

# HOSHIKI MONTHLY

June / July 20

We were very excited to reopen the Honbu dojo in late June and then to also open our secondary dojo at the beginning of July for our Juniors and Teens. It was wonderful to see everyone again full of enthusiasm and keen to train. But much to everyone's disappointment it was to be short-lived.

There's a song by a band called *Chumbawamba* that is particularly relevant at the moment with the main verse **"I get knocked down, but I get up again, you're never gonna keep me down."** This is our attitude at HKMA. We will not be defeated and we will continue to train and adapt to whatever the changing circumstances or restrictions are. The flexibility and support of everyone has been very much appreciated.

Stay positive, keep your head up (unless sparring 😊) and stay focussed on your long term goals. As always, if anyone needs anything, runs short on food or supplies or would just like to have a chat please don't hesitate to call us – we're a family club of over 100 students plus families so there will always be someone who can help.

## OUR SECONDARY DOJO

We are very grateful to the ***North Ringwood Seniors Club*** who allowed us to hire their hall in July in order to run full classes for many of our Juniors and Teens. It was a new experience for many training on the wooden floors (old school style), and we were so impressed with the resilience and adaptability shown by all our students who were just excited to be back at training.

Special thanks Sensei Kate, Sensei Jane, Dai Sempai Delphine and Dai Sempai Jason for coming down to help with all the classes at our new venue.





## TRAINING AT HOME

It can be hard to get motivated to train at home but once you get started you always feel so much better afterwards – physically and mentally. Try some of these tips to help you along the way:



Set yourself a regular day / time to do your training – routines often help



Train or exercise alongside someone else if possible – you can motivate each other.



Zoom or Facetime with a friend and train “together”.

### SET GOALS

- 1.
- 2.
- 3.



Set yourself training goals or follow the program we sent you in May. Not every session has to be long. Even 15 minutes is beneficial.



Make a playlist of “work out /pumped up” songs to help motivate you.



## COMPETITIONS



To help us all stay motivated, we've decided to run a few competitions. It would be great for everyone to get involved and have some fun along the way!

The first is a **Push Up Competition** with different categories and everyone would have received details about this recently. **Entries close Sunday 9<sup>th</sup> August** so make sure you get your video entry in by then.

Winners will be announced Wednesday 12<sup>th</sup> August.

Upcoming competitions include a Kata competition and also a Front Kicking competition. Keep an eye out for further details in the coming weeks.

## KICKBOXING CORNER

### - Strength and Conditioning Training

Incorporating strength-training conditioning like squats, lunges and plank exercises can help build or maintain a strong foundation for your kickboxing by strengthening the legs, core and hips. Whilst jumping rope is great for improving footwork, speed and cardio.

## TRAINING TIP

### - Best time to Train

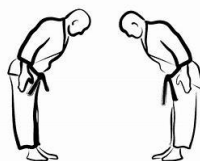
When training or exercising at home the best time is in the morning or as soon as school or work is finished if possible. You can then relax and enjoy the rest of your afternoon and evening feeling better both physically and mentally.



## QUOTE OF THE MONTH:

*"Start where you are. Use what you have. Do what you can."*

*-Arthur Ashe*



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