

THE EAST VALLEY KICKER

“People become what they expect themselves to become.” -Mahatma Gandhi

NOTES & TIDBITS

Thank you to everyone who attended the Dojo Holiday Potluck Party in December!! We had an awesome turnout, and everyone had a great time. We are so glad you all could join us!

Just a heads-up, Sempai and Sara's baby is due within a couple of weeks of Mr. Gauger and Ms. Jenifer's baby this month. There is a slight possibility that one day of classes may have to be cancelled at the last minute if we don't have additional teacher coverage that day. Parents, if you drop your Karate kids off for class, please make sure that an instructor is in attendance for each class this month before you leave. Adults are welcome to use the dojo and practice independently if this should happen.

Ray Arriola's Jr. Black Belt test will take place at the dojo after the kids test on Saturday, January 17, at 1:30. All Karate students and their families are welcome to watch and show Ray their support.

JANUARY BIRTHDAYS

1/5 Brady Bowman
1/27 Michaela Wooldridge
1/30 Sam Garn

HAPPY BIRTHDAY!!

WELCOME NEW STUDENTS

-David Charles (Adults)
-Nick Charles (Adults)
-Tyler Miazga
-Brian Teft (Adults)
-Welcome, Matt Barr, Jeff Veitch and Michaela Wooldridge, to Black Belt Club!



INSIDE THIS ISSUE

Karate Student Checklist *don't leave home*..... pg.2
Question of the Month.....pg.2
www.karatecoloringbook.com Coloring Page *return this month for a ticket*.....pg. 3
January Calendar of Events.....pg. 4

STUDENTS OF THE MONTH

Congratulations to our January Students of the month: Sheila Doane in Little Dragons, Marissa Lollie in Beginning Kids, and Jeff Veith in Advanced Kids. You three have been doing great at setting an awesome example in Karate. Keep it up!!

RECENT PROMOTIONS

Congratulations to all of our December test passers! In the kids program:

Matthew Ambagis, Austin Evans, Michael Fultz, Coltin Lohman, and Garrett Sebastian (all Little Dragons) and Marissa Lollie earned their yellow-striped belts.

Jake Hall earned his orange belt.

In the adult program:

Pat Hall earned his yellow-striped belt.

Brandon LaBorde earned his 3rd kyu brown belt. You are all doing great, keep it up!!

DOJO BABY SHOWER

Karate moms Laurie Owens and Mary Wooldridge are graciously putting together a Dojo Baby Shower for Sempai and Sara and Mr. Gauger and Ms. Jenifer. It will take place this Sunday, 1/4 in the afternoon, and all dojo families are welcome to join us! If you have any questions, ask Laurie or Mary or call the dojo number: (480) 330-8886.

Last month's question

Last month, one of our Little Dragons earned a ticket for answering the Question of the Month:

What is your number one goal for 2004?

“To be good in school.” –Sheila Doane

Sensei Michael Newland
Sempai Rob Reimer

EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym
Gilbert, AZ 85234
Cell: (480) 330-8886, Gym: (480) 926-4040

Newsletter Editor: Jenifer Tull-Gauger

Considering buying or selling a home or know someone who is? Michael and Deborah Newland are Gilbert/Mesa specialists and get awesome results for their clients. Please call with your needs and referrals:
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KARATE STUDENT CHECKLIST

Don't just come; come prepared! Here is a list of things for every student to have in every Karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate tee-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear (We sell sparring gear & the proceeds help keep tuitions down - check with your instructor if you need gear.)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

And please, please, please try to be on time!

What is your favorite thing about Karate?

Turn in by 1/27/04 to receive a ticket:

NAME:

UNITED RYUKYU KEMPO ALLIANCE MISSION STATEMENT

The United Ryukyu Kempo Alliance is an Organization formed to bring sincere martial artists together in brotherhood. A group of martial artists who believe in the traditional concept of one heart, one mind and one spirit who uplift each other with support and pride in friendship. An Alliance of Karat practitioners who unite together to represent and promote all that is good in traditional Karate.

-Allan Amor, United Ryukyu Kempo Alliance
Head Instructor

DOJO CLASSIFIEDS

Gold Canyon Candle sold here... Justine Christoff is an adult *karateka* [karate student,] assistant instructor and Gold Canyon Demonstrator. Call Justine for brochure and pricing: 480-540-9289

David Edwards is your man for odd jobs. He can be reached through the dojo at (480) 330-8886.

DOJO KUN

- 1- Strive for a good moral character.
- 2- Keep an honest and sincere way.
- 3- Cultivate perseverance or a will for striving.
- 4- Develop a respectful attitude.
- 5- Restrain my physical abilities through spiritual attainment.