



The East Valley Kicker

"By constant self-discipline and self-control you can develop greatness of character." - Grenville Kleiser

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APRIL 2017

T-SHIRTS

We still have some olive green dojo t-shirts available in most sizes. They are \$20 each including tax.

PARENT DAY

In our last black belt meeting, instructors decided we would like to invite ALL dojo parents to join us for a fun, free karate class! Show your dojo support! Be our guest, get out on the mat with us, and let's train and workout together. Parent day will be during the Wed. April 19th classes. Guarantee: if you don't enjoy it, you will get your money back ;)



We love to have you watch and see, But the mat is where the fun will be.

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

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Renshi, 5th Dan &

Jenifer Tull-Gauger,

Renshi, 5th Dan

"IMASHI" HOW TO, PART ONE

by Jenifer Tull-Gauger

This is the first of a three-part series about Dojo Kun #5 and how it can help us in our own lives. We will look at being more calm, cool, collected, and happy!

A literal translation of Dojo Kun #5 (*Keiki no yu o imashimeru koto*) is: "It's important to be cautious of admonish the fire that can rage in your blood." Oh that fire! Even the most serene of us have it boil up at times until we are seeing red. Of course, I am not perfect in my calmness, but I do have many successes in pushing down the fire that can rage within me, and also with letting it go so it doesn't burn me from the inside.

I hope that sharing my techniques can help you do the same, improve your outlook, and gain some mastery of Dojo Kun #5. This isn't always easy, but it is essential if you want to avoid court-mandated anger management classes, lower your blood pressure, or just live a healthier life.

The way I see it, mastery at pushing down the fire within us has four parts. In order, they are: 1) Fire Hazard Prevention; 2) In

the Moment—Pushing it Down—Fire extinguishers; 3) Letting it Dissipate: stress relief; and 4) Repeat, ongoing. Let's focus on the first step: Fire Prevention.

If you develop a sense of contentment in daily life, it helps you keep your calm and not be a slave to boiling blood. On the other hand, if you have allowed dissatisfaction with your life to breed underlying anger and fear, you are placing flammable tinder inside and all around you, just waiting for a spark to ignite it. As the French theorist Tom Blandi said, "Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force."

We can choose to hold, uplift, and cultivate attitudes of contentment, gratitude and joy. We can choose to spend more time with people who are positive, and limit or cut out time with negative influences. We cannot control others, but we can, (in fact we must) control ourselves and our own attitudes. To do this,

we must pay attention to the actions we take, the words we speak, and even the thoughts we think. If we intentionally make these things more positive, that will improve our emotions and limit our "blood fire".

Let go of your negative past and live in this moment. Instead of envying your friend's fancy house, or being jealous of her riches, you can count your own blessings and be grateful for the plentitude of all that you have. There are many people who don't even have a fraction of your privileges. (If you don't have the basic necessities of a safe home and nourishment, what can you do change that?)

If something about your life is bugging you, examine what it is, why it bugs you, and whether you are willing to do what it takes to change it. (If you can't change it, accept it.) If you are willing to pay the price to change it, get going! If it is too costly for you, then you must accept it, knowing things are not perfect. Find a way to let it go, and be content.

APR. WEAPON: *bo, jo*
 (May.: nunchaku, chizi kun bo)
 FOCUS: **Self-Control**



April 2017

RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Every Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.</p>	<p>NEW Nunchaku 10% off</p>  <p>By request! In-stock all month, or order by 4/22.</p>				1	
2	3	4	5	6	7 BBC 7:30 p (No 7:30 pm Adults today)	8
9	10	11	12	13	14 No classes, dojo closed for Easter weekend	15 No classes, dojo closed for Easter weekend
16 <i>Easter</i>	17	18	19 PARENT DAY! Lil Dragons 6:00, All others 6:35-7:25 pm. Mandatory All Dojo Meeting 7:30 p	20	21	22 Black Belt Leadership Meeting 10:10 am. Last Day to place Century orders.
23 30	24	25	26	27	28	29 Certificate Ceremony & Test* 10:10am.

* = Wear full formal gi / uniform. + = Takes place at other location.