

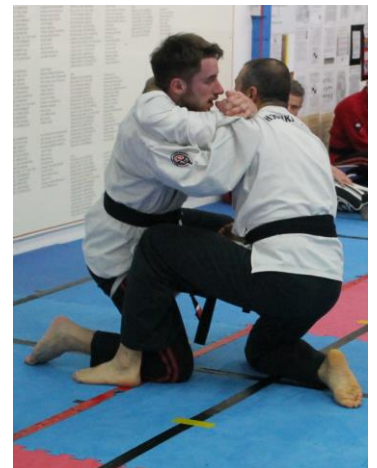
HOSHIKI MONTHLY

June / July 22

Despite Winter and another surge of Covid, our HKMA students have not been deterred in their resolve to continue to train hard and maintain their focus on achieving their martial arts goals. This has been evident with a Senior 2nd Dan grading, Sempai gradings, numerous Kyu gradings and a successful tournament all in the last two months.

SENIOR 2ND DAN

Congratulations to **Dai Sempai Nathan** on completing a gruelling Nidan grading on 15th June. The “Marathon” grading requires an enormous amount of training over many months, motivation, focus and discipline in order to complete the 18 x 2 min rounds, blindfolded self-defence and numerous katas. Dai Sempai showed exceptional determination, humility and resilience to become only the 17th successful senior 2nd Dan in 30 years. Thank you to all those who were there to support Dai Sempai – a testament to the respected person he is. A very worthy Nidan and a credit to HKMA.



SEMPAI RANKS AWARDED

We were extremely happy to award the rank of Sempai to *Sempai Sally* & *Sempai Damien*. Both have been training with us consistently for over 7 years and have been made a huge contribution to the club over this time. They have helped with many gradings and grading preparations and training, supported other students in Dan gradings and helped with numerous tournaments.



Sempai Sally's class provided us with a clear explanation and execution of Mindful balance, centring and simultaneous defence and attack.



Sempai Damien's class focussed on the importance of hitting with timing, mass and being equally skilled on both sides of the body.

They have both demonstrated an in-depth knowledge of HKMA and already proven themselves to be excellent instructors. Their open mindedness, humility and determination are just some of the attributes that make them true Martial artists and now valuable instructors. Congratulations, we're proud to have you both as part of our team of instructors.

GRADING RESULTS FOR JUNE / JULY

JUNIORS

Congratulations to Sarah, Ellie, Jasmine, Emelia & Ned on attaining their 8th Kyu (Yellow belt)



Congratulations to Lachy, Jack, George, Will T & Nathan on attaining their 3rd Kyu (Brown bars)



Congratulations to Tabitha on attaining her 1st Kyu (Black bars)



TEENS

Congratulations to Maddie & Will W on attaining their 8th Kyu (Yellow belt)



Congratulations to Tom, Will T, Oscar & Isaac on attaining their 6th Kyu (Green belt)



Congratulations to Mads & Paige on attaining their 3rd Kyu (Brown bars)



UPCOMING GRADINGS FOR AUGUST / SEPTEMBER

JUNIOR 2ND DAN

Sempai Zach will be attempting his Junior 2nd Dan on **Saturday 13th August**. He has been training with us for almost 7 years and we look forward to a strong grading.

SEMPAI Classes

- We look forward to **Ben, Xavier, Richard & Paige** from the Senior class grading for their Senior Sempai Rank over the coming months

JUNIORS

- Emelia, Ned & Sarah will all be attempting their 7th Kyu (Green bars)
- Azalea, Brookie, Chiara, Flynn, Leila, Luke & Micah will be attempting their 5th Kyu (Red bars)
- Dexter, Harlan, Maya & Ned will all be attempting their 1st Kyu (Black bars)

TEENS

- Maddie, Wil W & Ellie will be attempting their 7th Kyu (Green bars)
- Oren, Santi & Zetara will be attempting their 4th Kyu (Red belt)
- Felix, Finn, Jack & Riley will be attempting their 2nd Kyu (Brown belt)

LOONG FU PAI TOURNAMENT

Congratulations to all our students who competed in the first Tournament for over 2 years. Great courage, determination and focus was shown by ***Azalia, Micah, Ned.T, Lachlan.F, Jack.H, Will.T, Maya, Henry, Mads, Paige.M, Oren, Zetara, Isaac, Tom.H, Will.T, and Jack.D.*** Everyone competed hard and in true Budo spirit.

Thank you to *Sensei Craig, Dai Sempai Geoff, Sempai Ben, Sempai Adrian, Sempai Sally & Sempai Damien* who all gave up their time to help prepare our students on Sunday mornings and at the tournament itself.

Here are the official results-

Sumo

1st Place - Paige.M, Azalea, Mads, Tom.H **2nd Place** - Lachlan.F, Maya, Will.T, Jack.D **3rd Place** - Henry, Ned.T

Points Sparring

1st Place - Ned.T **2nd Place** - Paige.M, Henry **3rd Place** - Oren

Continuous Fighting

1st Place - Ned.T, Maya, Micah, Zetara **2nd Place** - Will.T **3rd Place** - Oren

Kata

1st Place - Micah **2nd Place** - Zetara, Henry **3rd Place** - Maya

Overall, we had 24 place awards from 16 students, but more importantly everyone had fun and gained invaluable Martial arts experience.



STUDENT PROFILE

JUNIORS

Emelia – 8thKyu (Yellow belt)

I am Emelia and I am 5yrs old and in Prep at St Gregory the Great Primary School. I have a sister who is 7yrs old and a brother who is 2yrs old. I am a yellow belt and have been a part of Hoshiki Kiritsu since January 2022. You may know my cousins James, Sarah, Jack and Brooklyn Dinneen and my sister Chiara Dinneen. It is so much fun doing karate with my cousins and sister. Most of all, I love being taught by my Aunty Shihan Maree and Uncle Kyoshi Matt!

I also do Trampolining and Swimming which are equal favourites to Karate. I LOVE going roller blading and I am looking forward to learning basketball and tennis one day.

My favourite songs at the moment are “Someone you Love”, “Friday”, “The Business”.

My favourite colours are light blue and light purple.

My favourite movie is Maleficent.

My favourite animals are elephants and koalas.

My favourite shop to go to is Kmart!

My favourite foods are donuts, watermelon and cantaloupe.



Ned – 8thKyu (Yellow belt)

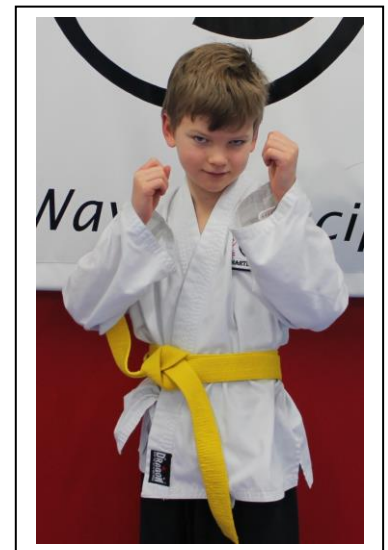
My name is Ned, I am in Grade 2 and I started to do Karate this year.

My favourite thing about martial arts is competing in the tournament.

It was lots of fun because you got to practice the skills that you learned in training and see how much you have improved.

Other things I like doing are playing basketball, tennis and footy. I have a puppy called Luna and I love running around and playing fetch with her.

I don't really have a favourite food but my favourite book at the moment is Harry Potter. After I've read each book, we are watching the movie on our family movie night.



TRAINING TIP

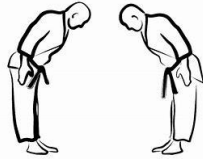
- SPARRING – UP ON TOES

When sparring stay up on your toes – no heels on the ground. Being able to move in any direction at any time is extremely important, if you are flat footed you have to first raise your heels off the ground & then move. This slight delay in movement can be the difference between evasion & impact.



QUOTE OF THE MONTH:

*“If you’re busy, make sure it’s doing something worthwhile.
If you’re not busy, find something worthwhile to do.”*



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

SOME SNAPS FROM THE 2ND DAN GRADING

