

HOSHIKI MONTHLY

August / September / October 21

We're back!! Despite the world's longest lockdown we're proud that HKMA has remained strong and steadfast and we have weathered the storm together. I know we have all had our moments and it's ok to "fall down", the important thing is to not stay down for long and ask for help to get back up if you need it. Remember, there are 100 of us at HK there to help you anytime. Thank you for staying with us and keeping up training on Zoom. It will definitely pay off now we're back in the dojo and can focus on achieving some of our grading goals.



GUIDELINES FOR RETURNING TO THE DOJO

We were very excited to return to the dojo on 30th October! It was wonderful to see students so excited to be back in the dojo. In accordance with government regulations the following requirements and protocols must be adhered to:

- **All Students** (or their parents on their behalf) are required to check in prior to entering the dojo
 - o a QR Code check in is available on the garage wall at the driveway for parents of Junior and Teen students and any other students
 - o a QR Code check is also available at the Dojo door for all Senior and Teen students
- **Junior & Teen Students** – parents please park and drop off students at the driveway and ensure either you or they have done a QR code check in upon drop off
- **All Students over 16 years of age** are required to be double vaccinated in order to train in the Dojo and we are required to maintain a register confirming this.
 - o *Could you please ensure that you show or send us a copy of your vaccination status prior to commencing training in the dojo if you have not already done so*
- **Only students are permitted in the Dojo**
- We will continue to follow COVID safe practices such as hand sanitising, temperature checks and density limits. As usual if you are feeling unwell please do not attend class.

HKMA WRISTBANDS

Everyone would have received their HKMA wristband during September. We wanted to remind everyone that you belong to a club where everyone sticks together and is there to support you in achieving your goals. Stay focussed on those goals and we'll help you make them happen!



UPCOMING GRADINGS FOR NOVEMBER / DECEMBER

We hope to conduct as many gradings as possible once we have returned to the dojo. Once we've had an opportunity to assess students in the dojo we will then put together grading plans for those who are ready and eligible to grade and will do everything possible to see those students grade before the end of the year. *Zoom classes are counted as part of your minimum attendance requirements for gradings.* We appreciate your flexibility as we do our best to accommodate everyone.

So far we can confirm the following grading dates however more dates will follow:

- **Wed, 10th November** – Snr Sempai grading for *Taylor*
- **Wed, 24th November** – Snr Shodan (1st Dan) grading for *Sempai Fletcher & Taylor*
- **Wed, 15th December** – Snr Shodan Ho (Black Belt) grading for *Sally, Richard, Ben, Paige & Hannah*

END OF YEAR CELEBRATION



After a long and somewhat arduous year, we're really looking forward to our End of Year Celebration / Christmas party, even more so given we had to cancel it last year. It's important to recognise those who have shown outstanding focus, commitment and discipline to their training on both Zoom and in the Dojo. We hope you can all join us for lunch and for the Trophy Presentation and the Medals for all Juniors.

When: Saturday 11th December

Time: 12.00pm onwards for lunch

1.30pm sharp – Trophy Presentation and the Medals for all Juniors

Where: Venue to be confirmed

Bring: BBQ's will be available. BYO meat, drinks and a salad or dessert for our 'buffet' to share

STUDENT PROFILES

JUNIORS

Millie – 6th Kyu (Green belt)

Favourite food: I love chocolate eclairs and chicken nuggets.

Favourite footy team: My favourite footy team is the Hawks.

Favourite tv shows: I like Total Drama Island on Netflix, Ambulance, The Dog House and other random things.

Pet/s: I have a dog named Henry who is three years old.

Other sports or hobbies: My hobbies are gaming, art and craft and I do quite like basketball.

What I like about karate is it helps me get stronger and I like to play poison ball at the end of class.

Favourite places to go on holidays: I love going to Byron Bay I want to be rich and buy everything I want. I would also like to live in America and see my friend Zoe- we would go to Disney World and go shopping at Walmart and other stores. We would also have playdates and play Animal Crossing New Horizons on our Nintendo Switches. I would also buy a beach house in Byron Bay.

My favourite animals are dogs, frogs, axolotls, mice and horses and my favourite word is Avocado.



Fraser – 8th Kyu (Yellow belt)

Hi, my name is Fraser.

I'm 5 years old and live with my Mum, Dad and my sister Jasmine who is 7. We live in Croydon now but I was born in Perth, Western Australia. We have lived in Melbourne for just over four years. It's great to be close to my Grandparents and cousins who live nearby.

My hobbies are riding bikes, climbing trees, playing with lego but the thing I love the most is dinosaurs! I also love Karate. It is a huge challenge for me so I felt really proud when I got my yellow belt! It's great that I can train with my cousins Jack and William. It's also fun training and sparring with everyone else in the dojo. I'm looking forward to the next challenge of grading for my green bars.

My favourite holiday place is Bright. My sister and I love the water park in summer and going hiking at the top of Mt Buffalo. When we are out of lockdown, we will go away in our new caravan. I can't wait to sleep in my bunk bed and explore new places! See you at training!



Jack L – 8th Kyu (Yellow belt)

Hi, I'm Jack and I'm 8 years old and in grade 2. At school my favourite subjects are Chinese, PE, reading and maths. At lunchtime I love playing soccer with my friends. As well as karate I also play golf and enjoy kicking the footy with my family. I barrack for the Hawks and my favourite player is Chad Wingard. My dream is to be the number one ranked golfer in the world.

I live in Blackburn with my mum and Dad and brother William who also does karate. We have a Labrador puppy named Poppy. My favourite foods to eat are pizza, lasagne and spaghetti Bolognese and my favourite place to go on holiday is Queensland because it is nice and hot and you get to swim in the pool every day.

The things I like about karate are that it teaches you self defence and is really good for your fitness.



TEENS

Oscar S – 8th Kyu (Yellow belt)

Hi, my name is Oscar, I am 13 years old and have two twin sisters and a pet dog. I decided to join Karate because one of my little sisters really enjoyed it and so far, I have too. My favourite food is Sushi and some things that I usually enjoy doing include cooking, drawing, writing, running, hanging out with friends and video games. My favourite movie and book is Lord of the Rings because of how imaginative it is. Some TV shows I really enjoy are Brooklyn 99, Schitt's Creek, Virgin River, Parks and Recreation, and Superstore.

I enjoy going away on trips with my friends to places like Beechworth, Philip Island, and Wilson's prom. I have been enjoying Karate a lot more than I have enjoyed other activities that I participated in over the past few years, and I hope that I continue to get better.



TRAINING TIP

- Self Defence

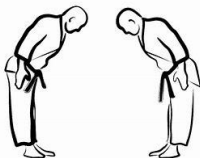
Circular movement, footwork and flow are three of the key elements in effective Self Defence against a variety of grabs.



QUOTE OF THE MONTH:

“When things go wrong as they sometimes will, when the road you’re trudging seems all uphill; stick to the fight when you’re hardest hit, it’s when things go wrong that you mustn’t quit. Success is failure turned inside out.”

- Unknown



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

Filling the space with a throw back to 2012

