

# The East Valley Kicker

"Acha nu neen chi ami." ("Tomorrow is a new day.") - Okinawan Proverb

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

## JANUARY 2008

### A DOJO NEW YEAR

This year we kicked off the new year in good dojo style, bringing in Japanese tradition by having a fun, celebratory, all-age class and sharing our highlights of 2007, cleaning the dojo really well to banish the old stagnant dirt and energy (thank you all for your help.) The first class of the year was another fun class in which many students got to help make dojo training equipment.

### HOLIDAY PARTY

Our teen students helped plan the December holiday party and organized a talent show for entertainment for the party. As always, everyone enjoyed the camaraderie and excellent food, plus we thoroughly enjoyed the talent show which our karate kids and teens participated in. We got a good dose of the musical, comedy, and entertaining talent which our students have. Thank you to everyone who joined us last month, and for the awesome gifts, and to the Owens for hosting the holiday party!!

## FIT CAMP Kicks-Off

By Jenifer Tull-Gauger

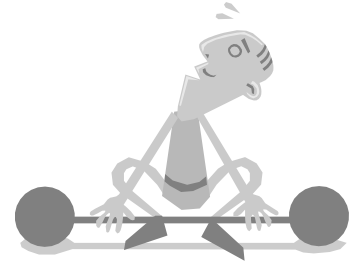
January 8th marks the start of a new class available through Kenshin Kan. FIT CAMP will take place on Tuesday nights at 6:30 pm. Students in our adult program may attend for free.

Teens and adults from the general public can get in for a \$10 drop-in fee per class (class pack discounts available, like Yoga.) Family members of our active students can attend for only \$5 drop-in.

This class is for teens and adults who are interested in healthy weight and good health through exercise, building muscle,

having a toned body, good stamina, and having fun!! (Teens under 18 who are not active students must have a parent sign their application.)

Kirk Gauger Shihan, certified Personal Fitness Trainer, will teach this class. You do not need to be a martial artist to benefit from FIT CAMP, but this class will help you gain a "fighter's body." Gauger Shihan will incorporate some traditional martial arts training tools which help build muscle more fully above and beyond standard weight-type equipment. Regular mod-



ern equipment will also have a place in this class, as well as the core-and-posture-building techniques promoted by modern fitness authorities.

You will have a good time getting a dynamic workout in FIT CAMP and when the next class comes around a week later, you will be fully recovered and ready for more! Give it a try and just in case you don't believe me, we'll cover your first class this month with the coupon below.



**First FIT CAMP Class**

# FREE

**East Valley Martial Arts' Kenshin Kan**  
Fun Fitness for Adults and Teens.  
Tel: (480) 330-8886

Expires: 2/29/08. Guests under 18 must be registered by a parent or legal guardian.



# January 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

| Sun                                      | Mon  | Tue   | Wed   | Thu   | Fri  | Sat   |
|--|--|---|---|---|--|---|
| Weapon =<br>Bo                           | *Wear full white gi (uniform.)<br><br>**Guests are not students or family members. | <b>1</b><br><br><i>Dylan's B-Day</i>  | <b>2</b>  | <b>3</b>  | <b>4</b>   | <b>5</b> Yoga 9a.<br><br>L.D. 10:15a. All Rank Kids & Adults 11a. |
| <b>6</b>                                 | <b>7</b>   | <b>8</b> Schedule changes: All Ranks Kids 5:30p. FIT CAMP 6:30p for adults. | <b>9</b><br><br><i>Glen I's B-Day</i>                     | <b>10</b>   | <b>11</b>  | <b>12</b>   |
| <b>13</b>                                | <b>14</b>  | <b>15</b>   | <b>16</b><br><br>Teen Meeting 7:10p (during Adult Class.) | <b>17</b> Last Day<br><br>to Pre-pay for Carnival Night for \$10, (Hiring Carnies) guest free** | <b>18</b> Carnival<br><br>Night 7 - 10p, \$15 today, 1 Guest Free.**<br><i>Grant's B-Day</i> | <b>19</b> BBC<br><br>9:05a (Adults at 11:20a today.)              |
| <b>20</b>                                | <b>21</b> Dojo<br><br>Closed, No Classes.<br><br><i>Martin Luther King Jr. Day</i> | <b>22</b>   | <b>23</b><br><br><i>Tony's B-Day</i>                      | <b>24</b>   | <b>25</b><br><br><i>Matthew V's &amp; Sammy's B-Day</i>                                      | <b>26</b>   |
| <b>27</b><br><br><i>Michaela's B-Day</i> | <b>28</b>  | <b>29</b>   | <b>30</b>   | <b>31</b> Teacher's & Assistant's Meeting 7:30p (during BB Class.)                              | <b>1 (Feb)</b><br><br>*Certificates & Test 6:00p (Adults at 5p w/ Kids today.)               | <b>2 (Feb)</b><br><br>Regular Schedule Resumes                    |