



# The East Valley Kicker

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.” - Herm Albright

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## FEBRUARY 2015

### SPRING CAMP

Adults and Kids ages 6 and up are welcome and encouraged to join the fun and extra training, along with martial arts guests from out of state. Events will go Fri. Mar. 6 thru Sun. Mar. 8th. Detailed registration forms are available at the dojo or by e-mail. Volunteers are needed to help set-up drinks, snacks and meals. If anyone has chairs or tables to loan that weekend, please let us know.

### VALENTINES/ GUEST PASSES

We are making Valentines for students to pass out to all their classmates, with a Dum Dum sucker. They will include a Guest Pass to attend an all ranks class during the last two weeks of February. Spread the word!

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

Head Instructors:  
Kirk Gauger,  
Renshi, 5th Dan &  
Jenifer Tull-Gauger,  
Renshi, 5th Dan

## NEW 2015 KARATE SPRING CAMP

By Jenifer Tull-Gauger Renshi, 5th Dan

On March 6th, we will kick off our 8th annual Spring Karate Camp (the highlight of the year for our dojo). We have offered mostly the same workshops for several years now. That's why we were considering making some changes. We got input on some minor things we could add or improve on, but mostly, people liked the things offered last year.

One of the United Ryukyu Kempo Alliance students said he was looking into whether he'd be able to travel here for camp this year. He said that one of the reasons he'd like to attend is to try out groundfighting.

That got me thinking that even though we have offered mostly the same types of workshops for several camps, they are always different. Having new people attend changes the dynamic, especially when you get to work alongside a guest.

We change the things covered in Groundfighting and Tuite. The format of the Padded Weapons Sparring workshop varies as well.

Last year we had to make a lot of changes in our approach, because of rain. Still, everyone got a lot of new material, a lot of review, and made connections with a lot of new people who are in the Alliance who live elsewhere. Our approach: training and hard work, but also having fun, paid off for everyone yet again.

This year, we look forward to being able to offer a bigger variety of weapons katas. Start thinking now about a weapon you would really like to learn or improve on. If you need to order one, (because you should have your own weapon to practice with) be sure to order it by Sat. Feb. 21st to have it in time for camp.

If you are new to weapons, the chizikunbo,

bo (long staff), or nun-chaku are the best to start with (in order, starting with the easiest to manipulate).

The eku (oar, also called kai bo) will be offered this year, as well as the nunte bo (a bo with a manji sai attached to one end), and tonfa—the kihon kata is new to us. Then there are the weapons we usually have.

In the unlikely case that you do all the same things that you did at the last camp, then you *should* be a year farther along in your training, abilities, and martial arts maturity. That will allow you to make this camp a unique experience.



FEB. WEAPON: *kama, tan bo, chizikunbo*  
 (Mar.: tonfa, sai)  
 FOCUS: *Positive Attitude*



# February 2015

RENSHIS' CELL: (480) 330-8886

**NEW Kama or Tan Bo 10% off**  
 In-stock or order by Sat. 1/24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Little Dragon FREE tryout class for 3-5 year-olds 5:30pm. \$80 Little Dragons start-up offer expires tonight.	4	5	6	7
8	9	10	11	12	13 Black Belt Club for BBC members 7:10pm (no adults class)	14 Valentines guest passes may be re-deemed today thru 2/28, for 1st class free. ♥.
15	16 ♥	17 ♥	18 ♥ Early Registration Deadline for Spring Camp— Sign up and pay by today to save \$ !	19 ♥	20 ♥	21 ♥ Instructor Training 10:10a. Last day to place Century orders for this month.
22	23 ♥	24 ♥	25 ♥	26 ♥	27 ♥	28 ♥ Certs* & Test* 10:10a. Kamiza*^ BB Ceremony 7p for black belts & families, 7:30p for all others, appetizer potluck.

**Certificate Ceremony & Testing** takes place the last Saturday of the month, except holidays. UPDATE: Every Saturday, class for All Ranks is at 9:10am.



**Spring Camp Fri. Mar. 6th thru Sun. Mar. 8th**  
 All Kids Program & Adults Program students are highly encouraged to participate in this rare training event! See a Renshi with any questions.

\* = Wear full formal gi / uniform.