



The East Valley Kicker

“Sincerity and truth are the basis of every virtue.” -Confucius

Mesa, AZ www.EVMA.net Kyoshi's Cell: (480) 330-8886

FEBRUARY 2021

2021 GOALS!

Have you finished filling our your goal sheet? Remember to turn it in!

SPRING CAMP

Please note, these date corrections since our last newsletter: We will host our Annual Arizona Karate Spring Camp on Saturday, March 13th. Our instructor, Allan Amor plans to be here from the Alliance headquarters in Missouri. We highly encourage all students to attend this special training. We are asking everyone to register early, by Wed. February 24th, to help with planning.

KARATE BY REQUEST

Special online training Fri. Feb. 26th, 6:20pm. Let us know, by 3pm, what you want to cover.

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

Head Instructors:
Kirk Gauger,
Kyoshi, 7th Dan &
Jenifer Tull-Gauger,
Kyoshi, 7th Dan

Who's Tattling?

by Jenifer Tull-Gauger (in 1/31/21 blog)

I have seen a particular scenario play out in children's karate classes many times now. It happens most with our youngest students, in our Little Dragons program. And it results in the instructor asking, "Who's tattling?"

Here's how it goes: One of the students is talking or making noise. This is when the group is supposed to be listening to or following the instructor.

The instructor asks, "Who's making noise?"

Rarely, the guilty party will admit it by raising their hand.

Usually, another student or two will point at the guilty party.

Then, the instructor asks, "Who's tattling?"

This usually results in the pointing student quickly putting their

hand down and focusing on their own karate.

Sometimes the instructor will take that opportunity to remind the students to focus on what they, themselves, are doing. Sometimes the teacher will state that it is their job, the instructor's job, to help or correct the students as well as to pay attention to what the others are doing.

This is good advice for all of us, both young and old. And it reminds me of one of my favorite inspirational quotes: "Be so busy improving yourself that you don't have time to pay attention to anything or anyone that distracts you from your growth." —Anonymous

And that brings up even more than just trying not to be the one who's tattling.

Not only do we need to keep our attention on

what we are doing, but that focus is well spent if it's spent on self improvement. It's a great idea to not stick our nose into the faults of others. But an even better idea to keep our attention on our own growth. And to ignore those things and people that distract us from said growth.

I often wonder how well those lessons sink in for our young students. Are they better off for being a part of the above scenario, and able to apply it to their own better living?

Self-improvement and our own growth. Let's focus on that. Then we can't go wrong, can we?



FEB. WEAPON: *Nunchaku/Tonfa*
 FOCUS: *Honesty*

February 2021



KYOSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 1st Thursday Weapons Practice: nunchaku or tonfa.	5	6
7	8	9	10	11	12 No class due to the holiday weekend.	13
14 <i>Valentine's Day</i>	15 <i>Presidents' Day</i>	16	17	18 3rd Thursday Weapons Practice: nunchaku or tonfa.	19 BBC 7:40-8:30pm online.	20
21	22	23	24 Deadline to register for AZ Karate Spring Camp on Sat. 3/13.	25	26 Karate by Request: special online training starts at 6:20pm.	27
28				<p>Extra Kata Training: After each regular online class, at 7:25pm, we will spend 10 minutes reviewing a kata (in order) with Tomari Seisan on 2/17. Our Intermediate & Advanced Students are welcome to join!</p>		<p>This Month's Testing will take place toward the end of the month, as needed, by appointment*+.</p>

* = Wear full formal gi / uniform. + = Check location.