

# HOSHIKI MONTHLY

August / September 22

## JUNIOR 2<sup>ND</sup> DAN

Congratulations to **Sempai Zach** on completing his Junior Nidan grading in August. He displayed great control, skill and determination throughout the grading which consisted of ground fighting, Tonfa and Nunchucku Katas, self defence, sparring, impact rounds and multiple person self defence. Once again Sempai Zach showed self discipline and maturity beyond his age.



## SEMPAI RANKS AWARDED



We were extremely happy to award the rank of Sempai to **Sempai Ben** & **Sempai Richard**.

**Sempai Ben**'s class focused on the importance of relaxation, timing and diffusing confrontation. Sempai Ben has been training with us since he was 9 years of age and has developed into a very mature and disciplined Martial Artist and young man. He is an excellent role model and instructor for his Saturday morning junior students.

**Sempai Richard** conducted a very detailed and interesting BJJ class, concentrating on ground

defence and submissions. Sempai Richard has been a dedicated, humble and consistent member of HKMA for almost 7 years. We value his calm approach to training and constant presence in the dojo.

## **GRADING RESULTS FOR AUGUST / SEPTEMBER**

### **JUNIORS**

Congratulations to Micah, Flynn, Azalea, Chiara, Brookie, Luke & Leila on attaining their 5<sup>th</sup> Kyu (Red bars)



Congratulations to Emelia & Sarah on attaining their 7<sup>th</sup> Kyu (Green bars)



Congratulations to Millie on attaining her 3<sup>rd</sup> Kyu (Brown bars)



## **UPCOMING GRADINGS FOR OCTOBER / NOVEMBER / DECEMBER**

### **JUNIOR SHODAN HO (BLACK BELT GRADING)**

*Emma, Kensi, Reeve, James, Charlie C, Charlie F & Alex* will all be attempting their Junior Shodan Ho (Black Belt) on **Saturday 29<sup>th</sup> October**. After almost 5 years of training and the last 3 months of specific black belt training, we look forward to a strong grading.

### **JUNIOR SHODAN (FULL FIRST DAN GRADING)**

*Henry* will be attempting his Junior Shodan (Full 1<sup>st</sup> Dan) on **Saturday 15<sup>th</sup> October**.

## JUNIORS

- Ned T, Jasmine & Fraser will all be attempting their 7<sup>th</sup> Kyu (Green bars)
- Emelia & Sarah will be attempting their 6<sup>th</sup> Kyu (Green belt)
- Azalea, Brookie, Chiara, Flynn, Leila, Luke & Micah will all be attempting their 4<sup>th</sup> Kyu (Red belt)
- George & Will T and Jack, Lachie, Nathan & Millie will all be attempting their 2<sup>nd</sup> Kyu (Brown belt)
- Dexter, Harlan, Maya & Ned F will all be attempting their 1<sup>st</sup> Kyu (Black bars)

## TEENS

- Maddie, Wil W & Ellie will be attempting their 7<sup>th</sup> Kyu (Green bars)
- Oren, Santi & Zetara will be attempting their 4<sup>th</sup> Kyu (Red belt)
- Felix, Jack & Riley will be attempting their 2<sup>nd</sup> Kyu (Brown belt)
- Isaac, Oscar, Tom & Will T will all be attempting their 5<sup>th</sup> Kyu (Red bars)

## WELCOME

Welcome to our 3 new students - *Fergus, Pierre & Leo* in the Saturday Junior class. It's great to have you all as a part of our club.

## END OF YEAR CELEBRATION



We're looking forward to our End of Year Celebration / Christmas party to recognise those who have shown outstanding focus, commitment and discipline to their training and also to just enjoy the opportunity to all get together and relax.

We hope you can all join us for lunch and for the Trophy Presentations and the Medals for all Juniors.

**When:** Saturday 10<sup>th</sup> December

**Time:** 12.00pm onwards for lunch

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

**Where:** Venue to be confirmed (hopefully Multipurpose Room at RHPS)

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

## KICKBOXING CALENDAR

Sunday Kickboxing will now be run on a fortnightly basis. Please see calendar at the end for remainder of 2022 and for 2023.

## **TRAINING TIP**

### **- Offence and Defence**

"Invincibility lies in the defence, and the possibility of victory lies in the attack"

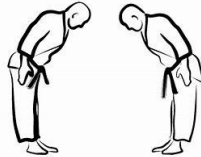
– *The Art of War.*

Defence may protect you from losing, but you cannot win a fight if you only defend. Martial arts requires a balance of offensive & defensive techniques to be effective, they are equally important so give equal time to both in your training.

### **QUOTE OF THE MONTH:**



*“Sometimes you’ve got to take a step back to see the big picture in order to progress forward in the right direction – don’t be afraid to take a moment to reflect when needed.”*



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

# KICKBOXING CALENDAR



## 2022

9/10/2022, 23/10/2022, 6/11/2022, 20/11/2022, 4/12/2022

## 2023

### *JAN - JUNE*

08/01/2023

22/01/2023

05/02/2023

19/02/2023

05/03/2023

19/03/2023

02/04/2023

16/04/2023

30/04/2023

14/05/2023

28/05/2023

11/06/2023

25/06/2023

### *JULY - DEC*

09/07/2023

23/07/2023

06/08/2023

20/08/2023

03/09/2023

17/09/2023

01/10/2023

15/10/2023

29/10/2023

12/11/2023

26/11/2023

10/12/2023