

HOSHIKI MONTHLY

October / November 19



SUMMARY OF UPCOMING DATES FOR DECEMBER

- Sat 14th December – **END OF YEAR TROPHY & MEDAL PRESENTATION & BBQ**
- Sun 15th December – **Last Class for the Year**



SENIOR 3RD DAN GRADING

Congratulations **Sensei Jane & Sensei Lana** on successfully grading to Senior Sandan after many months of creating and perfecting their yuksukos and fine tuning all their katas. It was a fantastic 3rd Dan grading, performed with great precision, confidence, creativity and determination. After many years of teaching and training, Sensei Jane and Sensei Lana were an inspiration for the whole club as they demonstrated their high standard of skills, technique, precision and timing throughout the grading.

Special thanks to *Dai Sensei Scott, Sensei Craig, Dai Sempai Geoff, Sempai Riley and Damien* for all their time and effort working with the Senseis to prepare the multiple yuksukos.



JUNIOR 3RD DAN

Congratulations to **Sempai Xavier** and **Sempai Will** on an impressive Junior Sandan grading. They both displayed great discipline, perseverance and maturity. A lot of thought and practice was put into their yuksukos which showcased a variety of self defence skills and strong technique. We are proud of you and your Yuksuko teams. Special thanks to their teams – **Sempai Riley, Sempai Ben, Sempai Paige, Finn, Riley H & Lucas** for putting in extra time to train for the grading and help out.



SNAPSHOT OF 2019

As our 24th year of HKMA comes to a close, we reflect with pride on the many achievements of our students and instructors throughout this year. Watching 23 students and instructors achieve Black Belt and Dan gradings was certainly a highlight. Whilst the camaraderie of our HK competitors at 3 tournaments, supporting and cheering each other on was fantastic to be a part of.

We began the year in February with the launch of our *updated HK website* which has provided us with a wonderful platform to showcase HKMA as well as offer the club a building catalogue of Instructional Videos. March was the annual *girls weekend away* and was a great way to start the year with a lot of fun and laughter and an occasional reference to martial arts... In April we took a car load down to spend a great day at the *Shorin Kempo training camp* in Anglesea. This was followed by the annual *Hong Kong training trip* in May where a group of us were able to continue our training with both Master Benny at Greatest Thai Boxing as well as the boys from Mindful Wing Chun. Then in June we hosted *Shihan Wayne from LFP* and spent a class learning the Kali stick. The second half of the year was then busy with gradings and tournaments.

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

We had 38 competitors participate in 3 Loong Fu Pai tournaments this year bringing home a total of 32 trophies and 36 medals! HK Martial Arts achieved 2nd place in the overall rankings at the LFP tournaments for 2019 – a great achievement!! We welcomed another 21 new students during the year and taught 3 Women's Self Defence Courses during the year to almost 30 women.

So far this year we have had 125 gradings. Among these were Senior 3rd Dan (2), Senior 1st Dan (2), Senior Black Belt (2), Junior 3rd Dan (2), Junior 1st Dan (8) and Junior Black Belt (7) and we still have another 26 gradings to take place in December.

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, 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 8 of our exceptional Teens & Seniors.

WHEN: **Saturday 14th December 2019.**

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.**

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 2019 and New Year 2020

Monday afternoon class - Last class is on 9th December 2019
- Class resumes on 3rd February 2020

Wednesday night class - Last class is on 11th December 2019
- Class resumes on 5th February 2020

Saturday morning class - Last class is on 14th December 2019
- Class resumes on 1st February 2020

Sunday kickboxing class - Last class is on 15th December 2019
- Class resumes on 2nd February 2020

JUNIOR SEMPAL

Congratulations to **Sempai Sarah** who graded to the title of Junior Sempai. She conducted a well-planned class with drills and activities focussing on awareness and peripheral vision and presented the class with a maturity and confidence beyond her 10½ years of age. We're proud to have another Junior Sempai as part of the HK team.



SENIOR DAI SEMPAL

Congratulations to **Dai Sempai Jason** on his recent promotion to Dai Sempai. He instructs in the Teen class every week and his natural ability to lead, teach and inspire is a great asset to HKMA and in particular all of our teenage students benefit.



WELCOME

Welcome to **Anna, Keira & Jaime** in the Sunday Kickboxing class. It's great to have you all as a part of our club.

GRADING RESULTS FOR OCTOBER / NOVEMBER

JUNIORS

Congratulations to Ethan, Lachie, Sarah, Tom & Jack on attaining their 8th Kyu (Yellow belt).



Congratulations to Maya on attaining her 7th Kyu (Green bars).



Congratulations to Santi on attaining his 3rd Kyu (Brown bars).



Congratulations to Olivia, Charlotte & Mads on attaining their 4th Kyu (Red belt)



TEENS

Congratulations to Hannah & Paige on attaining their 2nd Kyu (Brown belt).



UPCOMING GRADINGS FOR DECEMBER

JUNIOR SEMPAI CLASSES

- *Isla T* will be grading for her Junior Sempai Rank

JUNIORS

- Caleb, George, Isla R, Ollie & Rafe will all be attempting their 6th Kyu (Green belt)
- Dexter, Harlan, Maya, Will T & Ned will all be attempting their 6th Kyu (Green belt)
- Charlie C, Gabriel, Kensi & Reeve will all be attempting their 4th Kyu (Red belt)
- Alex, Nick, Oren & Zetara will all be attempting their 3rd Kyu (Brown bars)
- Lila, Finn H, Henry, Jackson, Matt, Maxi, Paige & Tabitha will all be attempting their 2nd Kyu (Brown belt)

LOONG FU PAI TOURNAMENT

We had another successful trip down to Dandenong for the November Tournament with 15 competitors. For many of our students it was their first time competing which was exciting and the whole group are to be congratulated on their sportsmanship, focus and willingness to get in there and have a go. It was great to see our group supporting each other throughout the day and a bonus to bring home **12 trophies** and **12 medals**.





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

Congratulations to the following trophy & medal recipients:

- | | |
|--|--|
| Charlotte 2 nd – Points Sparring, | Oren 1 st – Tile Break, |
| 2 nd – Sumo, | 2 nd – Continuous Sparring, |
| 2 nd – Kata, | 2 nd – Sumo |
| 1 st – Kickboxing | 1 st – Kickboxing |
| Zach H 1 st – Tile Break, | Lachie F 1 st – Kata, |
| 2 nd – Sumo, | 1 st – Kickboxing |
| 1 st – Kickboxing | Ethan 1 st – Kickboxing |
| Mads 3 rd – Sumo | Ned 2 nd – Tile Break |
| 2 nd – Kickboxing | 1 st – Kickboxing |
| Gabriel 3 rd – Sumo | Olivia 2 nd – Kickboxing |
| Zetara 1 st – Kickboxing | Henry 2 nd – Kickboxing |
| Will T 2 nd – Kickboxing | |
| Sempai Riley 1 st – Kickboxing | |
| Sempai Adrian 1 st – Kickboxing & 2 nd – Kickboxing | |



STUDENT PROFILES

JUNIORS

Ethan – 8th Kyu (Yellow Belt)

What's your name? Ethan

How old are you? 10

What school do you go to? Mullum Primary School

What's your favourite subject at school? Sport, because it's fun and because I enjoy participating in different activities

What's your favourite colour? Orange

What footy team do you barrack for? Melbourne because of my dad. My favourite player is Max Gawn because of his beard

What's your favourite tv show? YouTube - gaming and vlogs, especially 'Unspeakable'

What's your favourite food? Pizza, Dominos meat lovers

What sports do you play? Football AFL

What do you like doing for fun? Play Xbox and playing Call of Duty when playing with my dad

What's your favourite holiday? America, Disneyland

What's the coolest thing you've ever seen or done? Going to America. Loved it because it was a big holiday and a new country. There were a lot of fun different places.

What do you like most about karate? Learning different moves. Roundhouse kick is my favourite.



Tom – 8th Kyu (Yellow Belt)

Hi. My name is Tom and I'm 11 years old.

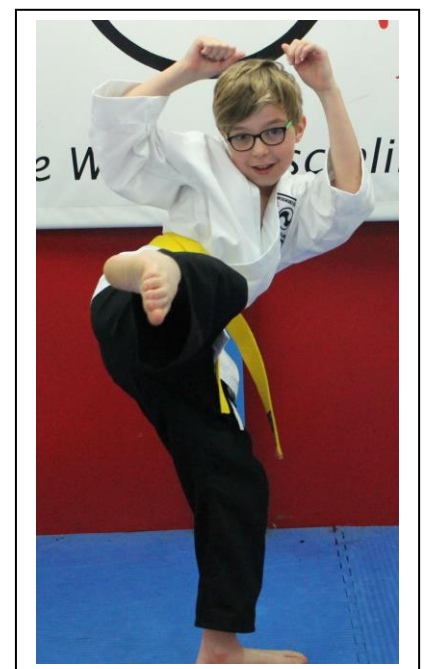
I go to St Gregory the Great Primary School in Doncaster and I'm in Grade 5. I have one brother named Jack, he's 2½ years younger than me and he is amazing.

My favourite food would be the lamb shanks that mum makes and fish and chips. My favourite TV show is Pokémon and my favourite movie is Kung Fu Panda 3.

We've been to some fun places on holidays like Italy and Dubai.

In Dubai we went to Legoland. In winter this year we went to Falls Creek which is where I skied for the first time. On the Melbourne Cup long weekend, we went to the Lost Lands festival in Werribee which is where I camped in a tent for the first time, I really liked it. We have a tent set up in our play room at home. I also love going to Port Fairy every year during the Australia Day long weekend.

What I like most about karate is learning something new and the sense of achievement I feel in the class.



Jack – 8th Kyu (Yellow Belt)

Hi. My name is Jack I'm 8½ years old. I live in Doncaster, I go to St Gregory the Great Primary School and I'm in Grade 3. I have one brother named Tom, he thinks he's amazing, he's 2½ years older than me.

We have a goldfish called Billy and a budgie named Ben. I'm learning to play guitar and I'm doing a basketball skills program with the Bulleen Boomers this term because I'd like to play basketball.

My favourite foods are Nutella and pizza. I love Nutella in a wrap or on fresh bread or just by itself. My favourite TV show is Teen Titans Go and my favourite movie is Jurassic Park. I love dinosaurs and trains.

The most favourite place I've been to is Italy, it's an amazing country, it has amazing food especially really great pizza!

What I like most about karate is the good discipline, the blocking sequences and the kata Boshu.



Lachlan – 8th Kyu (Yellow Belt)

My name is Lachlan Ferreira and I am 9 years old and I am in grade 3. I enjoy reading, playing guitar, basketball and of course martial arts - I have been practicing martial arts for almost four years! I also go to swimming lessons and running club.

I have a dog called Grace – she is a Hungarian Vizsla and needs lots of exercise – I like taking her for walks with my dad. We recently got a pool in our backyard and my favourite movie is Jaws.



KICKBOXING CORNER

Vary the target

In Kickboxing it is very important to firstly – know what the legal targets are, and secondly – vary your combinations to attack all of these areas. Sometimes we can fall into the habit of targeting those areas of the body that align with our favourite techniques i.e. – Jab / face Front kick / stomach. This makes us too predictable and unable to adapt to a fighter who has good defence of these areas. So it is essential to regularly work head, body (front and round) inner and outer thigh using our combinations in different sequences and from both sides of the body.

TRAINING TIP

- Don't Slip Too Far

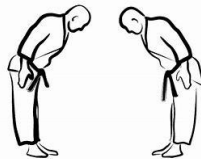
For maximum efficiency you need just enough movement to miss the punch. Any further movement than is necessary isn't only a waste of energy, it puts you off balance and can open you up for a counter punch.



QUOTE OF THE MONTH:

*"We have more faith in what we imitate than in what we originate.
Do not blindly follow others"*

B. Lee



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

SOME SNAPS FROM THE Snr 3rd DAN GRADING



SOME SNAPS FROM THE Jnr 3rd DAN GRADING



SOME SNAPS FROM THE TOURNAMENT



Will T



Ned



Oren



Olivia



Zetara



Charlotte



Zach



Lachie



Nick & Gabriel



Mads



Ethan



Henry



Sempai Riley & Sempai Adrian



Mads



Zach



Zetara



Gabriel



Ethan



Olivia



Henry



Lachie



Charlotte



Oren



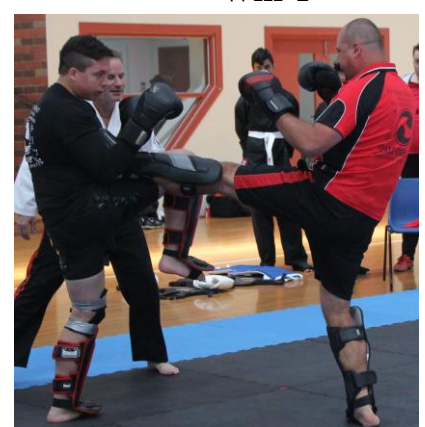
Will T



Ned



Sempai Adrian



Sempai Riley & Sempai Adrian