

HOSHIKI MONTHLY

Term 4 2024



As we have decided to finish up our Junior and Teen programs after this year, we wanted to take a moment to reflect on the many years we have enjoyed teaching so many young people. For the last 30 years (including 18 years at our home dojo) we have had the privilege and joy of being able to watch thousands of our young students find their confidence, improve their skills, learn how to focus and set goals and then enjoy their own successes whilst also supporting their fellow students to succeed.

And although we are the ‘teachers’ we have learnt so much from our students as they have challenged us to think outside the square and to constantly work on our teaching skills. It truly has been a wonderful journey and we hope that HKMA has played some small part in enhancing the lives of all our students along the way.

We would also like to acknowledge the enormous contribution and say a huge thank you to all the instructors who have supported us and the Junior and Teen programs over so many years – we could not have done it without you! There have been many that have taught alongside us, in more recent years they have included: *Dai Sempai Sally, Dai Sempai Ben, Sempai Aidan, Renshi Craig, Dai Sensei Lana, Sempai Gabby, Dai Sensei Jane, Sensei Geoff, Dai Sensei Kate, Dai Sempai Delphine & Dai Sempai Jason – THANK YOU!*

SENIOR SHODAN HO – BLACK BELT GRADING

Congratulations to *Felix, Riley* and *Mads* on achieving their Senior Black Belt on 30th October! They all have shown a great deal of maturity, discipline, leadership and resilience to complete a full Senior grading at 16 years of age.



Months of intense training multiple times a week included running, thousands of push ups & sit ups, countless rounds of bag work, sparring, self-defence and kata – all resulting in an exceptional grading. All 3 have been training with us since they were Juniors, progressing through to the Teen class and then onto Seniors – highlighting their determination to continue to improve, challenge themselves and be the best they can. We are proud to welcome you as Senior Black Belts to our ranks. Thank you to everyone for supporting and contributing to the success of your fellow martial artists.

SENIOR YONDAN GRADING (4th Dan)

Congratulations to ***Renshi Craig*** on a fantastic Yondan grading on 11th December – it was a great way to end the year! 4th Dan is one of the most demanding Dan gradings as all Katas and Yuksukos must be created by the instructor. Renshi performed an exceptional grading after months of dedication, hard work and pushing himself through difficulties and challenges. His Yuksukos and katas demonstrated his high level of skill, control and attention to detail and showcased his intricate knowledge of a variety of martial arts techniques. Special mention to his dedicated and skilled team of ***Renshi Jules***, ***Dai Sempai Sally*** and ***Dai Sempai Ben***.

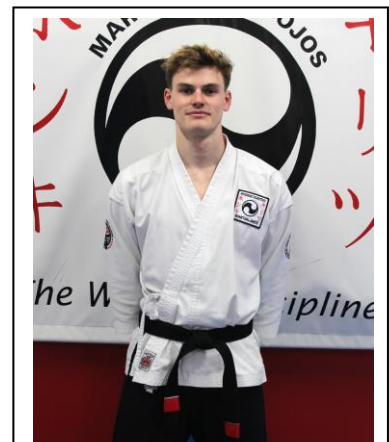
Renshi Craig trained for almost 20 years in Zen Do Kai prior to taking a break and then joining HKMA 7 years ago. He has been a consistent and dedicated instructor and after having given so much to our students and instructors, we were so pleased to see him achieve 4th Dan – congratulations!



RANK PROMOTION

Congratulations to ***Dai Sempai Archie*** on his promotion to the rank of Nidan Ho (Probationary 2nd Dan) and the title of Dai Sempai.

He has continued to maintain a strong and consistent standard of technique, discipline and focus providing an excellent role model to others and enabling him to become a valued instructor and contributor to HKMA.



END OF YEAR CELEBRATION



Thank you for coming along to celebrate another year with HK and to honour our 2024 Award Recipients. It was a lovely afternoon relaxing for a few hours and having some time to catch up outside of the dojo. And thank you to the whole club for your very generous gift. It is very much appreciated, and we look forward to dining out next year.

Congratulations to our 2024 Award Winners:

JUNIORS

- Club Champion
Emelia Dinneen

SENIORS

- Club Champion
Felix Casey
- Black Belt of the Year
Dai Sempai Ben Hunt
- Outstanding Service
Renshi Craig Sedgman
Dai Sempai Sally Abell



GRADING RESULTS FOR TERM 4

JUNIORS

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



SENIORS

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



Congratulations to Santi on attaining his 2nd Kyu (Brown belt)



SNAPSHOT OF 2024

This year has been particularly focussed on Black Belt and Dan gradings and it's been wonderful to see the whole club supporting each other so that these goals could be attained with a lot of extra training happening particularly in Terms 3 & 4.

During the year we were extremely pleased to promote **1 Senior** instructor to the rank of ***Dai Sempai*** and we had **37 gradings**, including Senior 4th Dan (1), Senior Black Belt (3) and Junior Black Belt (6).

JUNIOR & TEEN CLASSES AT DYNAMIC MARTIAL ARTS

*If your child wishes to continue their Martial Arts training next year, **Shihan Chris and Kylie Malloy** from **Dynamic Martial Arts in Forrest Hill** have agreed to give all Junior and Teen students who wish to transition from HKMA to Dynamic Martial Arts a 1 month free trial.*

We have known Shihan Chris and Kylie for over 30 years and highly recommend their family focussed Martial Arts club.

Contact details are:- Dynamic Martial Arts - Level 3 Forest Hill Chase Shopping Centre
Shihan Chris 0418 569 858 Kylie 0407 233 284 – <https://dynamicmartialarts.com.au/>

SUMMARY OF COMMENCEMENT DATES FOR TERM 1, 2025

- Wednesday 5th February 2025 – Senior Class Recommences
- Sunday 16th February 2025 – 2nd Dan Sunday Training Commences



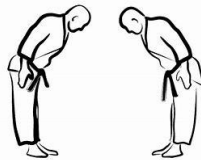
TRAINING TIP

Consistency is key to maintaining basic fitness over the holidays. Wherever you are, find 30 minutes each morning for a quick stretch, some pushups and situps for strength and tone and a brisk walk.

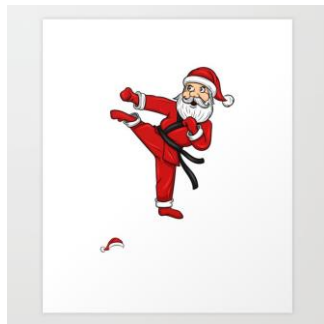
QUOTE:



*“Don’t be sad because it’s over, smile because it happened.
And remember, endings can be beginnings in disguise”*



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



SOME SNAPS FROM THE SENIOR SHODAN HO



SOME SNAPS FROM THE SENIOR YONDAN

