

EAST VALLEY MARTIAL ARTS EVENTS - FEBRUARY 2006



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
					Buddy Day 6:15 - 7:00 pm Bring your friends - free. No Yoga Today	
				Skylar's B-Day		
5	6	7	8	9	10	11
FITNESS CHALLENGE begins this week. Be sure to weigh in w/ Gauger Shihan	Adult Self De- fense (ground techniques) 7 - 8 pm open to all \$10/person. Lizzie G. B-Day			Last day to pre- register for Gladiator Night (\$20)	Gladiator Night 7:30 - 10:30 pm \$20 if you pre- register by the 9th, \$28 at the door.	
12	13	14	15	16	17	18
	Martial Fit Class 7:00 - 8:00 pm free, open to the public.	Advanced Weapons make-up 7:05 - 7:50 p.m.	Last Day to Place Century Orders for this Month	BBC 7:05 - 7:50 pm	Last Day to weigh in for Fit- ness Challenge.	
		Valentine's Day				
19	20	21	22	23	24	25
	Dojo Closed - No Classes <u>ALL DOJO</u> <u>FAMILY MEET-</u> <u>ING 7:00 P.M.</u> President's Day	Advanced Weapons make-up 7:05 - 7:50 p.m.		Brown & Black Belt Class 7:05 - 7:50 pm Brianna's B-Day		Certificates & Test * 12:00 noon, followed by Teacher's Meeting. *Wear full white gi.
26	27	28				
	Martial Fit Class 7:00 - 8:00 pm free, open to the public.					

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MARTIAL ARTS

February 2006

MESSENGER

Giving Your Best Effort



*Hard work is
well worth the
great effort!*

Giving your best effort means working your hardest on a task. More importantly, it means working your hardest to achieve goals. People who give their best effort to everything they do are far more successful in life than those who do not try hard at all.

In the Martial Arts, it is very important to give your best effort when you're training. This is not limited to practicing hard in the classroom. Students should also practice at home. Both training hard during class and putting forth your best effort at in-home practice will enhance your growth and development.

Black Belts understand about doing the best they can. Black Belts have been through years of training to reach this level of excellence. They have experienced setbacks and persevered through those setbacks. One cannot reach the level of Black Belt without knowing how to put forth great effort. Black Belts understand that the reward for hard work is well worth the great effort required.

Here are some tips to help you put forth your best effort while training in the Martial Arts:

By Joseph Galea

1. Stretch daily. Your Muscles need to be flexible to withstand consistent training. Most Martial Arts injuries occur when muscles are strained beyond their reach.
2. Exercise regularly. You should exercise your legs, abs, arms, and heart daily to build strength necessary to maintain speed and agility.
3. Practice your breathing. It is necessary to breath properly while you are performing your Martial Arts. If you do not know how to breathe right then you will get tired quickly.
4. Eat healthfully. Fruits and vegetables give you energy. Fast food and junk food make you tire fast.
5. Get lots of sleep. You need about eight hours of sleep each night to keep your brain on point and your body strong. Memory fails when your brain is tired. Muscles fail when they are tired.

Whether you are a Black Belt already or are still reaching towards that goal, your training can reach great heights by following the tips above. Nobody has a bigger impact on your life than you, yourself. If you can teach yourself how to give all your activities your best effort, you can accomplish your dreams and goals.

HEALTH KICK

Stress: A Formidable Opponent

By Jennifer G. Galea MS RD

Can practicing the Martial Arts actually help you combat illness and disease? The definitive answer is YES. Martial Arts provides training for the mind *and* the body, both of which are crucial in combating illness and disease.

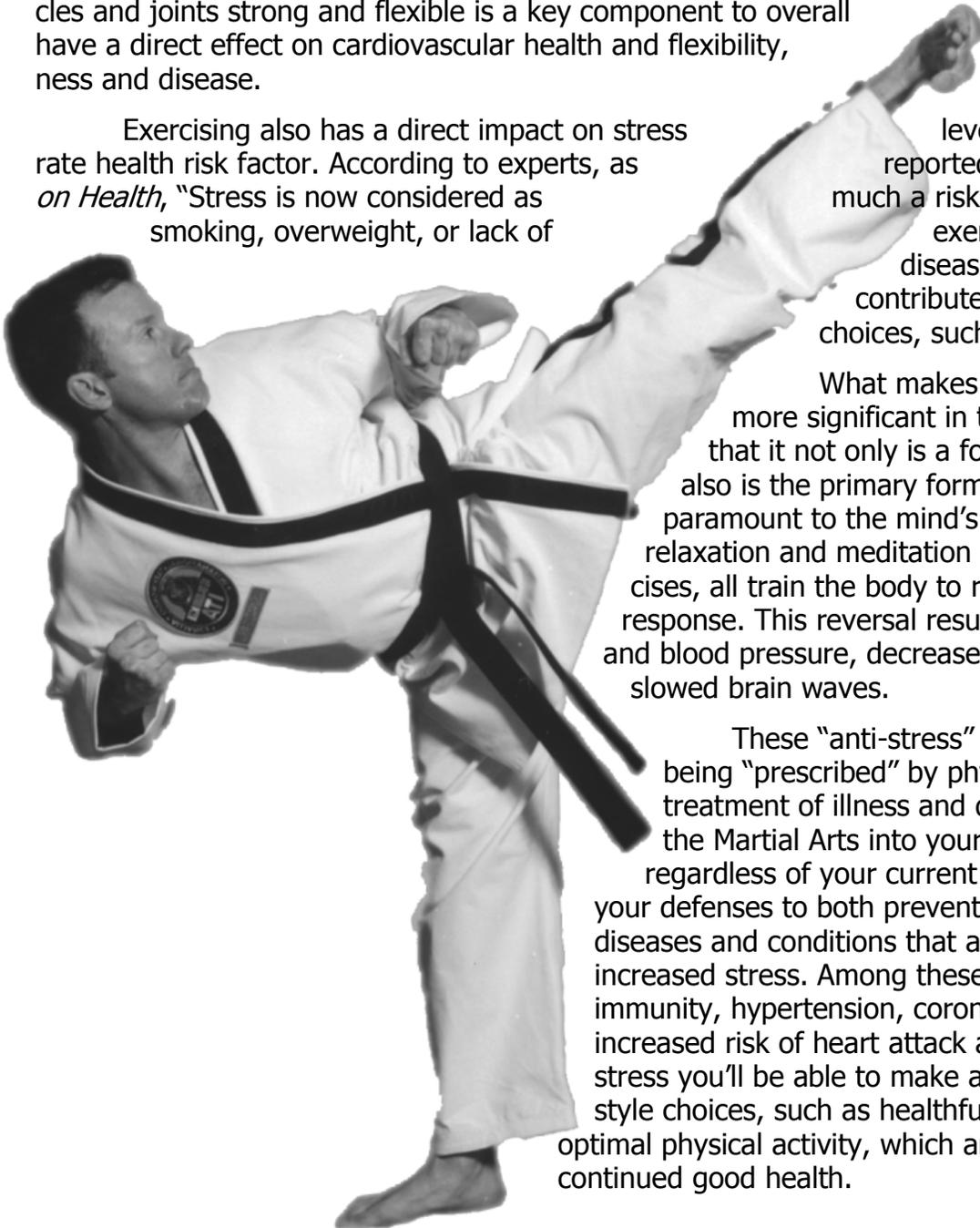
In the Martial Arts, you exercise muscles and joints throughout your body. Keeping your muscles and joints strong and flexible is a key component to overall health. The exercises have a direct effect on cardiovascular health and flexibility, both of which ward off illness and disease.

Exercising also has a direct impact on stress rate health risk factor. According to experts, *as on Health*, "Stress is now considered as smoking, overweight, or lack of

levels. Stress presents a separate health risk factor. According to experts, *as reported in Consumer Reports*, "Stress is now considered as much a risk factor as smoking, overweight, or lack of exercise for a variety of diseases. And stress itself can contribute to unhealthy lifestyle choices, such as overeating."

What makes the Martial Arts even more significant in the battle against stress is that it not only is a form of body exercise, but also is the primary form of "mind exercise" that is paramount to the mind's control over stress. The relaxation and meditation techniques breathing exercises, all train the body to reverse the stress response. This reversal results in reduced heart rate and blood pressure, decreased muscle tension, and slowed brain waves.

These "anti-stress" techniques are actually being "prescribed" by physicians to help in the treatment of illness and disease. By incorporating the Martial Arts into your daily routine now, regardless of your current health, you are setting up your defenses to both prevent and treat the many diseases and conditions that are currently linked to increased stress. Among these conditions are reduced immunity, hypertension, coronary artery disease, and increased risk of heart attack and stroke. And with less stress you'll be able to make a more appropriate life style choices, such as healthful food selection and optimal physical activity, which are conducive to your continued good health.



SUCCESS STORIES

Why I Joined Martial Arts By Nick Klemen, Age 10

The reason I joined Martial Arts was to learn self-confidence, and to interact with other kids of different ages. I was not interested in many different kinds of sports, and my family and I live in the country, so there is not much to do. My uncle has his black belt, and I thought maybe I could do the same, so I signed up. I have been taking lessons for a couple of years, and I am now a brown belt.

Although we drive a half hour each way to and from practice twice a week, it is so worth it. I always look forward to going. There aren't many times that I have missed class. I have to tell you, when practice is over, I am exhausted. You really get a workout and my mom always takes me to get a drink afterwards. I really love all of the instructors and every one in my classes. I now have a lot more confidence in myself, and that makes me feel a lot better around other people.

Welcome to KidsKORNER, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

KIDSKORNER

martial arts match game

Martial Arts Match Game: How it works – Match these words used in Martial Arts training with their definition. Guess the Bonus and add a +1 to your score. Good luck!!!

- | | | | |
|--------------------|----------------------|----------------------|---------------------|
| A. Champion | B. Nunchaku | C. Dan | D. Gup |
| E. Aikido | F. Ninja | G. Practice | H. Challenge |
| I. Stretch | J. Discipline | K. Tournament | |

- Strict training that corrects or strengthens mental or moral character.**
Answer _____
- To extend one's body or limbs** Answer _____
- Art of self-defense employing locks and holds and utilizing the principle of nonresistance to cause an opponent's own momentum to work against him** Answer _____
- To perform or work at over and over so as to become skilled**
Answer _____
- A term used in Japanese Martial Arts for anyone who has achieved the rank of at least first-degree black belt** Answer _____
- A series of games or contests that make up a single unit of**
- competition, the championship play-offs of a league or conference,**
- or an individual event** Answer _____
- A winner of first prize or first place in competition; also : one who shows marked superiority** Answer _____
- A stimulating task or problem** Answer _____
- A weapon that consists of two hardwood sticks joined at their ends by a short length of rawhide, cord, or chain** Answer _____
- Korean word for rank, or level** Answer _____



Bonus: A person trained in ancient Japanese Martial Arts and employed especially for espionage and assassinations Answer _____

Answers: 1. Discipline, 2. Stretch, 3. Aikido, 4. Practice, 5. Dan, 6. Tournament, 7. Champion, 8. Challenge, 9. Nunchaku, 10. Gup, Bonus: Ninja

WELCOME

Welcome, Austin Tefft, to the Little Dragons program.

Welcome, Joe Ambagis to Black Belt Club.

Welcome your friends, family and acquaintances into the Little Dragons, Kids or Adults program, see their names here, *and* get referral rewards for yourself!! Haven't you learned a lot from karate, and wouldn't you like to help someone else find this avenue of improving their character, fitness and life?

take note...

All dojo families, please make sure you attend the FAMILY MEETING on Monday, Feb. 20 at 7:00 p.m. We will talk about some opportunities for the dojo, and we would like your input and for you to be a part of it. This is an important meeting for all dojo families, and it involves all of us, so mark your calendar and check your calendar on President's Day.

What is the proper way for all students to greet their instructors? To say hello and bow. And when you leave? Say goodbye and bow to the black belts. We do notice if our students do this, and proper etiquette goes a long way at the dojo!

upcoming events

QUESTION OF THE MONTH

We have an open door policy, and want to hear your suggestions or concerns WHEN they come up, but just in case you've been shy or haven't made the opportunity, THIS IS OUR SUGGESTION BOX, PLEASE WRITE YOUR SUGGESTION HERE AND TURN IT IN:

FITNESS CHALLENGE!! This is a three month long challenge. The people with the best fitness results will win prizes!! So far the prizes include a \$50 gift certificate for Karate retail and a car detailing from Marshall Motors, plus a certificate declaring 1st, 2nd and 3rd place. It costs nothing to participate, all you have to do is weigh in with Gauger Shihan by Friday, February 17th. He will take your weight and body fat percentage for the challenge chart. After that you work on your fitness and nutrition goals while weighing in each week at the end of three months the people with the best weight and body fat results will be declared the winners. To help you out, we have Martial Fitness classes free again this month on Monday Feb. 13th and 27th, from 7 to 8 p.m. as well as personal fitness training sessions available with Kirk Gauger.

ADULT SELF DEFENSE MON. 2/6, 7:00 - 8:00 PM, \$10 PER PERSON This class is now open to both men and women, and open to the public. This month's emphasis will be on ground techniques.

LAST DAY TO PRE-REGISTER FOR GLADIATOR NIGHT FOR \$20 EACH, 2/9

GLADIATOR NIGHT FRI. 2/10, 7:30 - 10:30 PM, \$28 AT THE DOOR. This is a karate kids favorite!! Drink and snack included. Kids bring their soft dart or ball shooting weapons and join us for lots of fun gladiator challenges, the main event being capture the flag, in which we group into two teams and each team tries to get the other team's flag before being shot by their nerf guns. Open to the public.

MARTIAL FIT CLASS MON. 2/13, 7:00 - 8:00 PM, FREE, OPEN TO ALL

This is a fitness class taught by personal trainer, Kirk Gauger, in which he goes over the fundamentals of exercise and helps you get a great, fun workout.

ADVANCED WEAPONS MAKE-UP TUES. 2/14, 7:05 - 7:50 PM

LAST DAY TO PLACE CENTURY ORDERS FOR THIS MONTH, WED. 2/15

BBC THURS. 2/16, 7:05-7:50 PM This enrichment class is open to Black Belt Club members only.

LAST DAY TO WEIGH IN FOR THE FITNESS CHALLENGE, FRI. 2/17

NO CLASSED ON PRESIDENT'S DAY. ALL DOJO FAMILY MEETING 2/20 7:00 PM All dojo families - especially adult students and parents of students - this meeting affects you, please do your best to attend for a short time this evening!

ADVANCED WEAPONS MAKE-UP TUES. 2/14, 7:05-7:55 PM

BROWN AND BLACK BELT CLASS THURS. 2/23, 7:05-7:50 PM Be sure to get here for your advanced training this month.

CERTIFICATE CEREMONY AND TEST SAT. 2/25, 12 NOON, FOLLOWED BY TEACHERS MEETING 10:30 class for kids and adults today, no 11:30 class.

MARTIAL FIT CLASS MON. 2/27, 7:00 - 8:00 PM, FREE, OPEN TO ALL

See description above.

ADULT SELF DEFENSE MON. 3/6, 7:00 - 8:00 PM, \$10 PER PERSON This class is now open to both men and women, and open to the public.

SPARRING GEAR SALE!! Sparring gear is on sale for two weeks only! Century Classic Gear and Student Gear is on sale for \$5 off each piece (headgear, gloves and boots - save \$15 on the set.) Classic gear has been discontinued, so get it while supplies last. Orders must be placed by Wednesday March 15th.

SUPPLIES