

HOSHIKI MONTHLY

October / November / December 20



SUMMARY OF UPCOMING DATES FOR JANUARY

- Wed 6th January
3 week extra training program commences for all students



As we put 2020 behind us it is important to focus on the positives that have come out of what has been a difficult year. What strikes me is the importance of belonging to a group or club that is focussed on achieving, persisting and supporting each other and Martial Arts is the very definition of positivity and determination. We have also found new and inventive ways to train, teach and stay connected through Zoom and improvising with equipment and environment, which is of course at the core of Freestyle Martial Arts.

This free and creative mindset has proved to be invaluable over the past 9 months and has allowed us all to develop in our own way. Above all, we have learnt that no obstacle will stop our pursuit of Martial Arts. This was evident in the strong finish to 2020 that we have had, it was wonderful to have some Junior and Teen gradings and not 1 but 3 high ranking gradings in December – Junior Nidan, Senior Sandan and Senior Godan!

Thank you to all of our Instructors, students and parents for your strength and resolve during 2020. We are looking forward to a very productive and consistent year in 2021!

SENIOR 5TH DAN GRADING

Congratulations to *Shihan (Master) Maree* on attaining her Godan (5th Dan) and being awarded the title of “Shihan”. Almost 30 years of dedication and hard work has certainly paid off. It was a fantastic grading under enormous pressure and a true inspiration and example to all students and instructors at HKMA. The title of Shihan and the rank of Godan is not awarded lightly, Shihan Maree has a complete knowledge of the HK Martial Arts curriculum and embodies the values that we strive to display and impart to all of our students. Over the past 20 years she has organised, implemented and nurtured every aspect of our club from training fighters, running tournaments, structuring classes, teaching self defence courses and making sure every single member of our club is taken care of – this is what it means to be a true Shihan.

Thanks to Kancho Terry Lim (10th Dan) and Shihan Wayne Boyd (5th Dan) from Loong Fu Pai for their support and officiating as independent graders.



SENIOR 3RD DAN GRADING

Congratulations to *Sensei Kate* and *Sensei Craig* on attaining their Sandan (3rd Dan). What a way to finish the year! They began training for their grading almost 12 months ago. They never lost focus of their grading goal during lockdown and made the most of Zoom classes and training at home regularly. When classes resumed they then trained intensively with their teams 4 times a week as well as at home which then resulted in the extremely high standard Yuksukos and Kata performed at their grading on 23rd December. The detail in their Yuksukos and Personal Kata highlighted their depth of knowledge and skill.

You both have set a fine example for the entire club as to what can be achieved through hard work, focus, discipline and a positive attitude.

Special thanks to the grading teams - *Renshi Jules, Sensei Jane, Sensei Alicia, Dai Sempai Geoff, Fletch and Shihan Maree* for all of their time and effort to make the grading such a success and also to *Sensei Lana* for helping out as a grader.

The number of people that were able to come along and support Sensei Kate and Sensei Craig at short notice and just two days before Christmas is a testament to how valued and admired they both are by all at HKMA.



JUNIOR 2ND DAN GRADING

Congratulations to *Sempai Isla* and *Sempai Sarah* on attaining their Junior Nidan (2nd Dan). After being cancelled twice this year, they didn't complain or lose focus but rather showed great maturity, determination and strength and kept up their training on Zoom and at home until they were able to get back into the dojo to continue their hard training – this is quite a feat for an 11 and 12 year old given what a difficult year this has been!

Their skills during multiple attacker combat rounds and self-defence were excellent and their focus during testing of Kata Sanchin was outstanding. It's been extremely rewarding watching them develop from young white belts more than 6 years ago into mature and responsible Junior Instructors.

Thanks to Sensei Kate for helping out as a grader and all those who were able to come along to support Sempai Isla & Sempai Sarah.



GRADING RESULTS FOR OCTOBER / NOVEMBER / DECEMBER

JUNIORS

Congratulations to *Luke, Chiara, Lainey & Azalea* on attaining their 9th Kyu (Yellow bars).



TEENS

Congratulations to **Ben** on
Attaining his 1st Kyu (Black bars)



Congratulations to **Eloise** on
attaining her 5th Kyu (Red bars)



EXTRA TRAINING PROGRAM FOR JANUARY

We are running a 3 week Extra Training Program over January to enable us to get a head start before Term 1 commences on 27th January. Bookings are essential.

All Juniors

WEDNESDAYS – 4pm – 4.45pm – 6th January, 13th January, 20th January

Cost: \$10 per class

All Teens & Seniors

WEDNESDAYS – 7.30pm – 9pm – 6th January, 13th January, 20th January

Cost: \$15 per class

Kickboxing

SUNDAYS – 9.30am – 10.30am – 10th January, 17th January, 24th January

Please book your place with Shihan Maree ASAP

Commencement Dates for Term 1 2021

Monday classes - Term 1 resumes on 1st February 2021

Wednesday classes - Term 1 resumes on 27th January 2021

Saturday classes - Term 1 resumes on 30th January 2021

Sunday kickboxing - Term 1 resumes on 31st January 2021

NEW CHANGE ROOM

We now have a change room complete with hooks, bench, hand sanitiser and some inspirational Bruce Lee philosophy at the side of the dojo. Please feel free to use it anytime.



WELCOME

Welcome to *Azalea* in the Monday Junior class. It's great to have you as a part of our club.

2021 PROCEDURES

We will continue to require all students and instructors to use hand sanitiser upon arrival in the dojo and all equipment will be regularly sanitised.

KICKBOXING CORNER

- Footwork

Footwork is an essential aspect of kickboxing. It is critical for generating power, getting within striking range to initiate offence with balance and getting out of striking range quickly for defence. Good footwork and not being flat-footed allows for balanced and quick directional changes and stops and starts when striking or defending.

Varying footwork drills should be practiced often and can help develop a rhythmic and reactive bounce. Drills include side to side lateral movements, transitioning from lateral to forwards and backwards footwork and transitioning quickly from movement to delivering techniques – all the time maintaining a strong and balanced stance.



TRAINING TIP

- Goal setting

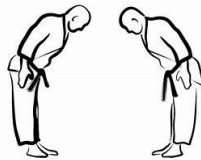
One cannot achieve their goals unless they have taken the time to clearly envisage what those goals are. At the beginning of every year we need to set our goals and objectives for the coming year, not only in the dojo but also in every other field of endeavour in our lives.

QUOTE OF THE MONTH:



“The person on top of the mountain didn’t fall there.”

-Vince Lombardi



***Wishing everyone a very Merry Christmas and Happy New Year.
Enjoy your Summer break and we look forward to a fantastic 2021!
Kyoshi Matt and Shihan Maree***

Some snaps from the Dan Gradings ...



