

HOSHIKI MONTHLY

Terms 1 & 2 - 2025

The first half of 2025 has been focussed mainly on Black Belt and 2nd Dan training. The whole club has pulled together to support and contribute to the successes of our fellow martial artists, resulting in fantastic gradings over the last few months! And with sparring and bag rounds being huge components, improved sparring skills and fitness have benefited all of us along the way. Thank you to everyone for your support with all the extra training.

SENIOR NIDAN GRADING (2nd Dan)

Congratulations to *Dai Sempai Sally, Dai Sempai Ben, Dai Sempai Archie & Dai Sempai Richard* on a fantastic Nidan grading on 14th May! The 'Marathon' 2nd Dan grading is a true test of fitness, skill, technique, focus and determination under the pressure of numerous rounds and fatigue. The grading began with 6 katas demonstrating excellent focus, technique and control from all gradees. This was followed by blindfolded Self Defence where all gradees showed their in-depth knowledge of grabs, locks and holds and their ability to rely on their strong techniques whilst blind folded. Then it was time for the many months of fitness preparation to be tested with 18 x 2 minute rounds of wrestling and sparring against multiple and single opponents. A steady pace was maintained throughout the rounds with technique and skill remaining strong despite pressure and fatigue.



Both the 2nd Dan and Black Belt gradings have required enormous preparation. Students have spent months of intense training multiple times a week included running, thousands of push ups & sit ups, countless rounds of bag work, wrestling, sparring, self-defence and kata – and their efforts have resulted in exceptional gradings.

SENIOR SHODAN HO – BLACK BELT GRADING

Congratulations to **Zach & Henry** on achieving their Senior Black Belt on 11th June! They have both shown a great deal of maturity, discipline and resilience to complete a full Senior grading at just 14 and 13 years of age. The technique demonstrated in their katas and Self Defence was exceptional and their personal katas were both creative and included many self defence applications. Both young men were committed to supporting the 2nd Dan training as well as their own and their support was rewarded as it enabled them to maintain an extremely high level of training and fitness, resulting in strong sparring rounds and bag work throughout the grading - an outstanding Shodan Ho!

Both 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 the whole club for contributing to the preparation, training and success of these gradings, they would not have been possible without everyone's support. We would especially like to thank **Renshi Craig** and **Renshi Jules** for overseeing the 2nd Dan training and offering their wealth of experience, coaching and hands on training. And special thanks also to **Riley, Tristan** and **Sensei Geoff** for their enormous help with all the extra training sessions!

JUNIOR SHODAN HO – BLACK BELT GRADING

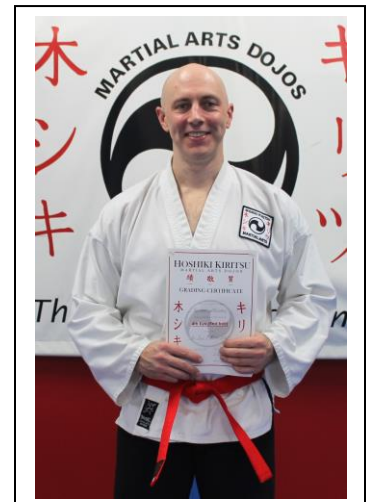
Congratulations to **Emelia** on achieving her Junior Black Belt on the 7th of May! At just 8 years of age Emelia was determined to achieve her goal of Junior Black Belt, despite having to train for it and grade by herself. There were some training sessions when she was asked to join in with Senior 2nd Dan and Senior Black Belt training and even this didn't deter her - a true measure of motivation, focus and determination.

Her katas demonstrated strong technique and precision whilst her personal kata showcased her knowledge of varied techniques as well as creativity. Emelia's bag work and sparring were both very strong highlighting her ability to stay light on her feet and move well whilst keeping hands up, maintaining excellent balance and delivering a variety of skilful punches and kicks throughout. Congratulations!



GRADING RESULT FOR TERMS 1 & 2

Congratulations to Tristan on attaining his 4th Kyu (Red belt)



UPCOMING GRADINGS FOR TERMS 3 & 4

KYU Gradings

- Jack, Nathan & Tristan will all be attempting their 3rd Kyu (Brown bars)
- Isaac & Tom will be attempting their 2nd Kyu (Brown belt)

SEMPAI

- Riley, Felix and Mads will all be doing their Sempai classes over the coming months.

YONDAN (4th Dan)

- ***Dai Sensei Lana*** will be attempting her Yondan (4th Dan) grading in Term 4.

SOKE RICHARD NORTON RIP

At HKMA we pay our respects to the late Soke Richard Norton. He was the single biggest influence on me as a Martial artist as a teenager learning Zen Do Kai. Soke was close friends with my original instructor Sensei Chris Stancefield and in the mid 1980's when Sensei was unable to make class, Soke Richard would come and teach us when his international schedule filming movies allowed. He inspired me and countless other martial artists both in Australia and internationally. It was great to see so many martial artists across multiple generations attending the two memorials held in April. He was an exceptional role model and teacher; and I personally believe he was the best all round Martial artist Australia has ever produced and is irreplaceable. RIP Soke Richard.

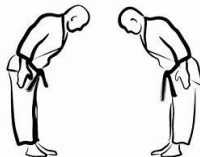
2024



QUOTE:



“Sometimes the path to success isn’t easy, but the effort and persistence we invest can lead us to remarkable places. Keep pushing forward”



Kyoshi Matt and Shihan Maree

SOME SNAPS FROM THE SENIOR NIDAN





SOME SNAPS FROM THE SENIOR SHODAN HO





SOME SNAPS FROM THE JUNIOR SHODAN HO

