

# HOSHIKI MONTHLY

February / March 21

What a magnificent start to the year it has been for HKMA! We would like to thank our HKMA family for staying with us and supporting the club through tough times. We have started the year strongly with classes running throughout January. We have welcomed 16 new members to the club this year and also commenced our 2<sup>nd</sup> Teen class on a Monday night.

Training has been full on for everyone since January, preparing 10 students for Senior Black Belt and grading another 33 students to various ranks over the last few months – it's great to be back! We have a number of Dan and Black Belt gradings to look forward to throughout the year as well as many Kyu gradings to focus on. Set your martial arts and other personal goals for the year NOW and then regularly picture yourself achieving them as the year progresses.

## TEEN / SENIOR BLACK BELT GRADINGS

Many months of intense training 2-3 times a week - running, thousands of push ups & sit ups and countless rounds of bag work, sparring, self defence and kata practice culminated in 2 exceptional Senior Shodan Ho gradings on 31<sup>st</sup> March! It was a fantastic night for HKMA as we welcomed another 10 students through to Senior Black Belt.



**Conall, Lachie ,Nathan, Gabby, Aidan and Archie, Xavier, Kai, Andrew & Damien** all overcame the difficulties and delays of the past 12 months achieving their Shodan Ho in strong gradings.

Students from the Teen class that graded have been training with us for the last 9 – 10 years, progressing through the Junior ranks and attaining their Junior Black Belt and Dan gradings. So it was particularly rewarding to see them take on the challenge to continue on in the Senior curriculum and show maturity, focus and hard work to achieve their Senior Black Belt.

The students from the Senior class battled with injuries early on in their training but refused to let that stop them from losing sight of their goal and remained steadfast on achieving their Shodan Ho.

For the first time we were able to live stream both gradings via Zoom which enabled many unable to attend including Sensei Greg in QLD, to watch the grading live.

All gradees showed enormous determination, courage, discipline and the ability to adapt and we are incredibly proud and happy. Special thanks to **Dai Sempai Delphine** for her tireless work running the training program, both mentoring and training the students, ensuring they were ready to grade. Thanks to the entire club for all the effort and selfless devotion to the success of others - true Budo spirit.



# GRADING RESULTS FOR FEBRUARY / MARCH

## JUNIORS

Congratulations to Oscar D, Micha, Milla, Campbell, Harrison & Flynn on attaining their 9<sup>th</sup> Kyu (yellow bars).



Congratulations to Leila & Jack on attaining their 9<sup>th</sup> Kyu (yellow bars).



Congratulations to Brookie on attaining both her 9<sup>th</sup> & 8<sup>th</sup> Kyus (Yellow bars & Yellow belt).



Congratulations to Azalea, Chiara & Luke on attaining their 7<sup>th</sup> Kyu (Green bars).



Congratulations to Nathan S on attaining his 6<sup>th</sup> Kyu (Green belt)



Congratulations to Maya, Harlan, Dexter, Ned & Will T on attaining their 5<sup>th</sup> Kyu (Red bars).



Congratulations to Zetara, Emma, Olivia, Oren & Alex on attaining their 2<sup>nd</sup> Kyu (Brown belt).



## TEENS

Congratulations to Oscar S, Isaac & Will on attaining their 9<sup>th</sup> Kyu (Yellow bars).



Congratulations to Mads & Lila on attaining their 5<sup>th</sup> Kyu (Red bars).



Congratulations to Paige & Hannah on attaining their 1<sup>st</sup> Kyu (Black bars).



## SENIORS

Congratulations to Sally & Richard on attaining their 1<sup>st</sup> Kyu (Black bars).



## UPCOMING GRADINGS FOR APRIL / MAY

### SEMPAI Classes

- We look forward to **Braedyn** from the Junior class, **Jacob & Jackson** from the Teen class and **Fletcher** from the Senior class each taking classes over the next few months to grade for their respective Junior and Senior Sempai Ranks

### JUNIORS

- William & Fraser will be attempting their 9<sup>th</sup> Kyu (Yellow bars)
- Brookie will be attempting her 7<sup>th</sup> Kyu (Green bars)
- Millie will be attempting her 6<sup>th</sup> Kyu (Green belt)
- Tom, Jack, Ethan, Sarah, Lachy & Nathan will all be attempting their 5<sup>th</sup> Kyu (Red bars)
- Henry, Tabitha, Santi & James will all be attempting their 1<sup>st</sup> Kyu (Black bars)

### SENIORS

- Trent will be attempting his 3<sup>rd</sup> Kyu (Brown bars)

# WELCOME

Welcome to 16 new students for this year.

- *Brookie, Campbell, Flynn, Harrison, Micha, Milla & Oscar D* in the Monday Junior classes;
- *Fraser, Jack, Leila, Millie, Nathan & William* in the Saturday Junior class;
- *Isaac, Oscar S & Will* in the Monday Teen class.

It's great to have you all as a part of our club.

## NEW TEEN CLASS ON MONDAYS

Our new Monday Teen class commenced at the beginning of this year and has students ranging from 9<sup>th</sup> Kyu to 2<sup>nd</sup> Kyu and we are lucky to have the expertise of Sensei Jane and Dai Sempai Geoff also instructing in this class. It is a big jump for those moving over from the Junior classes but as first term has progressed we have begun to see students respond to the higher level of training, focus and expectation required under the Senior Curriculum and we look forward to further improvement and development in Term 2.

## LOONG FU PAI TOURNAMENTS

Dates for the remaining two tournaments for this year are **Sunday 8<sup>th</sup> August & Sunday 7<sup>th</sup> November 2021**. These tournaments are a great opportunity to improve your skills and confidence in a friendly and supportive competition and we encourage all students to consider competing. Please note these dates down in your diary and we will send out further details closer to the dates. As usual Tournament Training will run on Sunday mornings for the 3 or 4 weeks prior to the tournament.

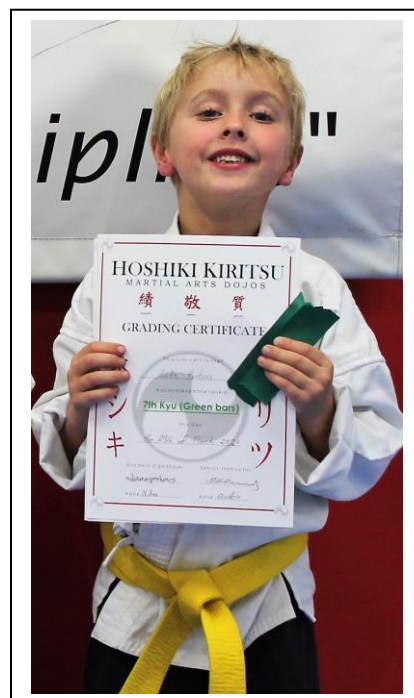
## STUDENT PROFILES

### JUNIORS

#### *Luke H – 7 Kyu (Green bars)*

Hi, my name is Luke and I am 6 years old. I am a yellow belt and I have been doing Karate for a long, long time! I like Karate because you learn to defend yourself and I want to learn to use the nun chucks. In my family my Mum, sister and brother also do Karate and I like watching them use the nun chucks.

I also do swimming lessons, footy, and school. I'm in grade 1 at school. I also love Milwaukee tools!



### Chiara – 7 Kyu (Green bars)

Hello, I am Chiara Dinneen. I am 6yrs old and in grade 1 at St Gregory the Great Primary School. I have a sister who is 4 yrs old and a brother who is 1 yr old. I am a yellow belt with green bars and have been a part of Hoshiki Kiritsu for just over 12 months. You may know my cousins, Andrew, James and Jack Dinneen and just newly joined Brooklyn Dinneen. It is so much fun doing karate with my cousins. Most of all, I love being taught by my Aunty Shihan Maree and Uncle Kyoshi Matt!

I have recently started gymnastics which is also an equal favourite with karate. There are a lot of things I do at gymnastics that will now help my karate. I have also started learning to roller blade which is so much fun when I get to do it with my Dad.

My favourite song at the moment is Savage Love.

My favourite colours are pink and purple.

My favourite TV show at the moment is Vamparina.

My favourite animal is a guinea pig.

My favourite shop to go to is Kmart!



### TEENS

#### Will T – 9<sup>th</sup> Kyu (Yellow bars)

Hi, I'm Will, I'm 12 years old and I've started Karate this year. I am in year seven at Whitefriars and have just returned from camp. So far High school has been great. I support the Richmond football club and have been lucky enough to hold all three recent premiership cups. Go Tiges!

I enjoy playing basketball for the Park Orchards Steelers and riding my mountain bike with friends in my spare time.

My favorite food is Thai and I like going on holidays to Thailand. I hope we are able to go back there one day soon.

I have a dog called Toby who is a Cavoodle. I also have two younger brothers who have just started karate this year too. So far I am enjoying working on my strength, fitness and learning new skills. Everyone has been really nice.



## KICKBOXING CORNER

### - Defence when sparring

When sparring and practicing sparring drills, give as much thought to your defence as your offence. You can hit a bag all day long, but that bag doesn't hit back. It's in the practice of sparring that you learn where you are vulnerable and where your weaknesses are and then making adjustments and changing habits or patterns.

The best defence is to not get hit. It's far better to slip, duck, or roll a punch with a bob and weave. These defensive manoeuvres not only save us from impact and getting hit, but they also set us up to counter punch or kick. Regularly practicing head movement and footwork with this end result in mind is important. After you throw a punch, you move your head and/or your feet. In fighting and in life we must constantly ebb and flow between offense and defence, and between attack and preparation.

## **TRAINING TIP**

### **- CHECKING KICKS**

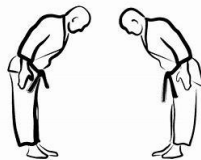
Checking kicks (ie. blocking a kick with your leg) is an important component of sparring and one we sometimes neglect. It allows your hands to remain free whilst blocking a kick.

## **QUOTE OF THE MONTH:**



*“A goal without a plan is just a wish.  
Having a plan makes your goals actionable”*

*- Unknown*



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



