

HOSHIKI MONTHLY

April / May 20

We hope you are all well and coping with isolation during this difficult but temporary period. As we start to look forward to the light at the end of the tunnel, it is important to remember the “Budo” (spirit) that lives in every Martial Artist. This spirit of perseverance, discipline and will to achieve is what will keep us all focussed on the goals we were working towards before lockdown.

When we look back at this time in history it is important that each and every one of us can hold our heads up and know that it did not defeat us or stop us from achieving our goals in Martial Arts or any other pursuit.

TRAINING AT HOME

Everyone would have received a structured training program specific to their current level to follow at home to help stay focussed, fit and motivated. We encourage you to continue following your program and to also watch the *Grading Tutorial* videos and the *HKMA Katas and Sequence* video available on the website.

It is important we all keep up regular training to help stay fit and healthy and to ensure that we can reschedule gradings for as soon as possible once the dojo has opened.



PREPARATION FOR REOPENING THE DOJO

We are looking forward to reopening the dojo as soon as possible - a tentative date given by the Victorian Government is Monday 22nd June. However we will confirm this as more information comes to hand.

Initially there may be restrictions on the number of students in each class. If this is the case, we will run extra classes in the short term so that everyone can still train in smaller groups if required. We ask for everyone's flexibility if a new timetable is required and we will confirm any changes in the coming weeks.

In preparation for reopening the dojo, the following procedures and processes will be put into place:

- **Thermometer** - a forehead thermometer has been purchased and upon arrival everyone will have a temperature check

- **Hand Sanitiser** – everyone will be required to use provided hand sanitiser upon arrival
- **Sanitising of all equipment & mats** – all equipment and flooring mats will be sanitised before every class
- **Maximum numbers & social distancing** – we will be adhering to regulations as they are updated and class activities will be structured accordingly
- **Line Markings in the Dojo** – we have marked out 1.5 metre spacings on the dojo floor.
- **Equipment**- all students must have their own protective equipment and drink bottle at every class
- **No Spectators** – no parents or spectators will be permitted in the dojo until further notice

The above procedures and processes will be updated as we receive further advice.

INNER GLOVES

We now have sets of Morgan Inner Gloves that can be worn to use inside focus mitts and also boxing gloves. We recommend that all Senior and Teen students purchase a set. They will be available in the dojo for \$5.



STUDENT PROFILES

JUNIORS

Sarah – 7th Kyu (Green bars)

Hi, my name is Sarah, I am 8 years old and I go to Yarra Valley Grammar and I am in year 2. I love school, my favourite subjects are reading and art. I like art because you can use your imagination. I like reading because it calms me down and my books are funny. My favourite book is The Faraway Tree. I have two big sisters their names are Olivia and Charlotte. I have lots of friends at school.

My favourite colour is yellow, and my favourite movie is Free Rein. I have two favourite holiday places, Mooloolaba and Philip Island. They are both lots of fun. In my free time I like to work in my vegie patch and go on scooter rides with my family.



I am also a good baker. I make great banana bread. I have been doing Karate for 4 years and I really enjoy it. I have been part of Hoshiki Kiritsu Martial Arts for nearly a year. I love it here because everyone is friendly, and I am learning lots.

Anna – 9th Kyu (Yellow bars)

Hi everyone. My name is Anna Le. I'm an Entrepreneur, Author and a Wealth Advisor. I started with Hoshiki Kiritsu since late last year through Andrew's introduction. I've enjoyed every single training ever since. To me training karate and kick boxing at the dojo is a way of training my physical, emotional and mental strength and discipline.

Apart from helping hundreds of people build and protect their financial wealth over the past 7 years, I realised the importance of having the right mindset in order to achieve our goals not only financially but also to live a life with true fulfilment. For this reason I love sharing my thoughts, lessons and life experience via my website and social media. I've also recently got invited to co-author a book titled *Empowered Women Empowering The World*

with the goal of uplift, inspire and transform the lives of others. You can find out more about the book and connect with me at www.annale.com.au. I look forward to connecting with you all.



Keira – Kickboxing

I'm currently completing the Master of Early Childhood Teaching at Melbourne University. I was born in Vietnam and came to Australia when I was twelve. I'm the second of five children. My hobbies include walking outdoor, especially in the gardens and parks, in both rainy and sunny weather. I enjoy good foods, learning about space and the universe, and sometimes reading about Eastern Asian ancient history. I enjoy spending time on my own and also enjoy good company from others taking walks, eating out, watching movies, hanging out at cafes, etc.

Something that I've started to try to practice every day is observing the mind and be in the present moment. My life goal is to be free of myself and be in peace no matter what.

What I enjoy about kickboxing is that it trains your body but it doesn't feel like training. It combines different skills and movements so that it trains your mind and body quite holistically. You can start at any level and you can always improve regardless of which level you're at.



KICKBOXING CORNER

- IMPACT TRAINING

It is important to regularly strike impact equipment such as focus mitts, forearm shields, belly pads, heavy bags and kick shields with 100% power and speed. By using full power we gain a much better understanding of not only how much this training takes out of us physically but also how it affects our balance, recovery and posture. Equally as important it gives the person holding the various pieces of equipment a realistic idea of what it is like to withstand 100% impact. If we do not put ourselves under the physical duress of 100% impact we are training in an unrealistic manner and could be in for a shock if we ever had to receive or deliver full speed and force.

TRAINING TIP

- Keep Your Chin Down

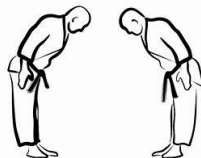
There's always a natural tendency to lift the chin, especially when throwing big hooks. Look through your eyebrows, and keep your chin tucked in for protection.

QUOTE OF THE MONTH:



"The greater the obstacle, the more glory in overcoming it."

Moliere



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

TRAINING AT HOME PICS ...



Archie & Angus



Sempai Sarah, Sensei Lana, Luke & Zach



Richard, Finn & Lila



Sempai Adrian



Sempai Gabby & Marcus



Andrew



Dai Sempai Geoff & Sally



Renshi Maree & Kyoshi Matt