



# The East Valley Kicker

“Perseverance is not a long race; it is many short races one after the other.” -Walter Elliot

Mesa, AZ [www.EVMA.net](http://www.EVMA.net) Kyoshi’s Cell: (480) 330-8886

**MARCH 2021**

## Welcome

Maddie Halter (Adults Program)

## KARATE BY REQUEST

Special online training Fri. Mar. 26th, 6:30pm. Let us know, by 3pm, what you want to work on.

## EXTRA KATA TRAINING

After each regular online class, at 7:25pm, we will spend 10 minutes reviewing an intermediate or advanced kata. We are continuing with Pinan Yondan on March 3rd. Black belts will be working on Okan on March 3rd and 5th (Black Belts should allow 15 minutes for this special training). Intermediate and Advanced Students are welcome to join!

*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

# The Core Principles Set Ryukyu Kempo Training Apart

by Jenifer Tull-Gauger

Ryukyu Kempo is a general term for martial arts developed in Okinawa. However, Ryukyu Kempo as taught by the United Ryukyu Kempo Alliance, is a unique and effective martial art. Not only is it effective in self defense and life protection. The curriculum we teach can be applied to all areas of life. In particular, our Five Core Principles not only create stronger martial artists, they also create more successful people.

### 1<sup>st</sup> Core Principle: Structural Integrity

Also called SI, Structural Integrity literally means a physically strong position. The way something is built or positioned either gives it structural integrity, or gives it weakness. SI can also be applied to strengthen non-physical things such as relationships.

### 2<sup>nd</sup> Core Principle: Coring

In Ryukyu Kempo, martial artists create their own safe place with a strong guard.

Using the 18” rule, they make sure it is not too wide, but arms are placed in a position to best protect one’s body.

Coring can be used in other areas of life by “getting back to basics.” For example, if one has developed poor health, this could be caused by falling into poor basic habits. Maybe cutting out sugar or additives and adding in healthy, vegetables, fruits and basic, plain-but-healthy foods will allow one to zero out back to a healthy system.

### 3<sup>rd</sup> Core Principle: Observe, Plan, Execute or OPE

On the one hand, we don’t rush into situations without first Observing and Planning before Executing. On the other hand, a good martial artist doesn’t Observe that something needs to be done and then not do it if it’s in their power. Martial artists are consistently Observing and Planning. That is why they are good at Executing when others might not do anything.

### 4<sup>th</sup> Principle: Efficiency and

### Proficiency or E and P

When we use E and P we don’t waste time, space or energy. We do things in the most efficient and adept manner. We are always looking for ways to perform our martial arts techniques in an Efficient and Proficient manner. This also works in other areas of life.

### 5<sup>th</sup> Core Principle: Weight Lead Indicator

A strong Weight Lead means you have deliberation on your path and in your direction of focus. This is important in physical life protection. It can also be used in following through with the goals you have set for yourself. Or with getting any project done.

Our students of all ages learn the Five Core Principles. We help them apply them to their martial arts training. We also talk about using them in other areas of life. Then they can become more efficient, proficient and successful in any area.

MAR. WEAPON: *Tonfa/Kama*  
 FOCUS: *Perseverance*

# March 2021



KYOSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 1st Thursday Weapons Practice: tonfa or kama.	5	6
7	8	9 No classes, Dojo Spring Break >>	10 No classes, Dojo Spring Break >	11 No classes, Dojo Spring Break.	12 URKA Online Exclusive: 5pm Beg., 6pm Int., 7pm Adv. Pre-pay & pre-register.	13 AZ Karate Spring Camp in-person 9am-6pm. (Closing Ceremony 5p.) Potluck 6pm.
14	15	16	17	18 3rd Thursday Weapons Practice: tonfa or kama.	19	20 BBC 10:30-11:30am at Crossroads Park in Mesa.
21	22	23	24	25	26 Karate by Request: special online training starts at 6:30pm.	27
28	29	30	31		<b>This Month's Testing</b> will take place toward the end of the month, as needed, by appointment*+.	

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