

HOSHIKI MONTHLY

December 19 / January 20

SUMMARY OF UPCOMING DATES FOR FEBRUARY

- Saturday 1st February – Junior Classes Recommence
- Sunday 2nd February – Kickboxing Recommences
- Monday 3rd February – Junior Classes Recommence
- Wednesday 5th February – Teen & Senior Classes Recommence



Happy New Year! We hope everyone has enjoyed some time off over the Christmas break and is refreshed and ready for another great year of training and achievement. This year we will be celebrating *HKMA's 25th anniversary in October* and we've already set numerous goals for the club for the year. These include:

- A number of high ranking gradings including *Black Belt, 1st Dan, 2nd Dan, 3rd Dan, 4th Dan & 5th Dan!*
- Competing in all 3 *LFP Tournaments* this year with a real focus on increasing our presence in the Kickboxing Division for both Juniors & Seniors.
- The annual training trip to *Hong Kong* in late May / early June - please let us know if you'd like to come.
- Inviting guest instructors from various martial arts and attending seminars to broaden our knowledge.

CHRISTMAS PARTY AND PRESENTATION DAY

Thank you to everyone who was able to join us at the Presentation Day and honour our 2019 Award Recipients. We enjoyed the opportunity to relax over a delicious lunch and celebrate another great year at HKMA. Special thanks to the Abell family for bringing along their BBQ.

Thank you to the whole club for your very generous gift and to Dai Sempai Delphine for organising it. We have purchased a TV for the dojo and also enjoyed a couple of nights out to the movies and dinner.



Congratulations to our 2019 Award Winners:

SENIORS

- Club Champion - Fletcher
- Black Belt of the Year - Sensei Craig
- Kickboxing Club Champ - Conall
- Most Disciplined - Damien
- Most Determined - Sally

TEENS

- Most Disciplined - Ben
- Most Determined - Paige
- Most Focussed - Jackson

JUNIORS

- Club Champion - Oren
- Black Belt of the Year - Jaron
- Most Determined - Ned
- Most Disciplined - Zetara
- Most Courageous - Jack
- Most Focussed - George
- Most Consistent - Kensi
- Most Improved - Gabriel



JUNIOR SEMPAI

Congratulations to **Sempai Isla** who graded to the title of Junior Sempai in the last class of the year. She spoke with confidence as she took the class through a variety of drills that included a focus on reflex training using coins which was particularly engaging for the class. Her class was well planned and presented and we were very impressed with the high standard demonstrated by Sempai Isla at just 11 years of age. We're proud to welcome Sempai Isla to the HK team of Junior Instructors.



GRADING RESULTS FOR DECEMBER

JUNIORS

Congratulations to George, Caleb, Isla, Ollie & Rafe on attaining their 6th Kyu (Green belt).



Congratulations to Will T, Dexter, Ned, Harlan & Maya on attaining their 6th Kyu (Green belt).



Congratulations to Charlie C, Gabriel, Reeve & Kensi on attaining their 4th Kyu (Red Belt).



Congratulations to Zetara, Oren, Alex & Nick on attaining their 3rd Kyu (Brown bars).



Congratulations to Lila on attaining her 2nd Kyu.



Congratulations to Maxi, Finn, Jackson, Matt, Henry, Tabitha & Paige on attaining their 2nd Kyu (Brown belt).



UPCOMING GRADINGS FOR FEBRUARY / MARCH

JUNIORS

- Ethan D, Tom, Jack, Lachie & Sarah will all be attempting their 7th Kyu (Green bars)
- Olivia, Mads & Charlotte will all be attempting their 3rd Kyu (Brown bars)
- Liam, Santi & Emma will all be attempting their 2nd (Brown Belt)

JUNIOR SEMPai CLASSES

- Felix will be grading for his Junior Sempai Rank

JUNIOR DAN GRADINGS

- Finn W & Lucas will be attempting full Junior Shodan (1st Dan)
- Isla & Sarah will be attempting Junior Nidan (2nd Dan)

GOAL SETTING FOR 2020

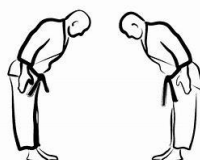
In order to set yourself up for a successful year it is important to be clear about what your goals are for the year. This includes **short, medium and long term goals** in all aspects of your life, not just regarding martial arts. And remember the simple act of writing down your goals is a very powerful way of embedding them in your subconscious mind.

QUOTE OF THE MONTH:



“We generate fears while we sit, we overcome them by action”

Dr. Henry Link



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