

HOSHIKI MONTHLY

Term 3 2023

SENIOR SHODAN – FULL 1st DAN

Congratulations to **Sempai Gabby, Sempai Paige, Sempai Ben & Sempai Archie** on achieving their Senior Shodan (1st Dan) during August.

All 4 Sempais displayed great focus, discipline, speed, balance and creativity with both their empty hand against a knife and the dual weaponry Yuksukos. It's very rewarding to see them develop into disciplined, responsible and focused young men and women after commencing their training as 7 year olds over a decade ago.

They are fantastic role models to all of our teen and junior students and have been extremely dedicated Martial Artists for over 10 years. The entire club is extremely proud.



JUNIOR NIDAN – 2nd DAN

Congratulations to *Sempai Henry* on a fantastic Junior Nidan grading. Sempai displayed great control, focus and a diverse range of Martial Arts skills to complete 2 weaponry Katas, ground defence, self defence and multiple attack rounds. Sempai has always shown maturity and discipline beyond his years since he started training at 5 years of age. We are very proud of his achievement.



GRADING RESULTS FOR TERM 3

JUNIORS

Congratulations to Pierre & Fergus on attaining their 7th Kyu (Green Bars)



Congratulations to Fraser on attaining his 5th Kyu (Red bars)



Congratulations to Jasmine, Emelia & Ned on attaining their 4th Kyu (Red belt)



Congratulations to Will T & George on attaining their 1st Kyu (Black bars)



TEENS

Congratulations to Bella & Zadie on attaining their 7th Kyu (Green bars)



Congratulations to Nathan on attaining his 5th Kyu (Red bars)



Congratulations to Oscar, Isaac, Will T & Tom on attaining their 4th Kyu (Red belt)



SENIORS

Congratulations to Tristan & Aidan on attaining their 8th Kyu (Yellow belt)



UPCOMING GRADINGS FOR TERM 4

JUNIORS

- Sempai Zach will be attempting his Sandan (3rd Dan)
- Alex, Charlie C & Emma will be attempting their Shodan Ho (1st Dan)
- Millie will be attempting her 1st Kyu (Black bars)
- Azalea, Brookie, Chiara, Luke & Micah will all be attempting their 2nd Kyu (Brown belt)
- Emelia, Jasmine & Ned will be attempting their 3rd Kyu (Brown bars)
- Fraser will be attempting his 4th Kyu (Red belt)
- Fergus & Pierre will be attempting their 6th Kyu (Green belt)

TEENS

- Bella & Zadie will be attempting their 6th Kyu (Green belt)
- Wil W, Flynn, Ellie, Jack & Lachy will be attempting their 5th Kyu (Red bars)
- Maya, Isaac, Oscar, Tom & Will T will be attempting their 3rd Kyu (Brown bars)
- Santi will be attempting his 2nd Kyu (Brown belt)
- Riley, Felix, Paige M & Mads will be attempting their 1st Kyu (Black bars)

SENIORS

- Aidan & Tristan will be attempting their 7th Kyu (Green bars)

END OF YEAR CELEBRATION



Our End of Year Celebration / Christmas party is still a few months away but we're getting in early to remind everyone to put the date in your diary! It's important to recognise those who have shown outstanding focus, commitment and discipline to their training throughout the year 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 9th December

Time: 12.00pm onwards for lunch

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

Where: Multipurpose Room – Ringwood Heights Primary School

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

STUDENT PROFILES

SENIORS

AIDAN MESSAGE – 8th Kyu (Yellow belt)

In 2022 I was introduced to the world of Hoshiki Kiritsu through my son Pierre who joined the Saturday morning class. From the first, Pierre and by extension our entire family, felt welcomed into the club not only by Kyoshi and Shihan, but also by all the other members. Of particular note, it was great to meet Lachy, Susan, Fergus, Louis and Sensei Bill.

Lachy and I share the joys and frustrations of watching the progression of our sons Fergus and Pierre as they make steady progress, recently gaining their green bars. Parenting can be a tense business, fortunately Sensei Bill has been on hand at key times to temper our responses with an infectious and relentless joy in the successes of all the kids.

It was quickly apparent that HK was a great fit for Pierre. He loved participating, sparring with me at home and, to a lesser extent, practicing his katas. From a parent perspective it was clear that the structure of the sessions and curriculum focus was a perfect opportunity for him to develop physically and mentally. Given this we already have plans for my second son, Louis (currently 18 months old), to join when he is able.



Sitting watching the kids, I at times felt a little disconnected. I had never participated in any martial arts and had no understanding of the conventions, rules, language or patterns of movement. I would bow awkwardly on arrival at the dojo but had little understanding of the significance of what Pierre was participating in. Thus, with the knowledge that Lachy was planning a return, I decided it was time to join.

Starting a completely new activity at 42 is a challenging experience. As a teacher, I spend my days working with students from a position of expertise. So, to enter a realm of life where I am an absolute beginner has brought an element of challenge, uncertainty and invigoration. The level of nervousness I felt prior to my first grading was surprising but more than matched by the sense of achievement from gaining my yellow bars.

Coming to the Dojo on a Wednesday night has become a vital part of my weekly routine. It is a fascinating juxtaposition - a place of deep calm and reflection but also physical challenge and controlled violence. It also a rare place in our world where every participant is focused on creating an environment of support, challenge and community. Kyoshi Matt and Shihan Maree, I am deeply grateful for the environment you have created and the positive impact you, and all the leaders within HK, have not only on me and my family but all those learning within the HK community.

TRAINING TIP

- **Self Defence**

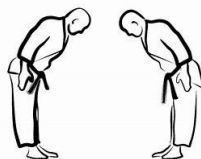
Circular movement, footwork and flow are three of the key elements in effective Self Defence against a variety of grabs.

QUOTE OF THE MONTH:



“Change your thoughts and you change your world.”

- ***Norman Vincent Peale***



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

A FEW SNAPS FROM THE SENIOR SHODAN GRADINGS

