

# HOSHIKI MONTHLY

June / July 21

With the uncertainty we currently face with more frequent and extended lockdowns, it has never been more important for us to pivot and adapt to our circumstances.

Freestyle Martial Arts have always been built on the core principles of being open minded, flexible, adaptable and determined to overcome any obstacle. We will be calling on these qualities from all of our students, instructors and parents until the end of the year and beyond.

This will mean sacrificing and re-adjusting our timetables so we can forge ahead and achieve our goals and maintain our standards and ideals. Whilst we are in hard lockdown **Zoom classes** are the only way we can continue to train and keep consistency and structure. **Zoom classes are also recognised as official attendance and are vitally important so that students do not fall behind their current groups.**

## **SENIOR 3<sup>RD</sup> DAN**

Congratulations to *Sensei Alicia* on attaining her Sandan (3rd Dan). Sensei has been preparing for this grading since last year and has overcome numerous obstacles and delays, never allowing this to deter her from achieving her goal. Despite a number of lockdowns, she never lost focus, making the most of Zoom classes and training at home regularly. Whenever possible she has trained intensively with her team, particularly over the last few months. The result was extremely high standard Yuksukos and Kata, showcasing Sensei's skill, technique and depth of knowledge. A fine example of the importance of never giving up and persevering no matter the obstacles.

Special thanks to her grading team – *Dai Sempai Jason, Sempai Nathan and Damien* for all of their time and effort to make the grading such a success.





## **CONGRATULATIONS JUNIOR SHODAN – FULL 1<sup>ST</sup> DAN**

Congratulations to *Jack D and Zach H* on a fantastic Full Junior Shodan (1st Dan) grading. Great focus, determination and range of skills were displayed, in particular their nunchaku katas and their defence against multiple attackers - both demonstrating impressive skill and control. Despite many delays the boys showed patience, maturity and the ability to adapt at only 10 and 11 years of age. They maintained their training throughout lockdowns and Zoom and trained particularly hard when in the dojo, never losing sight of their goal.





# GRADING RESULTS FOR JUNE / JULY

## JUNIORS

Congratulations to Jack, Micah, Campbell, Oscar, William, Harrison, Leila, Flynn & Fraser on attaining their 8<sup>th</sup> Kyu (Yellow belt)



Congratulations to Millie on attaining their 6<sup>th</sup> Kyu (Green belt)



Congratulations to Maya, Dexter, Harlan & Ned on attaining their 4<sup>th</sup> Kyu (Red belt)



Congratulations to Charlie F, Reeve, Charlie C & Kensi on attaining their 2<sup>nd</sup> Kyu (Brown belt)



## **UPCOMING GRADINGS FOR AUGUST / SEPTEMBER**

### **SEMPAI Class**

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

### **JUNIORS**

- Jordan & Henry will be attempting their 9<sup>th</sup> Kyu (Yellow bars)
- Campbell, Flynn, Harrison, Micah & Oscar will all be attempting their 7<sup>th</sup> Kyu (Green bars)
- Jack, Leila, William & Fraser will all be attempting their 7<sup>th</sup> Kyu (Green bars)
- Azalea, Brookie, Chiara & Luke will all be attempting their 6<sup>th</sup> Kyu (Green belt)
- Will T & George will be attempting their 4<sup>th</sup> Kyu (Red belt)
- Tabitha will be attempting her 1<sup>st</sup> Kyu (Black bars)

### **TEENS**

- Riley, Finn & Andrew will be attempting their 3<sup>rd</sup> Kyu (Brown bars)
- Angus, Jaron & Felix will be attempting their 2<sup>nd</sup> Kyu (Brown belt)

### **SENIORS**

- Kelli will be attempting her 2<sup>nd</sup> Kyu (Brown belt)

### **1<sup>st</sup> DAN**

Sempai Fletcher & Taylor will be attempting their 1<sup>st</sup> Dan

## **WELCOME**

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

## **STUDENT PROFILES**

### **JUNIORS**

#### **Nathan S – 5<sup>th</sup> Kyu (Red bars)**

Hi! My name is Nathan and I've been at Hoshiki Kiritsu since the start of 2021. I started karate training at a different style local to my house over 4 years ago which closed due to COVID

during 2020. My Dad, Sensei Craig trains at Hoshiki Kiritsu and I decided that joining the club would be best for me.

I find playing Video games enjoyable because it gives me a way to catch up with my friends when we're not at school. The footy team that I barrack for is Hawthorn even though they aren't doing well as of the time I am writing this. My favourite sport is surfing because I love when the waves crash behind me and I stand up and ride onto the shore bank and paddle back out to catch another one. My favourite holiday place would be Byron Bay in New South Wales because I enjoy going to the beach and surfing there.

I have a pet dog called Henry. He is a beagle crossed with a cavalier. He is 4 years old and sleeps in everyone's beds.

My favourite thing about karate is that you can learn katas and self-defence techniques to protect from people who might want to attack you.

### *Oscar D – 8<sup>th</sup> Kyu (Yellow belt)*

Hi my name is Oscar. I am 9 years old and I have just passed my yellow belt grading. I started karate at the start of this year and I'm really enjoying it. I like learning all the blocks and I feel stronger since I've started. In my spare time I like to play basketball, I like kicking the footy and hanging with my mates. I go to St Anne's Primary school and I'm in grade 4. On the weekends I like to go bike riding, walking our dog and playing board games with my family.

### *Harrison – 8<sup>th</sup> Kyu (Yellow belt)*

Hi I'm Harrison. I'm 10 years old and I'm in grade 4 at St. Anne's Primary School. I enjoy playing basketball, football and karate. I have one older and one younger brother. I like going for rides on my bike and finding new jumps to try. I barrack for Richmond and love watching them play. My favourite food is Penang curry and favourite colour is Aqua. When I grow up I'd like to be a coder and create games. Thanks for reading about me.

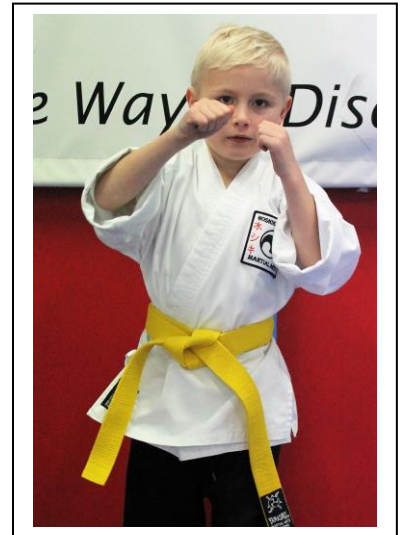




### *Campbell – 8<sup>th</sup> Kyu (Yellow belt)*

Hi I'm Campbell and I'm nearly 7 years old. I am in grade 1 at St. Anne's Primary School.

I enjoy learning karate with my two older brothers. I have a dog called Toby who I love a lot. My favourite colour is cyan. I barrack for Richmond. I like playing tiggly and chess. I also like playing Minecraft and Roblox with friends online. I like eating Thai food and also spaghetti. I like watching Ninja Warrior on TV. Thanks for reading about me.



## **TRAINING TIP**

### **- DEEP BREATHING & VISUALISATION**

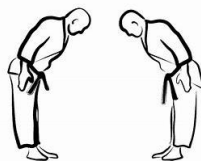
When clearing our mind at the start of class it is important to breathe deeply (ibugi breathing) to lower brain waves into alpha state which enables us to visualise more clearly and more directly to the sub-conscious mind. This becomes even more important as we all set our goals at the start of the year. Visualisation, now more than ever is vital to maintain our skills and Kata retention.



### **QUOTE OF THE MONTH:**

*“The greatest oak was once a little nut that held its ground.”*

*- Unknown*



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