

HOSHIKI MONTHLY

April / May 22

With Winter upon us, it's more important than ever to maintain regular training and fitness. Remember, exercise is good for both body and soul. We always feel better after exercise because it can actually boost energy levels and releases endorphins (happy hormones) which improves both our physical and mental health.

SEMPAI RANKS AWARDED

We were extremely pleased to award the rank of Senior Sempai to *Sempai Archie* and Junior Sempai to *Sempai Zach H* recently. We're proud to welcome two more Sempai's to our ranks.

Sempai Archie has been training for almost 10 years, having achieved his Junior Black Belt along the way. He was confident and calm as he delivered an excellent class which focussed on the importance of centring your mind and body especially when defending against 2 opponents.



Junior Sempai Zach has been training for over 6 years. Now at just 11 years old he spoke with confidence as he taught a fantastic class focussing on tile breaking techniques and also Kata breakdown



GRADING RESULTS FOR APRIL / MAY

JUNIORS

Congratulations to Chiara, Luke, Azalea & Leila on attaining their 6th Kyu (Green belt)



UPCOMING GRADINGS FOR JUNE / JULY

SENIOR 2ND DAN

The date has been changed for Senior Nidan (2nd Dan) grading.

Sempai Nathan K will now be grading on **15th June 2022, 7.30pm**. We look forward to ALL seniors being in attendance to support Sempai Nathan for this big grading!

SEMPAI Classes

- We look forward to **Xavier** from the Senior class grading for his Senior Sempai Rank

JUNIORS

- Ellie, Emelia, Jasmine, Sarah & Ned will all be attempting their 8th Kyu (Yellow belt)
- Will T & George and Nathan, Lachy, Jack & Millie will all be attempting their 3rd Kyu (Brown bars)
- Tabitha will be attempting her 1st Kyu (Black bars)

TEENS

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

STUDENT PROFILE

JUNIORS

Sarah – 9th Kyu (Yellow bars)

My name is Sarah, I live in Doncaster East.

I like doing Karate with my cousins and Aunty & Uncle. My favourite thing about Karate is I like doing my own warm up and training for my yellow belt grading. I have a brother James and a brother Andrew that also like Karate.

My football team is Carlton

My favourite food is raspberries

My favourite TV show is Horrid Henry

My favourite book is “one fish, two fish, red fish, blue fish” by Dr Suss

My favourite toy is Barbies

My other favourite sport is Gymnastics

I also like drawing and colouring

My favourite place to go on holidays is Blairgowrie with all my cousins



EQUIPMENT & MOUTHGUARDS

ALL equipment – **especially MOUTHGUARDS** – MUST be brought to every class. There have been a number of occasions this term where mouthguards have been forgotten or left in another sporting bag.

If a student does not have their mouthguard they will NOT be permitted to participate in any sparring or bag work and will have to sit down and watch and that session cannot be included as part of their attendance for grading purposes.

We have mouthguards in stock if you need to purchase another one that can remain in their karate bag at all times.

LOONG FU PAI TOURNAMENT UPDATE

The next tournament is now on **Saturday 23rd July 4pm** start at Carrington Park Leisure Centre Gym. We encourage students to enter as it will help expand your skills and knowledge and the extra training enhances your martial arts development as well as being a lot of fun.

HKMA have a strong friendship with Loong Fu Pai and we have enormous respect for Kancho Terry, Renshi Wayne and his instructors who always run a fantastic tournament.

Tournament training is compulsory and commences on Sunday 3rd July 9am – 9.45am and will run **for 3 weeks**. Please let Shihan Maree know if you're interested in competing or would like to find out more. Entry forms will be available in the dojo in the coming weeks.

TRAINING TIP

- Keep Your Chin Down

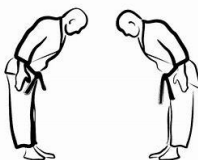
There's always a natural tendency to lift the chin, especially when throwing big hooks. Look through your eyebrows, and keep your chin tucked in for protection.

QUOTE OF THE MONTH:



“A problem is a chance for you to do your best.”

– Duke Ellington



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