

# HOSHIKI MONTHLY

November / December 21



## SUMMARY OF COMMENCEMENT DATES FOR TERM 1, 2022

- Saturday 29<sup>TH</sup> January – Junior Classes Recommence
- Sunday 30<sup>TH</sup> January – Kickboxing Recommences
- Monday 31<sup>ST</sup> January – Junior Classes & Teen Classes Recommence
- Wednesday 2<sup>ND</sup> February – Teen & Senior Classes Recommence



We've finished off 2021 on a strong note with Black Belt & 1<sup>st</sup> Dan Gradings, numerous Kyu gradings and a wonderful End of Year Celebration! We hope everyone has enjoyed some time off over the Christmas break and had an opportunity to relax with family and friends. We're ready for whatever 2022 brings us and look forward to a great year of training in 2022 and achieving goals. Happy New Year!

## SENIOR BLACK BELT GRADING – SHODAN HO

After training through one of the most difficult periods we congratulate **Paige, Richard, Ben, Hannah & Sally** on achieving their Senior Black Belt on 15<sup>th</sup> December! Months of intense training multiple times a week included running, thousands of push ups & sit ups, countless rounds of bag work, sparring, self-defence and kata – all resulting in an exceptional grading. We're proud to welcome you as Senior Black Belts to our ranks.



After delays, injuries, self-doubt and pressure, they all displayed enormous courage, resilience, focus, determination and skill to make formal what has already been proven over the past 5 years - that mentally, spiritually and physically they are all worthy of Shodan-Ho rank.

Special thanks to ***Dai Sempai Jason*** for his assistance in both mentoring and training the students, ensuring they were ready to grade. Thanks to all our Teen and Senior students for yet again pulling together to support and ensure the success of others.

## **JUNIOR BLACK BELT GRADING – SHODAN HO**

Congratulations to ***Henry & Paige*** on an outstanding Junior Shodan Ho grading on 11<sup>th</sup> December. You are both fantastic examples of what can be achieved at a very young age. Over the past 5 years you both have displayed maturity, determination, courage, discipline and adaptability and set an example to other junior students.

Special thanks to Sensei Lana for her commitment to working closely with the students and ensuring they were at such a high standard and ready to grade.



## **SENIOR FULL 1<sup>ST</sup> DAN GRADING - SHODAN**

Congratulations to ***Sempai Taylor & Sempai Fletcher*** on a fantastic Shodan (1<sup>st</sup> Dan) grading on 1<sup>st</sup> December.



Over the past 12 months they have remained determined, focused and never doubted their ability and after various setbacks and attempts at locking in a date their resilience was rewarded. Numerous extra hours were spent in the dojo and their work as a team was evident in the precision and timing of their katas whilst their yuksukos demonstrated thoughtful development and creativity as well as practicality and strong technique. The whole club is extremely proud!

## **SNAPSHOT OF 2020 & 2021**

Despite a turbulent 2 years we are proud to be able to reflect on the numerous achievements of our students and instructors throughout 2020 and 2021. Watching **27 students and instructors achieve Black Belt and Dan gradings** during this time has been particularly rewarding, especially given the constant changes to training in the dojo and over Zoom.

Over the last two years we were extremely pleased to promote another 4 Senior instructors and 1 Junior instructor to the rank of *Sempai*. We also welcomed another 18 new students in 2021.

Determination and a refusal to give up saw a total of **147 gradings happen over 2020 & 2021**. Among these were Senior 5<sup>th</sup> Dan (1), Senior 3<sup>rd</sup> Dan (3), Senior 1<sup>st</sup> Dan (2), Senior Black Belt (15), Junior 2<sup>nd</sup> Dan (2), Junior 1<sup>st</sup> Dan (2) and Junior Black Belt (2).

In **2020** we still managed to squeeze in 1 Tournament with 10 competitors bringing home a total of 14 trophies! To aid ***Training at Home***, we developed training plans and added numerous ***Training Tutorials*** to our website and of course we saw the introduction of ***Zoom classes***. We all quickly learnt about “Break out Rooms”, “Host” and “Zoom links” and everyone adapted to a new way of training, whilst the ***Push Up and Front Kick competitions*** helped keep up our competitive spirit. And who could forget our 2<sup>nd</sup> Dojo with extra space – actually you may not remember it – we could only open it for 2 weeks before another lockdown!

**2021** began with the commencement of another Teen class and new floor mats which enabled us to set up an outdoor training space as we made the most of every minute in the dojo whilst also transitioning back to Zoom a few times. It did encourage us to get creative though – remember training on Zoom whilst dodging socks being thrown at you – now that was fun, especially for those throwing the socks! In between lockdowns we were also able to fit in a dinner at our favourite Japanese restaurant – ***Tokyo Sake*** and we also had ***Wristbands*** to symbolise our club spirit and support of each other. And to be able to celebrate together at the end of the year was wonderful!

So whilst the last two years have been difficult, let's focus on what was achieved and be proud of it.

***Enjoy your Summer break, stay safe and Happy New Year!***



# END OF YEAR CELEBRATION

It was wonderful that we could have our celebration this year and honour our 2021 Award Recipients and simply be able to get together and enjoy the opportunity to relax and share a BBQ in the sunshine. Thank you to everyone who was able to join us for what was a lovely afternoon.

And thank you to the whole club for your very generous gift of a Red Balloon voucher – it is very much appreciated and we look forward to using it in the coming months.

## Congratulations to our 2021 Award Winners:

### SENIORS

- Club Champion - Sally
- Black Belt of the Year - Sensei Lana
- Most Determined - Richard

### JUNIORS

- Most Determined - Ethan
- Most Consistent - Reeve
- Most Focussed - Azalea

### TEENS

- Most Determined - Hannah
- Most Improved - Isaac

*Hannah, Azalea, Isaac, Reeve, Ethan, Sensei Lana, Sally, Richard*





# SEMPAI

Congratulations to Sempai Taylor on her Senior Sempai grading in November. Her class focussed on self-defence, submissions and weaponry defence. She spoke with confidence and clarity, demonstrating her ability to conduct an engaging and well thought out class.

After 15 years of martial arts Sempai Taylor has developed into a fine and responsible instructor and we look forward to her contribution as a valuable instructor.



## GRADING RESULTS FOR OCTOBER / NOVEMBER / DECEMBER JUNIORS

Congratulations to Micah, Oscar D, Harrison, Campbell & Flynn on attaining their 7<sup>th</sup> Kyu (Green bars).



Congratulations to William, Leila & Jack L on attaining their 7<sup>th</sup> Kyu (Green bars).



Congratulations to Millie on attaining her 5<sup>th</sup> Kyu (Red bars)



Congratulations to Jack H, Lachy, Tom, Nathan S, Will T & Ethan on attaining their 4<sup>th</sup> Kyu (Red belt).



Congratulations to Maya, Ned, Dexter & Harlan on attaining their 3<sup>rd</sup> Kyu (Brown bars).



## TEENS

Congratulations to Oscar S, Isaac & Will Ton attaining their 7<sup>th</sup> Kyu (Green bars).





Congratulations to Lila, Mads & Eloise on attaining their 4<sup>th</sup> Kyu (Red Belt).



Congratulations to Sarah on attaining her 1<sup>st</sup> Kyu (Black bars)



## **STUDENT PROFILES**

### **Leila – 7<sup>th</sup> Kyu (Green bars)**

Hi, I'm Leila and I am 8 years old and go to Ringwood Heights Primary School.

I have been doing karate for about a year after watching my brother doing it and loving it. I also play Netball for Trinity Netball Club. My favourite karate move is the roundhouse kick and I also love playing poison ball.

### **Flynn – 7<sup>th</sup> Kyu (Green bars)**

Hi I am Flynn and I started Martial Arts in January 2021. I have 2 brothers and 1 sister and sometimes the house can get noisy. Some things I like about Martial Arts is that I am focused and it helps with my self discipline. My favourite food is pizza and my favourite sport is basketball which I just started in a new club this year (Blackburn Vikings). My hobbies are Basketball, Football, Running and riding my bike. My footy team is Hawks (GO HAWKS) and my favourite basketball team is Los Angeles Lakers. I have one dog, Trudy. She loves to run, have cuddles and play, especially at night. My favourite movies are Maze Runner and the Star Wars series.

My favourite holiday was when our family went to Thailand because the food was delicious and there was a buffet that we went to every morning. I had so much fun in Thailand. I love Lego and have lots of sets and my favourite set is a Ninjago one. I go to school at Antonio Park and am in Grade 6 next year. I am looking forward to next year as I am House Captain for Yarran Dheran.



### William L – 7<sup>th</sup> Kyu (Green bars)

Hi I'm William. I'm 6 years old and in Prep. I love playing basketball, jumping on my trampoline and climbing on monkey bars. My favourite place to go on holiday is Cobram. I love the swimming pool and all the activities to do there. I have a dog called Poppy who is 9 months old and very friendly. I enjoy patting and playing with her. Poppy is always happy to see me. My favourite food is cake, lollies and ice cream. I am very happy that I am progressing in my karate. I love training in the dojo with everyone, especially my brother Jack and cousin Fraser. I think Karate is good for my fitness and for self-defence.



## WELCOME

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

## TRAINING TIP

### - Goal setting

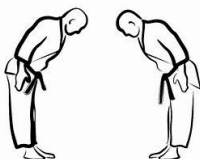
Choose goals that are worthwhile, achievable and specific. Write your goals down. Break them down into short, medium and long term components to create a time line. Refer to your written down goals regularly.



### QUOTE OF THE MONTH:

*“Falling down is a part of life, getting back up is living.”*

*- José N. Harris*



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



*SOME SNAPS FROM THE BLACK BELT & 1<sup>ST</sup> DAN GRADINGS*

*SENIOR SHODAN-HO*



*Paige*



*Sally*



*Richard*



*Hannah*



*Ben*





## ***JUNIOR SHODAN-HO***



## ***SENIOR SHODAN***

