

# HOSHIKI MONTHLY

Term 4 2023



As we wrap up our 28<sup>th</sup> year of HKMA and reflect on the last 12 months in the dojo there are two things in particular that have stood out for us that have been especially rewarding amongst all the achievements and goals attained throughout the year. Firstly, watching on as a number of students have really developed and matured this year as focussed students and young instructors in both the Junior and Teen classes. And secondly, the level of respect students have consistently shown towards instructors and also each other. We are really proud of all our students and the positive community they are the heart of. Wishing our HK family a lovely and peaceful Christmas and a safe and very happy New Year.

## **KYOSHI MATT – PROMOTION TO SHICHIDAN (7<sup>TH</sup> DAN)**

Congratulations to ***Kyoshi Matt*** on his promotion to Shichidan (7th Dan) by Kancho Terry Lim (10th Dan) who is one Australia's highest ranking and most respected martial artists.



Kyoshi Matt has dedicated the last 40 years to martial arts, consistently training and striving to always learn and improve as both a martial artist and a teacher. Since becoming a Sensei 30 years ago, Kyoshi's focus has always been selflessly on his students and how he can help them improve, develop and achieve their martial arts goals. He has been a teacher, a mentor, a

confidante and a friend to 1000's of students and we are all honoured to be or have been taught by him.

Thank you to all of our HKMA family for being there to honour Kyoshi. And thank you to **Kancho Terry Lim & Renshi Wayne Boyd** of Loong Fu Pai Martial Arts for your ongoing support and friendship and to Kancho Terry for recognising Kyoshi's achievements and promotion to 7th Dan - *Shihan Maree*

## **JUNIOR SANDAN – 3<sup>rd</sup> DAN**

Congratulations to **Sempai Zach H** on attaining his Junior Sandan rank. Sempai displayed great focus, maturity and skill as he demonstrated a 3 person defensive Yuksuko and multiple rounds and Katas. Sempai, who commenced training as a 4 year old, has demonstrated what dedication and humility can achieve at only 12 years of age. The entire club is very proud.



## **JUNIOR SHODAN – Full 1<sup>st</sup> DAN**

Congratulations to **Alex & Charlie C** on their Shodan (Full 1<sup>st</sup> Dan) grading. Both these young men put in a great deal of effort, discipline and focus preparing for this grading. They had to demonstrate a variety of skills including 2 person self defence, multiple defence rounds and 2 weaponry Katas. We are very proud of you both.





# END OF YEAR CELEBRATION



It was wonderful to be able to get together as a club to honour our 2023 Award Recipients and to relax over a delicious lunch and celebrate another fantastic year at HKMA. Thank you to everyone who was able to join us. Special thanks to **Brookie's dad Steve & to Jas & Fraser's dad Andrew** for bringing along their BBQ's.

And thank you to the whole club for your very generous gift. It is very much appreciated, and we look forward to enjoying a Red Balloon experience next year.

## Congratulations to our 2023 Award Winners:

### JUNIORS

- Club Champion - **Azalea**
- Black Belt of the Year - **Sempai Henry**
- Most Focussed - **Brooklyn**
- Most Determined - **Micah**
- Most Improved - **Fraser**

### TEENS

- Club Champion - **Riley**
- Most Disciplined - **Flynn**
- Most Determined - **Felix**

### SENIORS

- Club Champion - **Dai Sempai Sally**
- Black Belt of the Year - **Dai Sensei Craig**
- Most Determined - **Sempai Richard**



## SNAPSHOT OF 2023

With more than 35% of the club now Black Belts, we have had a big focus this year on both our Junior and Senior Black Belts with numerous title promotions and a number of Black Belt and Dan gradings. As always, it's rewarding to watch so many goals being achieved throughout the year. Here's a snapshot of 2023.

The first half of the year was focussed on extra training for Junior Black Belt, Senior 1<sup>st</sup> Dan and Tournament training – resulting in strong gradings and a successful day at the

June Tournament. We then focussed on Junior Dan gradings as well as various Kyu gradings later in the year, with many of our Senior and Junior instructors working closely with various belt groups, ensuring the highest standards were being achieved.

During the year we were extremely pleased to promote **1 Junior** instructor and **1 Senior** instructor to the rank of **Sempai**; **2 Senior** instructors to the rank of **Dai Sempai**; **1 Senior** instructor to the rank of **Sensei** and **1 Senior** instructor to the rank of **Dai Sensei**.

We had 13 competitors participate in 1 Loong Fu Pai tournament this year bringing home a total of 15 trophies! We welcomed another 4 new students during the year.

This year we have had **76 gradings**. Among these were Senior 1<sup>st</sup> Dan (6), Junior 3<sup>rd</sup> Dan (1), Junior 2<sup>nd</sup> Dan (1), Junior 1<sup>st</sup> Dan (2) and Junior Black Belt (5).

## **RANK & TITLE PROMOTIONS**

Congratulations to **Dai Sempai Ben & Dai Sempai Sally** on their promotion to the rank of Nidan Ho (Probationary 2<sup>nd</sup> Dan) and the title of Dai Sempai.

Congratulations to **Dai Sensei Craig** on his promotion to the rank of Yondan Ho (Probationary 4<sup>th</sup> Dan) and the title of Dai Sensei.

These instructors teach weekly in Senior, Teen and Junior classes and their dedication, commitment, and contribution to HKMA and the development of our students has been outstanding. We are grateful to have such great teachers.



## **GRADING RESULTS FOR TERM 4**

### **JUNIORS**

Congratulations to **Jasmine, Emelia & Ned** on attaining their 3<sup>rd</sup> Kyu (Brown bars) and to **Fraser** on attaining his 4<sup>th</sup> Kyu (Red belt)





Congratulations to **Micah, Luke, Brookie, Azalea & Chiara** on attaining their 2<sup>nd</sup> Kyu (Brown belt) and to **Millie** on attaining her 1<sup>st</sup> Kyu (Black bars)



## TEENS

Congratulations to **Zadie** on attaining her 6<sup>th</sup> Kyu (Green belt)



Congratulations to **Wil W, Flynn, Lachy & Jack** on attaining their 5<sup>th</sup> Kyu (Red bars)



Congratulations to **Felix, Mads, Riley & Paige M** on attaining their 1<sup>st</sup> Kyu (Black bars)



## **2024 – CLASS CHANGES**

There will no longer be a Saturday Junior class due to a decrease in numbers. These students will move over to Monday Junior or Teen classes in 2024.

## **SUMMARY OF COMMENCEMENT DATES FOR TERM 1, 2024**

- Monday 5<sup>TH</sup> February 2024 – Junior & Teen Classes Recommence
- Wednesday 7<sup>TH</sup> February 2024 – Senior Class Recommences



## **TRAINING TIP**

### **- Goal setting**

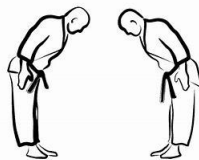
Choose goals that are worthwhile, achievable and specific. Write your goals down. Break them down into short, medium and long term components to create a time line. Refer to your written down goals regularly.

## **QUOTE OF THE MONTH:**



*“We are what we repeatedly do.  
Excellence therefore is not an act, but a habit.”*

*Ip Man*



***Wishing everyone a very Merry Christmas and a  
Happy and safe New Year,  
Kyoshi Matt and Shihan Maree***