

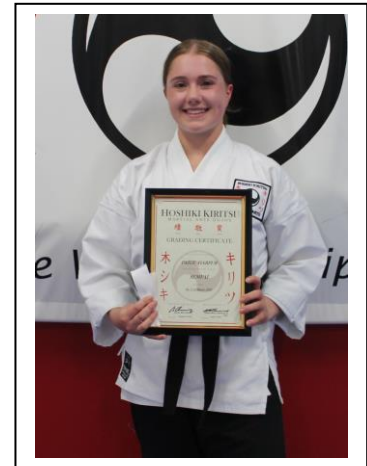
# HOSHIKI MONTHLY

Term 1 2023

We've started the year with some strong Kyu gradings and many have set goals and begun training hard for Black Belt and Dan gradings in Term 2. Set the bar high for all aspects of life then strive to surpass it.

## SEMPAI GRADING

Congratulations to **Sempai Paige** on a fantastic Sempai grading . She conducted a grappling and core stability focused class with some great applications for incorporating grappling into rounds. Sempai Paige has been a dedicated, humble and consistent member of HKMA for the past 10 years since she was 10 years old and has now proven herself to be a knowledgeable instructor whom we're lucky to have in the dojo.



## LOONG FU PAI TOURNAMENTS

The next tournament with Loong Fu Pai will be held in **June**. 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. As usual Tournament Training will run on Sunday mornings. Details are:

- **Tournament - Saturday 17<sup>th</sup> June 3pm start**
- **Venue to be confirmed**
- **Sunday training dates: 10am - 14<sup>th</sup> May, 21<sup>st</sup> May, 4<sup>th</sup> June, 11<sup>th</sup> June**
  - o *Note – no training 28<sup>th</sup> May*

Please let us know if you are interested in competing.

## GRADING RESULTS FOR TERM 1

### JUNIORS

Congratulations to Jasmine, Emelia & Ned T on attaining their 5<sup>th</sup> Kyu (Red bars)



Congratulations to Brookie, Micah, Flynn, Azalea, Luke & Chiara on attaining their 3<sup>rd</sup> Kyu (Brown bars)



## TEENS

Congratulations to Zadie and Bella on attaining their 9<sup>th</sup> Kyu (Yellow bars)



Congratulations to Wil W & Ellie on attaining their 6<sup>th</sup> Kyu (Green belt)



Congratulations to Riley, Felix & Mads on attaining their 2<sup>nd</sup> Kyu (Brown belt)



## **UPCOMING GRADINGS FOR TERM 2**

### **SENIOR 1<sup>ST</sup> DAN**

We are very excited to have 5 Senior Shodan gradings coming up in Term 2.

**Sempai Sally, Sempai Damien, Sempai Richard, Sempai Ben & Sempai Archie** will all be attempting their Senior Full 1<sup>st</sup> Dan gradings. Senior 1<sup>st</sup> Dan grading takes a great deal of preparation and showcases advanced weaponry techniques and control in yuksuko form.

### **JUNIOR SHODAN HO (Black Belt)**

After more than 4 years of hard training **Harlan, Dexter, Maya, Ned T & Tabitha** will be grading for their Junior Shodan Ho (Black Belt) in June. They have already commenced extra training and we look forward to a strong grading.

### **JUNIORS**

- Fergus & Pierre will be attempting their 8<sup>th</sup> Kyu (Yellow belt)
- Nathan, Millie, George, Will T, Jack & Lachy will be all attempting their 1<sup>st</sup> Kyu (Black bars)

### **TEENS**

- Zadie and Bella will be attempting their 8<sup>th</sup> Kyu (Yellow belt)
- Isaac, Tom, Will T & Oscar will all be attempting their 4<sup>th</sup> Kyu (Red belt)
- Oren, Zetara & Santi will be attempting their 3<sup>rd</sup> Kyu (Brown bars)

### **SENIORS**

- Richard A, Aidan & Tristan will be attempting their 9<sup>th</sup> Kyu (Yellow bars)

## **WELCOME**

Welcome to **Bella & Zadie** in the Monday Teen class and to **Richard & Aidan & Tristan** in the Senior class. It's great to have you all as a part of our club.

## **40 YEAR ANNIVERSARY!!**

In March 1983 Kyoshi Matt stepped into his first Dojo and hence began his lifelong journey as a Martial Artist. He began training in *Kwannon Karate* followed by many years in *Zen Do Kai, Kickboxing, Boxing, Thai Boxing, Kung Fu, Muay Thai* and *Ju Jitsu*. Kyoshi commenced teaching and opened his first clubs in 1991, establishing HKMA in 1995. Over the years he has fought both Kickboxing & Muay Thai rules in numerous full contact and semi-contact tournaments as well as many karate tournaments and had the opportunity to train with various styles overseas.

Some highlights along the way have included:

- 2018 - Awarded **5th Dan World Ranking** with **World Kumite Organisation (WKO)**
- 2018 - Inducted into the **Australasian Martial Arts Hall of Fame (AMAHOF)**
- 1989 - **Victorian Title in Full Contact Karate**
- 1991-**Victorian Title in Kickboxing**

Kyoshi has had the privilege of training with many well-respected instructors including

- ☯ **Soke Bob Jones** (Zen Do Kai)
- ☯ **Soke Richard Norton** (Zen Do Kai)
- ☯ **Kancho Terry Lim** (Loong Fu Pai)
- ☯ **Master Benny Yu** (Greatest Thai Boxing – Hong Kong)
- ☯ **Master Dana Goodson** (Kickboxing)
- ☯ **Kru Mark Castagnini** (Muay Thai / Martial Arts)
- ☯ **Sifu Nima King** (Mindful Wing Chun – Hong Kong)

It was therefore fitting that in his 40<sup>th</sup> year of training he was invited to lunch with some of Australia's most celebrated and revered martial arts instructors including **Hanshi Tino Cerebrano** (considered the father of Australian martial arts), **Soke Richard Norton** (who was a huge personal influence and taught Kyoshi and was probably the best all round martial artist Australia has ever produced) and **Kancho Terry Lim** (one Australia's highest ranking and most respected martial artists and also a good friend).

*With Soke Richard Norton*



*With Hanshi Tino Cerebrano*



**Happy Anniversary Kyoshi Matt to 40 years as a Martial Artist!!**

## STUDENT PROFILES

### JUNIORS

#### *Fergus – 9<sup>th</sup> Kyu (Yellow bars)*

Hi, my name is Fergus and I am 6 years old. My favourite food is chocolate cake and my favourite drink is ginger beer. I support the Melbourne Demons and love to watch tv shows like Minecraft story mode and I'm looking forward to seeing the Mario movie these holidays.

I have two pets, a cat called Zuma and a puppy called Piper.

My family are my brother Louis, my Mum and my Dad.

The things I like most about Karate are that the floor is red and blue (Dees colours) and I like the mirrors on the walls.

I also like boxing and learning katas.

I love to go to Macs Cove on holiday which is near Mansfield and my other hobbies are playing video games and making art at home.



## **Pierre – 9<sup>th</sup> Kyu (Yellow bars)**

Hi, my name is Pierre.

Reason for starting karate: to see my cousin Henry. Also, I want to learn how to protect myself and I also thought it would be fun and it is very fun. I like it a lot.

Favourite thing about karate: I like doing kata Boshu. I also like having fun with Fergus and breaking a tile for my first time.

Goal with karate: I want to be good at it.

When not at karate I like: spending time with my family. Reading. Playing video games. Mopping the floor with the new mop.

Do you want to say anything else: Kyoshi Matt and Shihan Maree are always there to support me. And all the other Senseis. Thank you for encouraging me. I won't stop doing karate. I love it.



## **TRAINING TIP**

### **FOCUS AND DISCIPLINE**

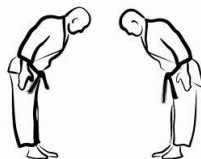
At the commencement of class, it is essential that we take a moment to focus on our intentions during heiko dachi. Remaining in that focussed receptive state throughout the entire class and reflecting that in your body language (ie.head up & shoulders back or strong stances and not leaning) allows you to get the most out of every class and sets a pattern for strong, disciplined training.

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



*“The Dojo: A place where the mind is fed, the body is toned, the soul is matured and the spirit is elevated.”*

*Hanshi Tino Ceberano*



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