

# HOSHIKI MONTHLY

Term 2 2023

What a massive term 2 we've had! We've managed to fit in 1<sup>st</sup> Dan & Black belt gradings with extra training, Sempai and Sensei gradings, numerous Kyu gradings as well as the Tournament – it's great to see so many achievements and goals being realised.

## JUNIOR SHODAN HO – BLACK BELT

We were so proud of *Maya, Harlan, Dexter, Ned F & Tabitha* who all achieved their Junior Shodan Ho (Black Belt) on the 17<sup>th</sup> June after almost 5 years of training. They didn't let lockdowns and zoom classes deter them from achieving their goal and their determination and perseverance has now paid off. Extra sessions which began in Term 1 and continued throughout Term 2 along with focussed regular training has resulted in an outstanding grading. Excellent technique was demonstrated during your self defence, katas and combat rounds. Congratulations, we are proud to have you amongst the HKMA Black Belt group!



## SENIOR SHODAN – FULL 1<sup>st</sup> DAN

Congratulations to *Sempai Sally & Sempai Richard* on achieving their Senior Shodan (1<sup>st</sup> Dan) on 14<sup>th</sup> June. Both Sempais showed outstanding control, creativity and dedication to create 4 knife and 4 weaponry Yuksukos plus 4 grading Katas. Particularly on show was Sempai Sally's precise kata technique and Sempai Richard's dynamic weaponry.

Sempai Sally and Sempai Richard have been the backbone of HK Martial Arts for many years and have set a very high standard in character and physical skills for others to follow.

Special thanks to *Sensei Geoff* and *Dai Sempai Jas* for their dedication and sacrifice as grading partners.



## **JUNIOR SEMPAI GRADING**

Congratulations to *Sempai Henry* on a fantastic class and being awarded the rank of Junior Sempai. At only 11 years of age Sempai took a very detailed and entertaining class. Sempai Henry has always shown great maturity, self discipline and confidence since he was 5 years old and will definitely be a future leader in HKMA.



## **SENSEI GRADING**

Congratulations to *Sensei Geoff* on being awarded the rank of Sensei. His class was engaging and interesting and focused on the practical application of Sui Nim Tao and core centering. Over the past 12 years Sensei has been a dedicated and selfless instructor and Martial Artist. He has contributed in every aspect of HKMA including - organising overseas training trips, grading preparations, training fighters and fighting in kickboxing, junior tournament preparation and weekly instructing. We are lucky to have such a dedicated and knowledgeable instructor amongst our ranks.



# LOONG FU PAI TOURNAMENT

We had 13 HK competitors – some of them competing for the first time at the *Loong Fu Pai Tournament* on 17<sup>th</sup> June. We were so proud of all our students who put in extra training on Sunday mornings to prepare and then competed with discipline, focus and respect; representing HKMA with honour. It was an exciting afternoon watching and cheering on. Congratulations to ***Azalea, Brookie, Chiara, Emelia, Sempai Henry, Isaac, Luke, Maya, Ned, Santi, Will T (Teens), Will T (Jnrs) & Sempai Zach*** for entering the tournament and testing your skills under pressure.



Huge thanks to ***Sempai Riley, Sempai Adrian, Dai Sensei Lana, Sempai Sally, Dai Sempai Jas, Sensei Geoff & Sempai Richard*** for all their help on Sunday mornings and on the day.

Congratulations to the following students who won or placed in an event:

**Azalea** – 2<sup>nd</sup> Place Sumo, 3<sup>rd</sup> Place Kata

**Brookie** – 3<sup>rd</sup> Place Tile

**Chiara** – 2<sup>nd</sup> Place Tile, 3<sup>rd</sup> Place Sumo

**Luke** – 1<sup>st</sup> Place Tile, 3<sup>rd</sup> Place Sumo

**Ned** – 2<sup>nd</sup> Place Sumo

**Will Th** – 1<sup>st</sup> Place Sumo, 1<sup>st</sup> Place Rapid Fire, 2<sup>nd</sup> Place Tile

**Will To** – 1<sup>st</sup> Place Sumo, 2<sup>nd</sup> Place Continuous Sparring

**Sempai Zach** – 1<sup>st</sup> Place Tile, 1<sup>st</sup> Place Sumo



The HKMA Team brought home 15 medals which we are really proud of. But even better was the team spirit and respect shown by all our students. Kancho Terry and some of his instructors commented on the respect, behaviour and skill of our team – you have done HKMA proud!



## **GRADING RESULTS FOR TERM 2**

### **JUNIORS**

Congratulations to Fergus & Pierre on attaining their 8<sup>th</sup> Kyu (Yellow Belt)



Congratulations to Fraser on attaining his 6<sup>th</sup> Kyu (Green belt)



### **TEENS**

Congratulations to Zadie and Bella on attaining their 8<sup>th</sup> Kyu (Yellow belt)



Congratulations to Santi on attaining his 3<sup>rd</sup> Kyu (Brown bars)



Congratulations to Paige on attaining her 2<sup>nd</sup> Kyu (Brown belt)



## SENIORS

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



## UPCOMING GRADINGS FOR TERM 3

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

We are looking forward to **Sempai Ben**, **Sempai Archie**, **Sempai Gabby** & **Sempai Paige** all attempting their Senior Full 1<sup>st</sup> Dan grading and demonstrating their advanced weaponry techniques and control in yuksuko form.

### JUNIORS

- Sempai Zach will be attempting his Sandan (3<sup>rd</sup> Dan)
- Sempai Henry will be attempting his Nidan (2<sup>nd</sup> Dan)
- Nathan, Millie, George & Will T will be attempting their 1<sup>st</sup> Kyu (Black bars)
- Brookie, Chiara, Emelia, Jasmine & Ned T will all be attempting their 4<sup>th</sup> Kyu (Red belt)
- Sarah & Fraser will be attempting their 5<sup>th</sup> Kyu (Red bars)
- Fergus & Pierre will be attempting their 7<sup>th</sup> Kyu (Green bars)

### TEENS

- Tom, Will, Isaac & Oscar will be attempting their 4<sup>th</sup> Kyu (Red belt)
- Ellie, Wil W, Flynn, Jack & Lachy will all be attempting their 5<sup>th</sup> Kyu (Red bars)
- Bella & Zadie will be attempting their 7<sup>th</sup> Kyu (Green bars)

### SENIORS

- Aidan & Tristan will be attempting their 8<sup>th</sup> Kyu (Yellow belt)

# STUDENT PROFILES

## TEENS

### Zadie – 8<sup>th</sup> Kyu (Yellow belt)

Hi, My name is Zadie Stefanac. I am the youngest in a family of five, including my sister, brother, mum and dad. Some of my hobbies are drawing, writing and reading. I enjoy quiet and any type of art. For me, art is my way of taking time to enjoy the things I like doing, and creating my own reality.

I was inspired to start karate when I watched my sister Maya sparring and grading in karate. My brother then started karate with a friend of mine, and I thought it would be a good idea to start too. I really enjoy karate because of the kind people around me, and the feeling of achieving my next grading.



## TRAINING TIP

### - AWARENESS

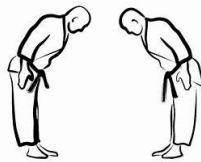
When sparring be aware of not only your opponent but everyone else in the dojo – this will not only prevent accidents but also increase your awareness and peripheral vision.

### QUOTE OF THE MONTH:



*“Independent inquiry is needed for your search for the truth,  
not dependence on anyone else’s view or a mere book”*

*- Bruce Lee*



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

**A FEW SNAPS FROM THE JUNIOR BLACK BELT GRADING**



Group Kata Tensho



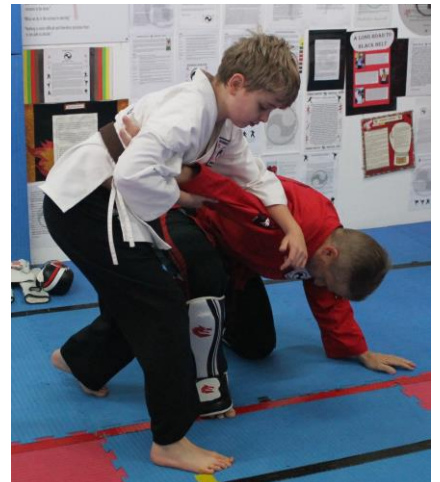
Ned



Maya



Tabitha



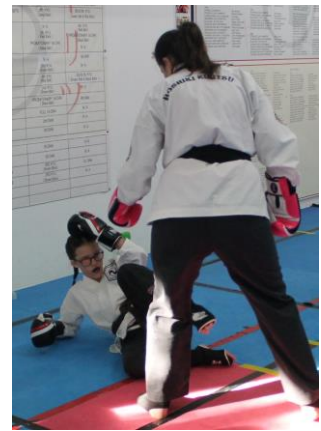
Dexter



Harlan



Maya



Tabitha



Dexter



Harlan



Ned

***A FEW SNAPS FROM THE SENIOR SHODAN GRADING***





# A FEW SNAPS FROM THE TOURNAMENT



Brookie



Emelia



Chiara



Luke



Azalea



Ned



Sempai Zach



Maya



Will To.



Sempai Henry



Isaac



Will Th.



Santi



Chiara



Sempai Henry



Will Th.



Luke



Ned



Emelia



Maya



Azalea



Sempai Zach



Brookie



Will To.



Isaac



Will To. & Maya