

# HOSHIKI MONTHLY

October / November / December 22



We've loved watching so many students develop, improve and enhance their varied martial arts skills and achieve important goals throughout the year.

We've watched young students start with little focus to being attentive for the full class; coloured belts suddenly master spinning kicks; new junior black belts assist with teaching. These are just a few examples of the progress we've enjoyed observing throughout the year.

## **SUMMARY OF COMMENCEMENT DATES FOR TERM 1, 2023**

- Sunday 29<sup>TH</sup> January – Kickboxing Recommences
- Monday 30<sup>TH</sup> January – Junior & Teen Classes Recommence
- Wednesday 1<sup>ST</sup> February – Senior Class Recommences
- Saturday 4<sup>TH</sup> February – Junior Class Recommences



## **JUNIOR SHODAN HO – BLACK BELT**

We were so proud of Emma, Reeve, Charlie.F, Kensi, Alex, Charlie.C & James who all achieved their Junior Shodan Ho (Black Belt) on the 29<sup>th</sup> October. Over the past 4.5 years these young Martial artists have had to overcome the most difficult preparation for Black belt in our 30 years of teaching.

They kept up their training during lockdowns via Zoom and then put in a solid year of training in the dojo this year, training multiple times a week for the 3 months leading up to their grading, showing true commitment. What a great example of discipline, spirit and determination they are to the entire club. Congratulations on a high standard grading!





## **JUNIOR SHODAN – FULL 1<sup>ST</sup> DAN**

Congratulations to Henry on achieving his Junior Shodan (1st Dan) in October. Henry performed extremely well displaying great skill and control in a variety of disciplines including 2 weaponry katas, 2 person self defence and sparring as well as Kata Sanchin. We are immensely proud of Henry who has displayed maturity and self motivation beyond his age.



## **DAI SENSEI PROMOTIONS**

Congratulations to two of our Senior Instructors on their promotion to the rank of Yondan Ho (Probationary 4<sup>th</sup> Dan) and the title of Dai Sensei.

*Dai Sensei Jane* and *Dai Sensei Lana* have consistently demonstrated the qualities of a Dai Sensei. Their dedication, commitment, and contribution to HKMA and the development of our students has been outstanding. We are grateful to have such great teachers.



## END OF YEAR CELEBRATION

Thank you to everyone who was able to join us at the Presentation Day and honour our 2022 Award Recipients. It was lovely to be able to relax over a delicious lunch and celebrate another wonderful year at HKMA. Special thanks to Sempai Adrian for bringing along his BBQ and to Sempai Zach and Luke H for doing a magnificent job helping to clean up and vacuum!

And thank you to the whole club for your very generous gift. It is very much appreciated, and we look forward to visiting Bunnings over the Summer.

### Congratulations to our 2022 Award Winners:

#### JUNIORS

- Club Champion - Henry
- Black Belt of the Year - Sempai Zach
- Most Determined - Emma
- Most Focussed - Chiara
- Most Disciplined - Maya
- Most Improved - Dexter

#### SENIORS

- Club Champion - Sempai Sally
- Black Belt of the Year - Sempai Ben
- Most Determined - Sempai Gabby

#### TEENS

- Most Determined - Tom
- Most Improved - Oscar



## SNAPSHOT OF 2022

It's been wonderful to have a full year of training in the dojo with so many goals being achieved this year. Here's a snapshot of 2022.

The first half of the year saw us ramp up our fitness as we all joined in with Senior 2<sup>nd</sup> Dan training. We also enjoyed the variety of numerous Sempai classes. Tournament training mid-year resulted in a fantastic tournament in July with 24 trophies won by the HK team! We then focussed on Junior Dan gradings, Junior Black belt training and Junior Kyu gradings later in the year, finishing strong with over 40 gradings in term 4.

During the year we were extremely pleased to promote **1 Junior** instructor to the rank of **Sempai** and **8 Senior** instructors to the rank of **Sempai**.

We had 16 competitors participate in 1 Loong Fu Pai tournament this year bringing home a total of 24 trophies! We welcomed another 8 new students during the year.

This year we have had **104 gradings**. Among these were Senior 2<sup>nd</sup> Dan (1), Junior 2<sup>nd</sup> Dan (1), Junior 1<sup>st</sup> Dan (1) and Junior Black Belt (7).

# GRADING RESULTS FOR OCTOBER / NOVEMBER / DECEMBER

## JUNIORS

Congratulations to Fergus & Pierre on attaining their 9<sup>th</sup> Kyu (Yellow bars)



Congratulations to Ned T, Jasmine & Fraser on attaining their 7<sup>th</sup> Kyu (Green bars)



Congratulations to Emelia, Ned T, Sarah & Jasmine on attaining their 6<sup>th</sup> Kyu (Green belt)



Congratulations to Micah, Leila, Flynn, Brookie, Chiara, Luke & Azalea on attaining their 4<sup>th</sup> Kyu (Red belt)



Congratulations to George, Will T, Lachy, Jack, Nathan & Millie on attaining their 2<sup>nd</sup> Kyu (Brown belt)



Congratulations to on Harlan, Maya, Dexter & Ned F attaining their 1<sup>st</sup> Kyu (Black bars)



## TEENS

Congratulations to Ellie & Wil W on attaining their 7<sup>th</sup> Kyu (Green bars)



Congratulations to Oren, Santi & Zetara on attaining their 4<sup>th</sup> Kyu (Red belt)



Congratulations to Oscar, Tom, Isaac & Will T on attaining their 5<sup>th</sup> Kyu (Red bars)



## **SPECIAL MENTION**

2023 marks Kyoshi Matt's 40 years since he began martial arts. 4 decades of learning, training, teaching and dedication to martial arts. We hope to celebrate the occasion later in the year.

*Shihan Maree*

## **TRAINING TIP**

- **Holiday fitness**

Maintaining a baseline level of fitness and activity during the holidays doesn't have to be hard.

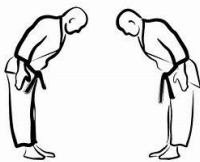
A 20 minute walk every day and 10 minutes each morning of pushups, situps and kata will leave you feeling energised and motivated. Make it part of your holiday routine.

## **QUOTE OF THE MONTH:**



***"Give whatever you are doing and  
whoever you are with the gift of your attention."***

*– Jim Rohn*



***Enjoy your Summer break, stay safe and have a very Merry Christmas!  
Kyoshi Matt and Shihan Maree***

# KICKBOXING CALENDAR



2023

## JAN - JUNE

08/01/2023

29/01/2023

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



# SOME SNAPSHOTS FROM JUNIOR BLACK BELT, JUNIOR 1<sup>ST</sup> DAN & BBQ

## *Junior Black Belt*



*James*



*Emma*



*Kensi*



*Charlie C*



*Charlie FC*



*Reeve*



*Alex*



*Reeve*



*Charlie FC*



*Charlie C*



*Alex*



*Kensi*



*Emma*



*James*

**Junior 1<sup>st</sup> Dan**



**BBO**

