



The East Valley Kicker

“When I look at a person, I see a person - not a rank, not a class, not a title.” -Criss Jami

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

JANUARY 2019

REVIEW US FOR \$10

Approved by our webmaster, this month we will give you \$10 in retail for your online review on our major social media sites. That includes Facebook, Google, etc. Let us know where you reviewed East Valley Martial Arts for your coupon. Limit: 10 \$10 coupons per family.

START-UP SPECIAL

NOW is a great time to start karate! This month only, new students save on their regular start-up fees. For New Years students get their first month of karate for only \$155. This includes a month of classes, registration fee and a free uniform. That's over \$75 in savings for students joining our Adults or Kids Program. Tell your friends!

The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
Jenifer Tull-Gauger,
Renshi, 6th Dan

TRADITIONAL OKINAWAN KARATE

By Jenifer Tull-Gauger (condensed from 12/5/18 blog)

Originally, traditional martial arts took their place as the only fighting art. Their purpose was protecting one's self, family and community. In Okinawa, martial arts evolved to also include a path to live a good life and prevent fights. That's why we have the Dojo Kun.

More recently, some martial arts branched off to focus on developing sport skills. Today, we can largely divide martial arts schools into the two categories: traditional and sport-oriented. All of today's martial arts at one time came from the traditional martial arts. So, you may find it difficult to figure out if an art, or a school, is traditional or sport-oriented.

You can easily find respect and perseverance in many sports martial arts styles.

And some schools may try to fit into both categories. But they will have a disparity between their tradition's reason for being and their current reason for training. You can learn many valuable lessons from any martial art. But there is a difference between sport and traditional.

THE FOCUS OF TRADITIONAL MARTIAL ARTS

Our dojo is a traditional one skilled in ancient Okinawan arts. Traditional martial art styles focus on the core of their existence, which is life protection. Remember martial arts only exist because people wanted to physically protect themselves, their families and their communities.

In our traditional Okinawan karate school, all of our training adds on to our ability to protect our lives and the lives of others. We develop skills that will allow us to do that. If we are in a life protection situation, we will do whatever we must in order to remove the threat. We train for that in as safe a way as possible.

As those same skills evolved in the past, teachers cared for their students and their communities. Thus they developed and taught values and codes for the martial artist to live by. They taught students how to fight, and also needed a way to teach them how not to fight. This

includes a way to measure when fighting is the best choice.

As a traditional martial arts school, we uphold respect for those ancient teachers and their teachings. We teach long-established values. These values transcend many cultures. The Ryukyu kingdom held in common with historical western tradition the values of good morals, honesty, perseverance, respect and self control, among others. We continue to promote and practice these today.

Learning about the traditions and culture of Okinawa (the Ryukyu Kingdom) as well as the history that goes along with it is part of our training. Plus, we value putting all of that knowledge, that hard physical work, and those traditional values to use in our daily life. Only then can we become proficient in traditional Okinawan karate. As our students mature, they learn to make good life decisions with their physical skills by using traditional values.

JAN. WEAPON: **Bo, Jo**
 (Feb.: nunchaku, chizkunbo)
 FOCUS: **Respect**



January 2019

NEW Bo or Jo
10% off

In-stock or order by Fri. 1/18

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Dojo closed, no classes. <i>New Years Day</i>	2 Dojo closed, no classes.	3 First Class of the Year 6:10—7:00 pm, all ages, fol- lowed by free refreshments.	4 Regular weekly classes re-start.	5 Core Leadership Meeting 10:10 am.
6	7	8	9	10	11	12
13	14	15	16	17	18 Black Belt Club for BBC members 7:30pm. Last day to place orders.	19 Dojo closed, no classes. <i>MLK weekend</i>
20	21 <i>Martin Luther King Jr. Birth- day observed</i>	22	23	24	25	26 Certifi- cates* & Test* 10:10 am.
27	28	29	30	31	Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.	

* = Wear full formal gi / uniform.