

The East Valley Kicker

“The last of the human freedoms is to choose one’s attitude in any given set of circumstances.” -Victor E. Frankl

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans’ Cell: (480) 330-8886

JANUARY 2013

Karate Spring Camp in AZ Mar. 1 thru 3

Save the weekend of Friday March 1st (evening) through Sunday March 3rd for special training. That is when our dojo will host our 6th annual Karate Spring Camp.

Allan Amor Kaicho, the head of the United Ryukyu Kempo Alliance, will be our head instructor. Again it will be less than \$150 for a weekend full of training and fun, meals, and a custom camp t-shirt. (We offer discounts for family members, early registration [2/13], and black belts.)

We usually get out-of-state students and instructors, so if your family has room to provide lodging, let us know. More details will be in the registration forms by the end of the month. We highly encourage all students in our Kids and Adults programs to participate!

NEW ENDEAVORS

-by Jenifer Tull-Gauger

There are many things I have done in my life, that if I were not a *karateka*, I would probably not have even attempted. Things like: heading up Neighborhood Watch events; writing and illustrating my kids’ stories, and submitting them; Yoga; planning a trip to Okinawa; doing gardening and maintenance for my friends to earn money to go to Okinawa; running; and forming a healthy eating group.

The nature of traditional karate is such that you strive for excellence and step outside your comfort zone to do things you have not done before. This is not just something *karateka* do alone, we also work together as a team to step out into the world and try new things.

In 2012 our dojo stepped out into many new activities. At Spring Karate Camp (the first weekend of March) we had all of the newer (*shodan*, first level) black belts teach the lower ranks in individual and small group settings. The result was that kyu ranks got individual attention, some from instructors from Iowa and Missouri (from a different viewpoint). We moved the dojo and had a relocation party to celebrate! We did a live stream karate class, “*Tuite Seminar*,” that’s now on YouTube. We had Allan Amor Kaicho out in the Fall, with a special all-morning seminar for students, and another workshop for law enforcement and security personnel. One more thing in 2012 is something our dojo hasn’t done in nearly a decade.

We went as a team to a USKA/ASKA tournament to support some of our students in competing. Stepping out of the regular routine is not comfortable, but we al-ways learn from it, when we have an open mind.

As we start a new year, we look forward to many new endeavors, both individually, and as a dojo team. We encourage students to set and diligently work toward goals that they have not achieved before. (When you finish filling out your 2013 Goal Sheet, be sure to write your name on the sheet on the sparring cabinet.) We look forward to walking the path of traditional Okinawan karate along with you wherever it takes our dojo this year.



NEW YEAR, NEW STUDENTS

Be sure to tell your friends about our **Introductory Program!**
If they ask for the **Internet Special**, they will get it for **only \$25:**

1 week of classes (no obligation)

Free student uniform

This is a one-time special, only for students new to our dojo.



KENSHIN KAN

January 2013

SHIHANS' CELL: (480) 330-8886

Sun Mon Tue Wed Thu Fri Sat

	1	2	3	4	5 First Class of the Year (drop in) 9:30am-12noon. Family Potluck 12:15.	
6	7 Regular weekly class schedule resumes.	8	9	10	11 BBC 7:10pm	12
13	14	15	16	17	18	19
20	21 Dojo closed, no classes <i>Martin Luther King Jr. Day</i>	22	23	24	25	26 Class only at 9:10am to-day. Certificates & Test 10:10am*
27	28	29	30	31	Testing takes place the <u>last Saturday of each month</u> , except holidays. There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids are welcome to come to class at 9:10am and train separate from Black Belts that day.	