



The East Valley Kicker

“What lies in our power to do, it lies in our power not to do.” -Aristotle

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

FEBRUARY 2019

Welcome

♦ Tahj (Little Dragons)

New Schedule

Starting the last week in February, we will be adjusting our schedule. The classes changed are Friday Little Dragons and Saturday morning classes. Here are the new class times: No Little Dragons Fridays. Saturdays will be:
9am Little Dragons
9:40am Kids and Adults
10:40am Black Belt Wpns.

SPRING CAMP

Highly recommended for all students in our Kids and Adults programs! Training, workshops and fellowship with your dojo mates and Alliance black belts including Kaicho. It will be the evening of Fri. Mar. 1st and all day Sat. Mar. 2nd. Pay by Wed. Feb. 13th and save!

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

AWARENESS OF SURROUNDINGS

By Jenifer Tull-Gauger (condensed from 1/9/19 blog)

Physical awareness of surroundings is important for self defense. That is the skill of moving around and among people and objects. And for martial artists that includes the ability to execute techniques while dealing with crowded or unusual places. **WE'RE AWARE OF SURROUNDINGS & PEOPLE**

A basic level of awareness of surroundings and people is gained from any form of free sparring where your opponent is moving as they see fit. Then you can't fully anticipate their moves and you must respond to a fluid attack situation. At our dojo we may take that training up a notch by adding more variables such as a "friend" on your team, multiple attackers, or someone or something you must guard. Team padded weapons sparring is a highly fluid, chaotic-looking drill. Yet we use equipment, rules and supervision to keep students safe while they hone their skills.

Many other drills and activities that don't involve sparring will help with awareness of surroundings among people. As Gauger Renshi often says when explaining rules

for certain drills, "Big people watch out for little people. Little people watch out for big people." Many of the fun skill-building activities include a group of students moving at the same time, and often to or away from the same thing. Our Dojo Kun rules of respect and self restraint help us to build our abilities while preventing injuries to ourselves and others.

OBSTACLE TRAINING IMPROVES AWARENESS

A favorite activity that helps our youngest students improve their spatial awareness of surroundings is the obstacle course. Older children and adults will rarely practice on this same fun path. But they will often have a variety of drills that use parts of those obstacles. Such as running laps while striking a bag at each corner; rolling, standing and hitting heavy bags; and dealing with striking multiple bags.

There are also obstacles to jump over or puzzle mat paths to stay on, among other things. Any variety

of ways that make you move differently will improve your ability to deal with different surroundings "on the street." This improves your life protection skills.

TESTING SPATIAL AWARENESS OF SURROUNDINGS

These drills are enrichment and add variety to our traditional curriculum. Our experienced instructors skillfully lead these drills while keeping safety a priority. They help us test students' techniques in new ways. The drills with several people moving unpredictably at the same time are a rare treat at our dojo. These are just some of the dynamic ways we train while improving our awareness and life protection abilities.

Mention this ad for a free class in February! Have fun, get fit, learn karate!

Traditional Karate for ages 3 thru adult. Children under 18 must have a parent or legal guardian present. Limit: one free class per person.

Check website or call for class times. RSVP for your free class!

(480) 330-8886

www.EVMA.net



FEB. WEAPON: *Nunchaku*,
Chizikunbo
 (Mar.: sai, tonfa)
 FOCUS: *Restraint*



February 2019

RENSHI'S CELL: (480) 330-8886

NEW Nunchaku
10% off

In-stock or order by Fri. 2/15

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>This year the Matsuri in downtown Phoenix is Sat. Feb. 23rd and Sun. Feb 24th, 10am to 5pm both days. It's a fun time based around old and new Japanese culture, with great food, souvenirs and free entertainment.</p>					1 Kamiza Ceremony* 7:30pm	2
3	4	5	6	7	8	9 Core Leadership Meeting 10:10 am.
10	11	12	13 Early Registration Deadline for Spring Camp (3/1 & 3/2). Register and pay in full by today to save \$!.	14	15 Black Belt Club for BBC members 7:30pm. Last day to place retail orders.	16 Dojo closed, no classes
17	18 Presidents Day	19	20	21	22 As of today, Fri. 6:00 Little Dragons class is moved to Sat. at 9am.	23 Lil' Dragons starts at 9a, Kids & Adults 9:40-10:30, Testing* at 10:40 am.
24	25	26	27	28	Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10a (thru 2/9) and 9:40a (as of 2/23), with training for all ranks.	

* = Wear full formal gi / uniform.