

# The East Valley Kicker

“Character building begins in our infancy, and continues until death.” –Eleanor Roosevelt

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

## FEBRUARY 2010

### Welcome

- Hunter Pierce (Kids)
- Buck Ryan (Adults)

## SPRING KARATE CAMP

The date is set: Friday, March 26 through Sunday, March 28. Kaicho is planning to be here. All alliance dojos are invited. We hope each one of you will consider attending our third annual Spring Karate Camp. It will consist of training Friday evening, all day Saturday, and Sunday morning. Meals are included, as well as a camp t-shirt. Seminars options this year include: Tuite, Padded Weapons Sparring, Redman Personal Safety Workshop for all ages, Groundfighting, Weapons Kata (request the weapon you'd like to work and bring your weapons), and Empty-Hand Kata. Junior Black Belt testing will also take place. Spring Camp always has lots of fun and learning. Registration forms are available from the Shihans and will soon be available at [www.EVMA.net](http://www.EVMA.net). Early registration is Mar. 12 to save some \$ and save your spot!

## With Great Power Comes Great Responsibility

by Jenifer Tull-Gauger Shihan, 4th Dan



Those who have tested several times probably have heard several times: “With rank comes responsibility.” It brings to mind the movie scene where Spiderman’s uncle gives him similar wisdom in his last words.

Those of us who have tested for black belt have really had that idea impressed upon us (at least I know our superior ranks have *tried* to impress it upon us). Great responsibility comes along with the rank of black belt, and the higher the black belt, be it junior or senior, the more responsibility we are accepting. Along with the prestige and the honor and the privilege, of any rank, we must remember the responsibility we take on. What does our responsibility really, practically mean in daily dojo life?

For all students, it means the responsibility to train harder, to push ourselves more, to become better at “self-starting.” As belt rank

goes up, the more initiative we need to take in our own training. That may mean practicing at home more, or it may mean asking a higher rank to go over katas or moves with us between classes. It may mean recognizing that you feel you are missing something at the dojo, in which case it is your responsibility to go to your head instructor and discuss this, with thoughtful solutions on what area (s) you'd like to work on. There is nothing more effective than a student/instructor team to create excellent training.

As belt rank goes up we also have the responsibility of making sure our stances are getting better, our techniques have more power and our kiais are louder.

We also should make an effort to consistently improve our positive attitudes and how we project our attitude to others. If we consciously work on that at the dojo, it will carry over to home, work, and school and the benefit is we will

enjoy our lives more.

All ranks below brown have the responsibility of taking karate—taking all you can get out of it, asking questions and practicing and attending classes regularly and soaking it all up like a sponge.

At brown belt and above, a slight shift is required. We still have the responsibility of learning more and remembering all we have learned, but we also need to give back and help others learn. At brown belt you start learning how to teach.

By the time you get to black belt you are taking the responsibility of making karate a way of life, of continuing on, and of guiding others up that mountain (at the top of which is the black belt) that will help them to improve their own lives and allow them to help others in turn. This is how karate came to us, and it is the black belt's responsibility to keep it going.



# February 2010

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>NEW BO's 10% OFF THIS MONTH</b>	1	2  Skylar's & Phoenix's Birthday	3 <i>Groundfighting Guests 7:10pm, All in kids &amp; adults programs welcome.</i>	4	5	6  Priya's Birthday
7	8	9	10	11	12	13 <i>Teacher's Meeting 9:05am (Belief &amp; Optimism)</i>
14	15 <i>Dojo Closed, No Classes  Presidents' Day Varun's Birthday</i>	16	17	18	19 <i>BBC 7:10pm</i>	20
21	22	23	24	25	26	27 <i>Certs &amp; Test* 9:05am (no adults, no weapons, YES Lil' Dragons &amp; YES 11:20am class)</i>
28 <i>Teen Potluck Meeting 9:30a. All Family Matsuri Field Trip, meet 10:30 @ dojo (www.azmatsuri.org)</i>	<b>TELL YOUR FRIENDS!</b> <b>Yoga Light-Series Feb. 1st-27th</b> Mon. 8-9am (except 2/15), Wed. 8-9am, & Sat. 1-2pm				<b>Matsuri Festival</b> —a celebration of Japan, in downtown Phoenix. <b>DOJO FIELD TRIP!!</b> All dojo families are invited to join in! Wear your dojo t-shirt and meet at the dojo at 10:30 on Sun. 2/28 to carpool. Japanese food, crafts, booths, drumming, sword & martial arts demos, etc.	

\* = wear full formal gi.