

# HOSHIKI MONTHLY

August / September 20

It has been extremely satisfying to see how well everyone has adapted to online training over the past 2 weeks. Whilst the entire world is going through a difficult time it is important that we all call on the spirit of determination and perseverance of Martial Arts. Thanks to all our Senior, Teen and Junior students who have chosen to continue their training and therefore their standard as Martial Artists.

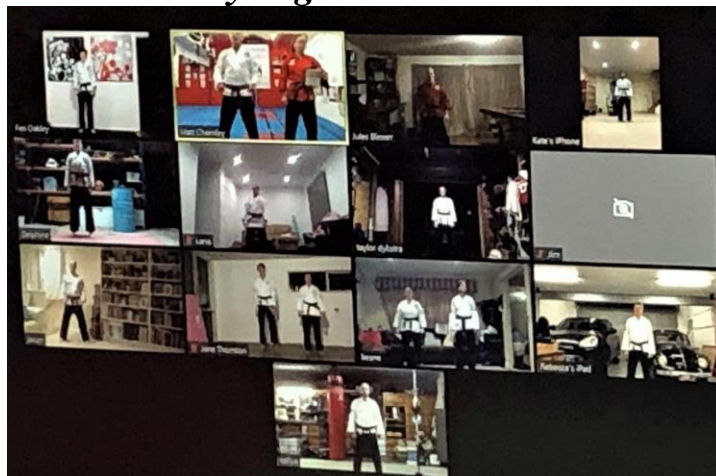
As we all become accustomed to Zoom classes we will become more skilled at training, sharing and assessing ourselves online. This will ensure that when we return to the Dojo, grading plans can be followed with minimal delays.

We are still hopeful that we may be able to resume classes in the Dojo before the end of the year.

## *Monday Night – Junior 1<sup>st</sup> Dan Class*



## *Wednesday Night Senior Black Belts*



## *Sunday Morning Kickboxing*





## COMPETITIONS



Thanks to all those who participated in the Front Kick competition. We received lots of great entries. Congratulations to the following winners who demonstrated strong, fast kicks:

### Teen / Seniors Division

1<sup>st</sup> Place – **Kai Somers**  
2<sup>nd</sup> Place – **Sempai Adrian Brown**

### Junior Division

1<sup>st</sup> Place – **Angus**  
2<sup>nd</sup> Place – **Henry**

**Kai**



**Sempai Adrian**



**Angus**



**Henry**



## TRAINING AT HOME

- Using impact equipment will enhance your training at home. We still have some Morgan bags available for sale if you would like one. Otherwise use what you can such as cushions or two pillows tied together.
- Make use of our website to help with practicing katas.

## OUTDOOR CLASSES

We hope to recommence face to face training initially with outdoor classes when restrictions allow this. We will start off with Kickboxing and progress from there. Stay tuned for further details on this.

## TRAINING OVER DECEMBER / JANUARY

We will only be taking a short break from training over Christmas. Classes will continue to run over December & January – hopefully in the Dojo otherwise via Zoom.

As soon as face to face training in the dojo resumes we will evaluate where everyone is at and set a new grading plan and goals for the club. Ideally, we'd like to have gradings throughout January.

All Classes will finish on – *Sunday 20<sup>th</sup> December*

All Classes will resume on – *Monday 4<sup>th</sup> January*

# END OF YEAR GATHERING

Whilst our usual End of Year BBQ with Awards will not take place this year we are still hopeful of the possibility of a smaller gathering. We will keep the original date *Saturday 12<sup>th</sup> December* and will send out further details closer to the time.

## KICKBOXING CORNER

### - Distancing & Movement on Equipment

It is important to regularly practice all 5 ranges of distance and to move around when training on equipment to improve and maintain these important skills for when we are sparring. The 5 Distances of Kickboxing are:

1. Leg / kicking range
2. Arm / punching range
3. Elbowing range
4. Kneeing range
5. Grappling / clinching range

## TRAINING TIP

### - Practicing the Basics

A good fighter is constantly analysing their technique. We often hear the phrase ‘Practice makes perfect’, but if we take that one step further – ‘**Only perfect practice makes perfect**’. It’s too easy to develop bad habits and there’s no value in continually training an incorrect technique. Some boxing and kickboxing skills which seem fairly basic are often overlooked – it’s important they are included regularly in our training sessions – and that we perfect them.

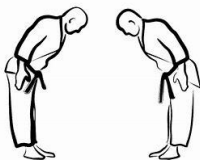
There’s always room for improvement on the basics as well as adding new skills, ideas or variations. Now is the perfect time for all of us to focus on and practice the basics.



### QUOTE OF THE MONTH:

*“Challenges are gifts that force us to search for a new centre of gravity.  
Don’t fight them. Just find a new way to stand.”*

*- Oprah Winfrey*



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

# *Training at home snaps – March – September 2020*

**Eloise**



**Richard, Finn, Lila**



**Gabby**



**Archie & Angus**



**Sempai Sarah, Sensei Lana, Luke & Zach**



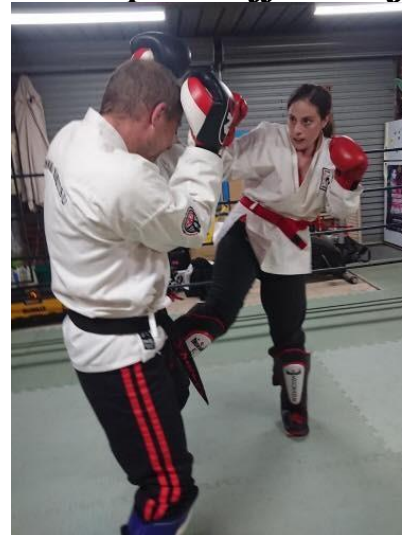
**Sensei Alicia**



**Trent & Kai**



**Dai Sempai Geoff & Sally**



***Dai Sempai Jason, Kellie, Nathan***



***Andrew***



***Sempai Adrian***



***Renshi Maree & Kyoshi Matt***



***Keep up the training!!***