

HOSHIKI MONTHLY

April / May 21

As Winter starts to come upon us, now is the time to reaffirm your martial arts goals and don't lose sight of them. A true Martial Artist does not let their environment stop them from training.

SENIOR SEMPai RANKS AWARDED

We were extremely pleased to award the rank of Senior Sempai recently to *Sempai Fletcher*, *Sempai Jacob* and *Sempai Jackson*. All 3 young men commenced their training with us over 10 years ago as young children, achieving their Junior Black Belt and Junior Sempai rank along the way. They have now all grown into fine young men and successfully progressed in the Senior Curriculum achieving their Senior Black Belts in the last few years. All classes were well presented and prepared, demonstrating their knowledge of HKMA. It has been a pleasure watching them grow up on the dojo floor and we are proud to have another three disciplined Senior instructors amongst our ranks. Congratulations!!

SEMPAI FLETCHER



SEMPAI JACOB



SEMPAI JACKSON



JUNIOR SEMPai

SEMPAI BRAEDYN

Congratulations to **Sempai Braedyn** who recently graded to the title of Junior Sempai. He spoke with confidence as he took the class through a variety of drills, clearly explaining correct techniques and demonstrating his ability to teach various skills. His class was well planned and presented and we were very impressed with the high standard and maturity shown by Sempai Braedyn at just 11 years of age. We're proud to welcome him to the HK team of Junior Instructors.



GRADING RESULTS FOR APRIL / MAY

JUNIORS

Congratulations to Fraser & William L on attaining their 9th Kyu (Yellow bars)



Congratulations to Brookie on attaining her 7th Kyu (Green bars)



Congratulations to Tom, Jack, George, Lachy, Ethan & Nathan on attaining their 5th Kyu (Red bars)



Congratulations to James, Santi & Henry on attaining their 1st Kyu (Black bars)



TEENS

Congratulations to Will T, Isaac & Oscar S on attaining their 8th Kyu (Yellow belt)



UPCOMING GRADINGS FOR JUNE / JULY

SENIOR 3RD DAN GRADING

- **Sensei Alicia** will be attempting her Sandan (3rd Dan) and has been training hard with her team for what we're sure will be a fantastic grading! The date will be advised very soon.

SEMPAI Class

- We look forward to **Taylor** taking class in July to grade for her Senior Sempai Rank

JUNIORS

- Leila, Jack, William & Fraser will all be attempting their 8th Kyu (yellow belt)
- Oscar, Harrison, Campbell, Micah, Milla & Flynn will all be attempting their 8th Kyu (yellow belt)
- Millie will be attempting her 6th Kyu (green belt)
- Harlan, Dexter, Maya & Ned will all be attempting their 4th Kyu (red belt)
- Kensi, Reeve, Charlie C & Charlie F will all be attempting their 2nd Kyu (brown belt)
- Tabitha will be attempting her 1st Kyu (black bars)
- Jack & Zach will be attempting their full Shodan (Jnr 1st Dan)

TEENS

- Riley, Finn & Andrew will all be attempting their 3rd Kyu (brown bars)

SENIORS

- Kelli will be attempting her 2nd Kyu (brown belt)

WELCOME

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

KICKBOXING ANNIVERSARY

This April marks the 30 year anniversary since we opened our first Kickboxing Club in **April 1991** with *Sensei Glenn* at the Lower Plenty gym. It was thanks to Sensei Glenn's encouragement and support during that time that HKMA was then formed a few years later in **1995**. Little did we know back then that many years later we'd be celebrating HKMA together at the AMAHOF Awards in 2018. Inspire your friends and be inspired by them – you never know where it might lead.



NIGHT OUT AT TOKYO SAKE

We enjoyed a great night out in April at our favourite Japanese restaurant *Tokyo Sake*. We were able to celebrate the Teen/Senior Black Belt gradings and also relax and have a few laughs whilst enjoying some delicious food. Thanks to all those who were able to join us.



REMINDERS

ATTENDANCE

It's important to maintain regular attendance all year round – whether it's in the Dojo or on Zoom when necessary, and not just in the lead up to gradings. A minimum 80% attendance since your last grading is required as well as a minimum number of classes before you are eligible to grade. However, as Martial Artists we should **always strive for 100%**, not the basic minimum.

MOUTHGUARDS

We have had far too many students recently forget to bring their mouthguard. This is **ESSENTIAL** equipment and you **MUST** have it for **EVERY** class.

COVID 19 UPDATE

We will continue to follow the latest government advice and will keep the club updated on any changes to restrictions as they happen. Whilst we will do everything possible to keep the dojo open, if restrictions don't allow that then we will automatically move over to Zoom. Class times will initially remain the same and the links used recently will also remain the same.

STUDENT PROFILES

JUNIORS

Brookie – 7th Kyu (Green bars)

Hi! My name is Brooklyn and I am 6 years old. I am in grade one at St Bernadette's in Ivanhoe. I have been doing karate since the start of the year. My other hobbies are swimming, gymnastics, bike riding, volunteering at parkrun and cooking.

Favourite colour : Pink

Favourite TV show : Zoey's Extraordinary Playlist & School of Rock

Football team : Carlton Blues

Netball team : Melbourne Vixens

Family : Dad, Mum, sister Emerson, brother Billy

Favourite food : Spaghetti, Lamb Chops, Chocolate, Ice Cream

Favourite Drink: Chocolate Milk

Favourite song : What does the fox say?, Rain by Dragon

Favourite Holiday : Bali



Azalea – 7th Kyu (Green bars)

Hi my name is Azalea. I'm 5 years old. I go to Ringwood Heights Primary School. I have a brother named Henry who is 9. He helps me with my karate practice at home.

My favourite colour is orange. I like it because it's the same colour as my hair. My football team is the Richmond Tigers. I go for the Tigers because I like tigers and my brother goes for them too. My favourite thing to do at school is performing arts because I like singing and dancing. I also do swimming lessons. My favourite movie is Moana because the songs are fun. My favourite TV show at the moment is Pokémon, Pikachu is the best. If I could choose my dinner, I'd choose ice cream.

When I grow up I'd like to be a police officer, because I want to catch crooks.

I like karate because I like punching stuff. My favourite part of karate is the blocks because they protect me.



Micah – 8th Kyu (Yellow belt)

My name is Micah and I am 7 years old, in grade 2 at St Anne's Primary School. My favourite food is hot dogs and chips. I like playing basketball, t-ball, football, swimming and karate. I also like Halloween because I get to dress up and for the lollies.



TEENS

Isaac – 8th Kyu (Yellow belt)

Hi, my name is Isaac. I'm 12 years old and in year 7 at Whitefriars College. I started karate at the start of term 1 2021 and I am really enjoying it. I like learning about self-defence and I feel that I am improving in this area of karate. I feel like I'm getting stronger and fitter which is great. Soon, I will be grading for my yellow belt and I am getting excited for that.

I have a younger brother who also does karate at Hoshiki Kiritsu and he seems to like it as much as me. In my spare time I like to catch up with my friends and go bike riding. I also play basketball with the Park Orchards Steelers and play football for Whitefriars.

During lockdown 2020 we got our first pet dog. Her name is Indy and she is a cavoodle. She is almost one and I enjoy taking her for walks on the weekends.

I am looking forward to working hard and hoping to achieve black belt in the years to come.



KICKBOXING CORNER

An important aspect of Kickboxing training is Fitness/ Body Conditioning. In order to be able to stand up to the rigours of fighting multiple continuous rounds we must have a base level of fitness as well as tolerance to body impact. Both of these attributes can only be built up through continuous conditioning and hard work, the better our fitness levels are the better prepared we are to not only throw multiple techniques and combinations but also withstand an opponent who is intent on doing the same back to us. Fatigue is the enemy, it makes us immobile both in mind and body, it makes us technically unsound and leads to poor decision making under duress. This is why such an emphasis is placed on running, body impact conditioning and constantly training round after round to increase oxygen intake.

TRAINING TIP

- EVASION

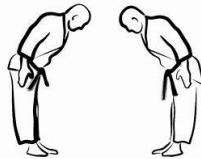
Evasion is an important skill to acquire & takes practice & confidence to become proficient at it. To improve your evasive skills - ducking, slipping & moving drills must be repeated & then slowly introduced into sparring. Remember, a good balance between parrying / blocking & evading will make you a much more unpredictable opponent. "Evasion beats collision"

QUOTE OF THE MONTH:

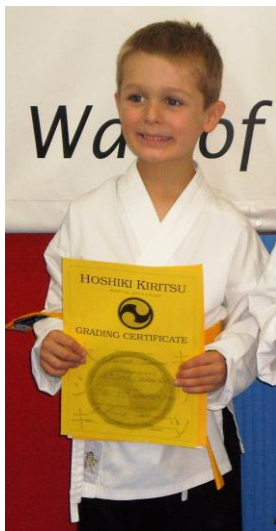


"Success is when preparation meets opportunity"

- *Bruce Lee*



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



Sempai Fletcher



Sempai Jacob



Sempai Jackson

Remember when back when their heads only just reached the writing at the bottom of the HK banner!!

MINIMUM ATTENDANCE FOR GRADING

In order to be eligible to grade, a **minimum** number of classes must be attended as well as an 80% attendance. All classes must be official HKMA Martial Arts / Kickboxing classes **conducted in the Dojo (or via Zoom when necessary)** by a qualified Instructor.

No student will be considered for grading unless the following minimum attendance levels have been achieved:

JUNIOR RANKS

SENIOR RANKS

<u>RANK</u>	<u>Classes</u>	<u>RANK</u>	<u>Classes</u>
10 th Kyu – 9 th Kyu	6	10 th Kyu – 9 th Kyu	6
9 th Kyu – 8 th Kyu	8	9 th Kyu – 8 th Kyu	8
8 th Kyu – 7 th Kyu	8	8 th Kyu – 7 th Kyu	8
7 th Kyu – 6 th Kyu	10	7 th Kyu – 6 th Kyu	12
6 th Kyu – 5 th Kyu	8	6 th Kyu – 5 th Kyu	10
5 th Kyu – 4 th Kyu	12	5 th Kyu – 4 th Kyu	12
4 th Kyu – 3 rd Kyu	10	4 th Kyu – 3 rd Kyu	14
3 rd Kyu – 2 nd Kyu	14	3 rd Kyu – 2 nd Kyu	16
2 nd Kyu – 1 st Kyu	14	2 nd Kyu – 1 st Kyu	20
1 st Kyu – Shodan Ho (Black Belt)	20	1 st Kyu – Shodan Ho (Black Belt)	40
Shodan Ho – Shodan	30	Shodan Ho – Shodan	50
Shodan – Nidan	30	Shodan – Nidan	90
Nidan - Sandan	30	Nidan - Sandan	120
Sandan - Yondan	30	Sandan - Yondan	150
		Yondan - Godan	180