



# The East Valley Kicker

"Just remember, you can do anything you set your mind to, but it takes action, perseverance, and facing your fears."  
- Gillian Anderson

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## MARCH 2020 AZ SPRING KARATE CAMP

Our annual Karate Camp will be at our dojo: Fri. Mar. 6 (6:00-7:30 pm) & Sat. Mar. 7 (9:00 am-7:00 pm).

We encourage all of our students to participate!

Volunteers are needed that Sat. Mar. 7th in the morning, midday, and at the end of camp to help with set-up and serving meals.

### **Karate Buddy Day**

*Invite your neighbors, friends & acquaintances to do a karate class with you for free.*

**Wed. March 25th.**

*3-to-5-year-olds at 6pm, 6-years-old thru adults at 6:35 pm.* The person with the most guests wins a prize, and the person with the most guests who sign up for a karate program here wins a Grand Prize.

### **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

## Why Young Karate Kids Benefit from Training

By Jenifer Tull-Gauger (excerpt from 2/18/20 blog)

"At what age can a child start karate?" That is one of the most common questions I'm asked about karate. I am an instructor in our Little Dragons early childhood karate program. Potential dojo parents ask me that, as well as acquaintances who are simply making conversation.

Acquaintances, especially those without kids, usually seem to think three years old is pretty young for a martial artist. Most experienced parents agree that three years old is a good minimum age. They realize that young karate kids have a lot to gain from formal training, and can be developmentally ready for it. Three is our minimum age requirement.

We also have two additional requirements that indicate whether a child is ready to start karate. They must be potty trained. That's not so

they can keep their white uniform pristine. It is because they are demonstrating a basic level of self-control over their own bodies and thus the ability to control their own punches, etc.

The other add-on requirement, which is also true for all of our students, is communication. Students must be able to communicate with their karate instructor. This is for the safety of all involved in classes. All of our students, including our youngest, do some type of partner work. Communication, even if it's non-verbal for deaf students, is part of keeping everyone safe.

With those basic requirements and a little bit of interest on the part of the student, young karate kids can learn success skills to excel in school and in life. In our classes, the youngest students learn to follow directions. They learn to focus and

use self control. We reinforce treating others, and ourselves, with respect. These are just some benefits.

Young karate kids also improve their physical skills including balance, coordination and agility. In addition to all of the physical skills, students learn to defend themselves as well as protect others. Our Little Dragons program is based on the traditional karate programs for our older students. The younger students build their karate ability as they grow physically.

Karate is a great activity for children of all ages, and that includes three-, four- and five-year-olds. With caring, patient, experienced instructors, young students can build a base that will help them be strong, healthy and successful, and therefore happier in their lives. ☺

MAR. WEAPON: *Kama, Tan Bo*

(Apr: Bo, Jo)

FOCUS: *Perseverance*



# March 2020

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RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 (No Adults class.)	5	6 Spring Karate Camp reg., opening ceremony, training 6:00-7:30 pm. (Regular class cancelled.)	7 (Regular classes cancelled.) Spring Camp training 9:00 am-7 pm. All Dojo Family Potluck 7 pm.
8	9	10 (Regular classes cancelled.) Condensed Spring Break schedule.	11	12 (Regular classes cancelled.) Condensed Spring Break schedule.	13	14
15	16	17	18 Black Belt Club for BBC members 7:30-8:20pm. (No Adults class.)	19	20	21 Last day to place Century orders.
22	23	24	25 Buddy Day in 6 & 6:35pm classes. Talk on the Culture of Okinawa and how it can help us 7:30pm (No Adults class)	26	27	28 Certificate Ceremony & Testing* 10:40am. (No Weapons Class)
29	30	31			<b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month at 10:40am, except holidays. Saturday class for All Ranks and Black Belts, Kids and Adults is at 9:40am.	

\* = Wear full formal gi / uniform.