



# The East Valley Kicker

"I think self-discipline is something, it's like a muscle. The more you exercise it, the stronger it gets." -Daniel Goldstein

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

## MARCH 2016

### Welcome

- Ella Kane (Kids)

### FREE BEGINNER CLASSES

We are looking for new students, and to that end, we will be holding FREE, NO-STRINGS-ATTACHED Introductory Karate Classes on Saturday March 12th and 19th, from 11:30 am until 12:15 pm.

These special classes are for adults and kids ages 6 and up. Kids under 18 MUST have their parent or legal guardian here during the class.

No uniforms, no belts, just learning what traditional Okinawan karate is about, practicing the basics, and getting a fun workout. Wear comfortable workout clothes and be prepared to go barefoot.

*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

## LUCKY CAT

A Japanese Folktale Retold by Jenifer Tull-Gauger



There was once a poor monk who lived in a temple out in the country. He took care of this place as best he could, but it was old and needed repairs. The monk was lucky to have rice and a little fish to eat each day. Still, he always shared some of his food with his cat.

The cat was friendly and cheerful. She made the monk laugh while she played. She always kept him company out there, past the forest in their lone temple. The cat liked her home there. She would always clean her face with her front paws after she ate. They say that if a cat cleans its face, it feels at home.

One afternoon, after the monk and the cat had their only meal for that day, a terrible storm rolled in. When the rain started falling, the cat sat under the shelter of a shrine near the temple's front door, cleaning her face.

A noble man was traveling that day. The rain had soaked him. Then he found a large tree near the temple's gate to stand under to try to get out of the storm. He looked around, and through the wind and rain, he could barely see a small animal. It was the monk's cat, and the movement of her paw looked like the Japanese gesture for, "Come here."

The noble man did just that: he went to the cat, and she led him into the front door of the temple. All of a sudden, there was a bright flash and loud BOOM where the man had just been. Lightning hit the huge tree and a large branch came crashing to the ground near the roots, right where the noble man had been standing.

He told the monk, "Your lucky cat saved me!"

The monk said, "Don't worry, you are out of the storm now, and you are welcome to stay the night."

The noble man enjoyed his time with the nice monk

and his funny, lucky cat. He saw that all they had to feed him was a small bowl of rice. He saw that the building needed repairs.

Before he left, the noble man told the monk that he would be the temple's donor. He had plenty of money to share. Because of the noble donor's help, the temple was repaired for all to enjoy. The noble man came back a lot to pray and to learn from the monk. He would also bring money to help the temple. The monk and his lucky cat now always had enough food to eat.

The story of the monk's cat spread through the land, and people started making lucky cat statues. Stores and businesses like to have them. The small statues move their paws to say, "Come in," and they can be found to this day in many places in Japan. You can even see them in China and other countries.

Mar. WEAPON: **Kama, Tan Bo**  
 (for Apr.: bo, jo)  
 FOCUS: **SELF-DISCIPLINE**



# March 2016

RENSHIS' CELL: (480) 330-8886

New **BO** or **JO**  
**10% off**  
 In-stock or order by Sat. 3/19.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month at 10:10am, but not on holidays. To receive your certificate, attend a ceremony at least a month after your test.		1	2	3	4 Lil' Dragons 5:30p (other classes cancelled). Spring Camp 6:30p.	5 Regular classes cancelled. Spring Camp seminars 9:30a-8:30p.
6 Spring Camp breakfast 8a, seminars 9a-noon, Closing Ceremony noon	7 Regular Schedule resumes	8	9	10	11 Black Belt Club for members 7:10p (no Adults class).	12
13	14	15	16	17	18	19 Last day to place Century orders for this month.
20	21	22	23	24	25 Certificate Ceremony* & Testing* 7:10p (no Adults class).	26 Dojo Closed, No Classes.
27  <i>Easter</i>	28 Regular Schedule resumes	29	30	31		

\* = Wear full formal gi / uniform.