

THE EAST VALLEY KICKER

“Act with kindness, but do not expect gratitude.” -Confucius (551 – 479 B.C.)

NOTES & TIDBITS

In case you haven't heard, the new schedule is in full swing! Pick up a Spring schedule at the Karate Desk.

Be sure to join us for the special events this month:

Bring a Mom to Karate on Sat. May 8 during all ages all ranks class at 10:45. In honor of Mother's Day, bring you mom, your aunt or any woman you respect to join us for a fun class.

Dojo picnic (potluck) at the Riparian Preserve Park on Sat. May 8, 12:30 to 3:30. Sign up for the potluck and pick up a flyer at the Karate Desk.

Intraschool Tournament Sat. May 15 (see flyer.)
Tournament Preparation classes, during regular classes on Thurs. May 6th and 13th.

Women's Self Defense Seminar B, Thurs. 5/27.

Dojo closed for Memorial Day, Sat. 5/29.

RECENT PROMOTIONS

Congratulations to everyone who passed the test in April!

Promoted to yellow-striped belt: Konnor Lemons (L.D.); Noah Smith (L.D.); Skylar Speiser; and Payton Tilus (L.D.)

Promoted to yellow belt: Matthew Ambagis (L.D.); Daniel Brasher; Tyler Miazga; and Garrett Sebastian (L.D.)

Promoted to blue belt: Jeffrey Veitch.

Promoted to Purple belt: Michaela Wooldridge.

Promoted to 3rd kyu brown belt: Andrew Greig.

Promoted to 2nd kyu brown belt: Griffin Tull-Gauger.

Promoted to junior black belt: Mr. David Edwards in the Adult Program.

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WELCOME NEW STUDENTS MAY

- Joe Ambagis (Adults)
- Tristan Hanna (L.D.)
- Reid Machajewski (L.D.)
- Tamra Thomas (Adults)



STUDENTS OF THE MONTH

Congratulations to our May Students of the Month: Payton Tilus in Little Dragons, Lizzie Garn in Beginning Kids and Chase Owens in Advanced Kids. Keep working hard!

MAY BIRTHDAYS

5/2 Carter Morris

5/13 Isaac Vasquez

5/30 Charlie Estrada

5/31 Brandon LaBorde

5/31 Matthew McCulley

HAPPY BIRTHDAY!!

INTRASCHOOL TOURNAMENT

Tournaments are a great way to test your martial arts skills beyond regular classes and testing. If you had to use your karate on the street, you would have to think and act under pressure. Entering our dojo's tournament (for our students only) is a safe way to test those skills with a little healthy competition. You can enter in sparring, kata, team kata, and weapons.

Students of all ages are encouraged to enter. All participants will receive an award.

Sensei Michael Newland

Sempai Rob Reimer

Shidosha Kirk Gauger

EAST VALLEY MARTIAL ARTS

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Considering buying or selling a home or know someone who is? Michael and Deborah Newland are Gilbert/Mesa specialists and get awesome results for their clients. Please call with your needs and referrals:
(480) 390-1161 or (480) 688-5358

CAN MARTIAL ARTS TRAINING HELP YOU LIVE LONGER?

By Joseph Galea

Martial arts students will tell you that their training could save their lives if they are ever faced with a life-threatening situation. The knowledge of self-defense can be a "life saver" in precarious situations and thus a life *extender*.

But can the martial arts help you live longer even if you never need to use your training to defend your life? While there is no scientific proof to back up such a strong statement, there is some interesting evidence that is worth considering, and then I'll let you formulate your own conclusion.

If you want to achieve any goal, one strategy you may employ is to model yourself after those who have already accomplished what you want achieve. If you follow this philosophy, then you would also believe that to live a long life, you should study those who live to be at least 100 years old, the Centenarians. Three studies did just that; the Georgia, New England and Okinawa Centenarian Studies, and they found some common themes among these special groups of people. These common themes are what I believe to be the essence of the lifestyle of the martial arts enthusiast!

1. Few are obese, and many say that their current weight is what it has been for their entire adult lives.
2. Very few smoke, and they drink alcohol in moderation or not at all.
3. They have stayed physically active throughout their lives. Older Okinawans garden, walk, and typically practice some form of martial arts!
4. They keep active mentally and are open to learning new things.

5. Some studies show that they eat plenty of vegetables and fruits and consequently have a high dietary intake of antioxidants such as carotenes, flavonoids, and vitamin E, all of which help protect against cancer and heart disease.
6. They have strong social support networks, and maintain close relationships with family and friends. Centenarians are almost never "loners."
7. They handle emotional stress very well. They tend to be optimistic, have a good sense of humor, and are adaptable to change.
8. They score low on measures of negative emotions, such as anger, fear, guilt, and sadness, and have low rates of clinical depression. Also, many rely on their spiritual beliefs to cope with hardship and loss.

While genetics can also have a strong influence on your life span potential, following the healthy practices of Centenarians, and of martial artists, may very well give you a head start toward reaching 100 years or beyond!

The heat is on, and the swimsuits are coming out! Create a better you for the summer with the help of Kirk Gauger, Certified Personal Trainer. Kirk can tailor a fitness and diet program to help you reach your goals. Call Kirk at (480) 330-8886.

MAY QUESTIONS

Turn in by 5/27 to receive a ticket:

What is one way you show respect at the dojo?

What is one way you show respect at home?

NAME:

HealthKick: Yogurt: Functional Food or Dessert?

By Jennifer G. Galea MS RD

Yogurt can be a wonderful “functional food,” contributing many important nutrients to your healthful diet. Chosen wisely, yogurt is an excellent source of calcium and probiotics, beneficial bacteria that promote a healthy digestive system. However, care must be taken to choose products that don’t supply more sugar and fat, and potentially even chemicals, than nutrients.

Yogurt is an excellent source of calcium, which is crucial, especially to the performance and health of female martial artists. Yogurt is an especially good choice for those who don’t like milk or who have difficulty digesting milk sugars. Yogurt is also a good source of protein and other vitamins and minerals, such as phosphorus, potassium and riboflavin.

Because yogurt is a “fermented” milk product, it also contains special bacteria, which are called “probiotics.” These beneficial organisms help to manage lactose intolerance, diarrhea, inflammatory bowel disease, irritable bowel disease, and even some ulcers. (Many people who suffer from these ailments may be involved in the martial arts: exercise and the stress management provided by martial arts training can also have a significant positive impact on their condition.) In addition, probiotics may stimulate the immune response in the gastrointestinal tract (gut). Many holistic practitioners believe that a healthy gut is the first step to truly “well” person. I would go one step further and say that exercise, a healthy mind, and a healthy gut are the cornerstones to creating an overall state of wellness. Fortunately, through martial arts training, you can achieve the first two aspects.

But how should you choose a yogurt? First, start with a plain low-fat or non-fat yogurt. Add your own fruit for a yogurt-based smoothie or fruited yogurt. For an even more healthful treat, you could add your own bran, nuts or other tasty healthful ingredients.

If you prefer a “pre-made” variety, again look for low or non-fat yogurt to start. Then read the label for serving size and ingredients. Be cautious, as some may even look like the same size container but actually contain much less product. Stay away from those that contain more sugar than yogurt! And finally, be sure that the yogurt contains active bacterial cultures. This may be written on the label, or it may have a seal from the National Yogurt Association, which allows manufacturers to say that the product contains “Live & Active

Cultures” if it contains at least 100 million cultures per gram at the time of manufacture.

Adding the right yogurt products to your martial arts regimen can help to round out your overall healthy lifestyle.

Personal Profile

By Kirstin Hatch, Age 15

How Martial Arts Change My Life

I remember my first day at martial arts four years ago, thinking how awesome it was going to be to learn how to do cool kicks and punches. Through my instructor I have learned more than that; self-discipline, commitment, focus, respect, 100 times rule, etc. and how to apply them to my life at home and school. Since taking martial arts I have maintained a 3.20 grade average or higher and at home have become more patient and responsible, especially with my 3 younger brothers. Being involved with Leadership, Demonstration Team, and Black Belt Club on top of my regular class allows for many opportunities to improve my skills on a mental level as well as a physical one. Each class teaches me something different and important to how I live my life. While appreciative of my parents and my instructor who have supported me from white belt to black belt, the one thing that has helped most of all is the saying; “The pain of self-discipline weighs ounces. The pain of regret weighs tons.”

Kirstin Hatch is a student at Miller’s Martial Arts Academy owned by Korbett Miller

LAST MONTH’S QUESTION

Several kids got tickets for answering last month’s question: 1) Why did you start karate in the beginning? 2) Why do you continue karate now?

“1) It was fun and cool. 2) Because it is cool.” - Anonymous

“1) Because I liked it and I wanted to get a black belt. 2) I like to play and am proud to wear my yellow belt and my gi.” -Loren Boyle (L.D.)

“1) Because I wanted to have fun. 2) I like to learn karate.” -Sheila Doane (L.D.)

“1) Because I wanted to know how to defend myself. 2) When I did it, it was fun so I kept doing it.” -Paden Lemons

“1) To protect myself from bad guys & to learn karate with my friends. 2) Because I like it, I like my teachers, and I like doing karate with my friends.” - Coltin Lohman (L.D.)