

HOSHIKI MONTHLY

February / March 20

We send out our best wishes to our HKMA family and hope you are all well and managing as best as possible during this extraordinarily difficult time. Remember, if anyone finds themselves short of essential items or unable to leave the house to get essential items then please don't hesitate to contact us and we will put a call out to the whole HKMA group to see if we can help you out.

We'd like to focus first on celebrating the achievements of Term 1 then we'll discuss Term 2.

LOONG FU PAI TOURNAMENT

We had 10 competitors at the tournament in March and came home with **14 trophies and 10 medals!** A fantastic effort from our HKMA team. As usual, our team stuck together throughout the day, cheering and supporting each other. And again, Kancho Terry asked us to thank all of our competitors for being respectful and well behaved at all times. We were proud of everyone trying their best and having a go – congratulations to **Charlie Cr, Ned, Jack H, Tom, Zach H, Sarah H, Reeve, Henry, Jack D, & Xavier.**



Thank you to all of our Sunday training helpers for all your time and effort over the last 4 weeks – **Sensei Lana, Sempai Adrian, Sempai Conall, Sempai Cassidy, Sempai Xavier, Damien, Nick, Trent, Kai & Sensei Craig.** All your hard work means our competitors are well prepared and often rewarded with success on the day.

Special thanks to **Sensei Lana** who always makes sure our team is organised on the day and is a huge support to us throughout the tournament.



Congratulations to the following trophy & medal recipients:

- | | | | |
|-------------------|--|---------------|---|
| Henry | - 1 st Kata
- 1 st Tile Break
- 1 st Kickboxing
- 3 rd Sumo | Jack D | - 1 st Kickboxing
- 1 st Sumo |
| Ned | - 1 st Kickboxing
- 3 rd Points Sparring
- 3 rd Continuous Sparring
- 3 rd Sumo | Jack H | - 2 nd Kickboxing |
| Sarah H | - 1 st Kata
- 1 st Sumo
- 1 st Kickboxing | Tom | - 2 nd Kickboxing
- 2 nd Sumo |
| Charlie Cr | - 1 st Kickboxing | Reeve | - 2 nd Kickboxing |
| | | Zach H | - 1 st Kickboxing
- 1 st Sumo
- 2 nd Tile Break |
| | | Xavier | - 1 st Sumo
- 2 nd Kickboxing
- 2 nd Continuous Sparring |



GRADING RESULTS FOR FEBRUARY / MARCH

JUNIORS

Congratulations to Sarah F, Lachie, Ethan, Tom & Jack H on attaining their 7th Kyu (Green bars).



Congratulations to Olivia, Mads & Charlotte on attaining their 3rd Kyu (Brown bars)



SENIORS

Congratulations to Santi on attaining his 2nd Kyu (Brown belt)



Congratulations to Anna on attaining her 9th Kyu (Yellow bars)



TERM 2 & FUTURE GRADINGS FOR THIS YEAR

We prepare an annual grading plan for every student at the beginning of each year. As soon as we are able to reopen the club we will update the plan and then follow it in order, aiming to complete as many gradings as possible. In the meantime, please keep up as much training as possible at home.

In the coming weeks we will be putting up short training tutorials for various belt groups on our HKMA website to assist with training at home. We will advise you via email and Facebook as they are added.

Stay focussed on your training at home, grading preparation and setting goals. This will help with being stuck at home and also enable us to all get back on track quickly once the dojo can open.

NEW DOJO MIRRORS

The new mirrors in the dojo have quickly proven to be an excellent training tool for self-assessment and improvement.

Thank you to Dai Sempai Geoff for helping us to both source them and install them and also to Sempai Conall for his help installing them.



STUDENT PROFILES

JUNIORS

Mads – 3rd Kyu (Brown bars)

Hi, I'm Madeleine and I have been a part of the Hoshiki Kiritsu family for 6 months now. I have been actively involved in martial arts for just over 4 years and I really enjoy it. What I like best about karate is how I feel when I'm there. It's a very positive environment.

I also play basketball which I love, and I play piano. I'm currently in grade 6 and I am the school captain. I really enjoy the extra responsibility that comes with being school captain like running the school assemblies each week and our junior school council meetings.

My favourite TV show is Brooklyn 99. I have a dog named Grace, she is a Hungarian Vizsla and she's 3. My favourite food is pasta... YUM! My favourite holiday destination is Palm Cove, QLD. I look forward to seeing you all when classes are back.



Charlotte F – 3rd Kyu (Brown bars)

Hi, my name is Charlotte, I am 11 years old. I go to Yarra Valley Grammar; I am in grade 6. My favourite subjects are sport and maths. I enjoy sport because of the many opportunities that follow, and I enjoy maths because I love a number challenge!

During my free time I enjoy playing soccer, going on our trampoline and going for a run. I am currently learning violin and have been doing so for a year. My top three things that I love would be surfing/swimming, all sports and of course- martial arts!

In addition, I have two younger sisters, they are amazing... they are very fun to play with! My favourite food would be roast lamb, my Mum makes the best food! My favourite colour is blue, as a movie I enjoy watching Soul Surfer.

Over the holidays, I enjoy visiting Phillip Island where I love to do many things. I do this with my family of 5. Most days I enjoy catching a morning surf with my Dad and my sister, Olivia. The waves are usually huge in the morning and we enjoy the thrill. We have been surfing for 3 years and we are both pro's!

Olivia – 3rd Kyu (Brown bars)

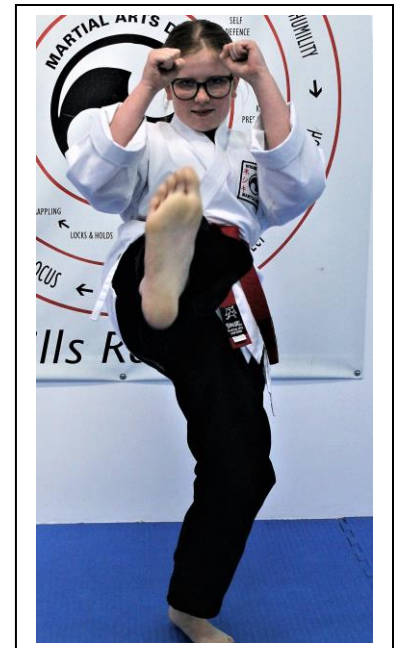
Hi, my name is Olivia, I am 9 years old. I go to Yarra Valley Grammar; I am in grade 4. My favourite subjects are Art and Swimming. I am fantastic at Swimming and I have represented my school on lots of occasions.

During my free time I like to hang out with my sisters and friends doing all sorts of things. I also really enjoy cooking. My Mum often gives me free range in the kitchen on the weekend and I get to make dinner for my whole family. I make great crumbed chicken schnitzels. Our veggie garden gives us all sorts of yummy veggies. At the moment we have tomatoes, carrots, eggplant, peas and we have just harvested the last of our corn. I love it!

In the September school holidays, I enjoy going to Mooloolaba with my family. I do this with my Mum, Gran, Grandpa and sisters. We have been doing this for many years and we always stay at the same place. I absolutely love it and look forward to it all year. There is so much to do there, and we always have lots of laughs.

My favourite colour is violet, and my favourite day of the week is Friday because we celebrate on a Friday night in my house with lots of different treats and desserts! Yum!

I really enjoy my martial arts class because it is fun and energetic. The teachers are nice and kind. I have two sisters, one older and one younger. We all do martial arts together which is fun. On a Friday night it is a regular thing for us to practice our Kata's. We have a competition to see who the best is. I always win.



KICKBOXING CORNER

Body Conditioning / Fitness

An important aspect of Kickboxing training is Fitness & Body Conditioning. In order to be able to stand up to the rigours of fighting multiple continuous rounds we must have a base level of fitness as well as tolerance to body impact. Both of these attributes can only be built up through continuous conditioning and hard work, the better our fitness levels are the better prepared we are to not only throw multiple techniques and combinations but also withstand an opponent who is intent on doing the same back to us. Fatigue is the enemy, it makes us immobile both in mind and body, it makes us technically unsound and leads to poor decision making under duress. This is why such an emphasis is placed on running, body impact conditioning and constantly training round after round to increase oxygen intake.

TRAINING TIP

- Training at Home

Make your training at home part of your weekly routine. Allocate 2 or 3 sessions per week and make it the same day and same time each week. Perhaps start with 15 or 20 minute sessions and then work your way up to longer sessions. Set yourself small goals for every week or two to help stay focussed.

QUOTE OF THE MONTH:

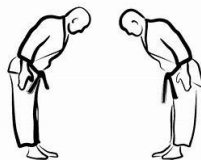


“Obstacles don’t have to stop you.

If you run into a wall, don’t turn around and give up.

Figure out how to climb it, go through it, or work around it.”

– Michael Jordan



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

SOME SNAPS FROM THE TOURNAMENT



Jack H



Henry



Reeve



Tom



Ned



Jack D



Charlie Cr



Zach



Sempai Sarah



Sempai Xavier



Jack H & Zach



Henry



Ned & Reeve



Tom



Jack D



Charlie Cr



Sempai Sarah



Sempai Xavier



Zach



Ned