

HOSHIKI MONTHLY

February / March 22

Welcome back to HKMA for 2022! We have had a good start to the year with two months of solid training on the dojo floor and numerous gradings already achieved and we look forward to seeing some Black Belt and Dan gradings later this year.

Take a moment to set your goals now in all areas of your life. Set specific goals with detailed components and then slowly but surely work your way towards achieving them – let nothing stand in your way.

SENIOR SEMPAI RANKS AWARDED

We were extremely pleased to award the rank of Senior Sempai recently to *Sempai Gabby*, *Sempai Aidan* and *Sempai Nathan H*. They all commenced their training with us over 10 years ago as young children, achieving their Junior Black Belt and Junior Sempai rank along the way. Now as young adults they have successfully progressed through the Senior Curriculum.

All classes were presented with great explanation and instruction. Sempai Gabby focussed on spinning kicks, Sempai Aidan focussed on ground defence and Sempai Nathan focussed on the importance of protecting your head and relaxation of mind and body – all classes demonstrating their knowledge of various aspects of HKMA.

We are proud to have another three vibrant Senior instructors amongst our ranks. Congratulations!!

SEMPAI GABBY



SEMPAI AIDAN



SEMPAI NATHAN H



30 YEAR ANNIVERSARY!!

On the 7th April 1992 *Kyoshi Matt & Sensei Glenn* opened their first Martial Arts Dojo at Whitefriars College in Donvale (1992-2005). Since then HK Martial Arts has taught over 1000 students and produced over 150 Black Belts (Jnr & Snr). We've had clubs all over Melbourne including Dojos in Thomastown (1995-2005), Wantirna, Box Hill, Doncaster, Knox and our

Honbu in North Ringwood. Over the years we've had many Martial Arts Tournament champions and full contact Kick Boxing fighters across all dojos.

It was also on 7th April, 1992 that **Shihan Maree began her Martial Arts career**. 30 years on Shihan is now ranked Godan (5th Dan), has appeared in and written many articles for Blitz Martial Arts Magazine, taught hundreds of specialised Self Defence courses, both competed in and run tournaments, judged Kick Boxing bouts and has been a driving force behind HK Martial Arts success for the past 27 years.

Happy 30th Anniversary!!

GRADING RESULTS FOR FEBRUARY / MARCH

JUNIORS

Congratulations to Ellie, Jasmine, Emelia, Sarah, Maddie & Ned T on attaining their 9th Kyu (Yellow bars)



Congratulations to Millie & George on attaining their 4th Kyu (Red belt)



Congratulations to Dexter, Ned F, Harlan & Maya on attaining their 2nd Kyu (Brown belt)



TEENS

Congratulations to Will W on attaining his 9th Kyu (Yellow bars).

Congratulations to Tom on attaining his 7th Kyu (Green bars)



Congratulations to Finn & Riley H on attaining their 3rd Kyu (Brown bars)



UPCOMING GRADINGS FOR APRIL / MAY

SENIOR 2ND DAN

Sempai Nathan K has been training hard for months now as he prepares for his Nidan (2nd Dan) grading on **18th May 2022**. This marathon grading requires immense fitness, focus and discipline and we look forward to a fantastic grading. We will advise closer to the date, but if numbers permit we hope many HK students will be there to support him.

SEMPAI Classes

- We look forward to **Zach** from the Junior class and **Archie & Xavier** from the Senior class taking classes over the next few months to grade for their respective Junior and Senior Sempai Ranks

JUNIORS

- Maddie & Ned will be attempting their 8th Kyu (Yellow belt)
- Azalea, Brookie, Chiara, Luke, Flynn & Micah and Leila will be attempting their 6th Kyu (Green belt)
- Will T & George and Nathan, Lachy & Jack will be attempting their 3rd Kyu (Brown bars)
- Alex, Charlie C, Charlie F, Emma, Kensi & Reeve and Tabitha will be attempting their 1st Kyu (Black bars)

TEENS

- Will W will be attempting his 8th Kyu (Yellow belt)
- Isaac, Oscar, Tom & Will T will be attempting their 6th Kyu (Green belt)
- Oren & Zetara will be attempting their 5th Kyu (Red bars)
- Lila, Mads & Paige will be attempting their 3rd Kyu (Brown bars)

WELCOME

Welcome to *Sarah D, Emelia & Jasmine* in the Monday Junior class, *Ned T & Maddie* in the Saturday Junior class, and *Will W* in the Monday Teen class. It's great to have you all as a part of our club.

CLASS TIME CHANGES

Due to some reduced class sizes this year we have made the decision to combine a couple of classes as of the beginning of Term 2.

- *Saturday mornings* – there will be one class **9.30 – 10.15am** (incorporating the previous 9am & 10am students)
- *Wednesday evenings* – there will be one class **7.30 – 9.00pm** (incorporating the previous 6pm students)

STUDENT PROFILES

JUNIORS

Jasmine – 9th Kyu (Yellow bars)

Hi, my name is Jasmine. I live in Croydon with my family - my mum and dad and my brother Fraser who also trains.

We have a puppy called Ashka and we love taking her for walks and playing in the backyard.

My favourite place to go on holiday is Bright. We love floating down the river in summer.

I'm really proud of achieving my yellow bars and can't wait to grade for yellow belt!

See you at training!



Ellie – 9th Kyu (Yellow bars)

Hi, my name is Ellie and I am 11.

I have done Karate before, but didn't like it as much as I do now. Before joining Hoshiki Kiritsu I played basketball for about 6 years but it just wasn't my thing.

I love watching the show Cobra Kai and it inspired me to come back to Karate and try again.

I love building Lego and right now I am building the Colosseum, which I was lucky enough to see in real life before COVID hit.



LOONG FU PAI TOURNAMENTS

The remaining two tournaments for this year are anticipated to be held in **August & November**. We will let everyone know once dates have been confirmed. 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. We will send out further details closer to the dates once we have more information. As usual Tournament Training will run on Sunday mornings for the 3 or 4 weeks prior to the tournament.

TRAINING TIP

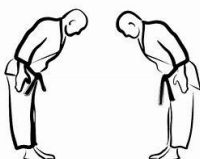
- Engage your core

Whenever possible try to engage your core – otherwise known as Hara (Japanese) or Chi (Chinese). Your core / midsection muscles is the key to all movements. Actively engaging your core will improve balance and stability and allows us to better withstand strikes, manipulations & external forces.

QUOTE OF THE MONTH:



*“If we did all the things we are capable of doing,
we would literally astonish ourselves.”*



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