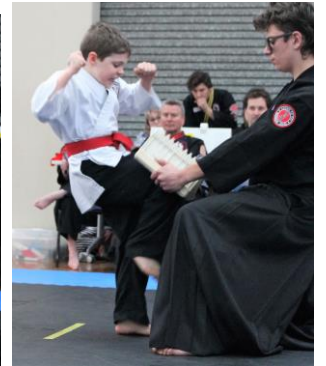
***Caleb 1 ...***



***Caleb 2 ...***



***Caleb 3 !!***



***Henry***



***Sarah***



***Oren***



***Zetara***



***Zach***



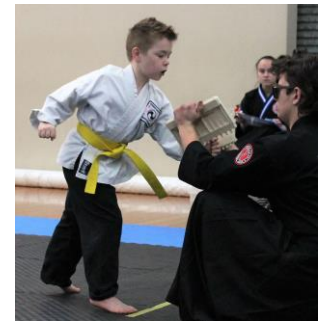
*Angus*



*Felix*



*Angus*



*Ned*



*Dai Sempai Delphine*



*Conall*



*Damien*



*Sempai Riley*



*Sempai Riley*



*Sempai Adrian*

