

INSIDE THIS ISSUE...

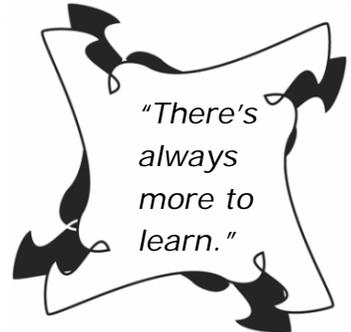
Can you Beat the Odds and Live Longer?

Success Stories:
Martial Arts:
"A Way of Life"

Question of the Month

HEALTH KICK

THE EAST VALLEY



*"There's
always
more to
learn."*

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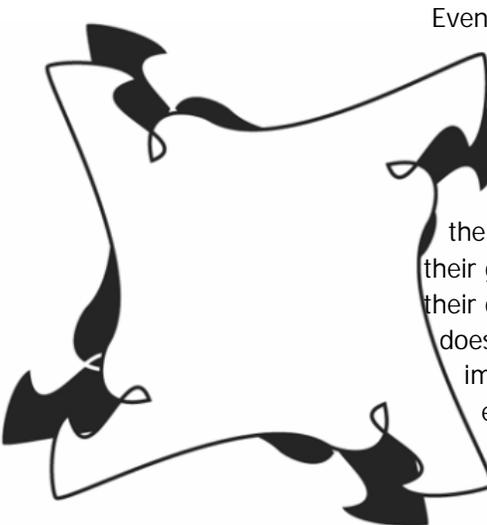
Open Your Mind

OPEN MORE OPPORTUNITIES

By Joseph Galea

You may feel as though you know it all. You may feel as though others cannot teach you. You may even believe that a good education alone will take you where you want to go. The reality is, there is always more to learn.

The world is full of opportunity if you look. The problem is, many people don't like change, and they will pass on a good opportunity to avoid change. This is of the type of close-mindedness that can keep you from achieving your goals. By opening your mind to change, you open more doors.



Even college graduates do not "know it all" when it comes to having wisdom. People gain wisdom by living, not simply by studying. In fact, many successful people will state that it was not their education that lead them to their greatest achievements- it was their openness to the world. This does not mean that education is not important; rather it says that education helps you make good choices as you take in ideas from others.

Be open-minded, observe others, listen to what they are saying and try to find value in their ideas. Be open to the fact that everyone's ideas are worthy of consideration. You can learn valuable lessons from even the least likely people!

Read books and magazines, scan the Internet and seek out new ways to learn. Watch educational shows, motivational movies, and listen to audio tapes. Take extra classes, attend seminars and workshops and participate in extra-curricular activities. The more you seek, the more you will find. Only when you open your mind will you maximize your growth.

A good philosophy to go by: "experience happens when you've made that mistake." In other words, until you or someone you know makes a mistake, how can you learn exactly how to avoid the same error in the future? By opening your mind and listening to the ideas and suggestions of others you can learn from their experiences. This goes for everything in life: family, friends, work, etc. Don't limit yourself by ignoring others; liberate yourself by listening.

Can YOU Beat the Odds and Live Longer?

By Jennifer G. Galea MS RD

For the first since we've been an industrialized society, there is a strong likelihood that life expectancy will actually fall this century, according to leading researchers. This is one of the expected consequences of the globally worsening obesity epidemic. It also means that even with all the advances in medicine, **you**, by way of your actions and decisions, are still the key factor in controlling your health and your life expectancy!

And these are *directly* related to your weight. A poor diet and a sedentary lifestyle can have numerous other negative impacts on your health and longevity separate from their impact on your weight.

Now is the time to take control of your own destiny. If you haven't already done so, start eating more healthfully. Even tiny changes can make huge differences in your life. Take something as simple as the beverages you drink, or the breakfast that you eat. Think about how many empty calories you can cut simply by having water with a meal instead of soda, or having whole grain cereal instead of a donut. And all those tiny changes that you make will have a huge overall impact on your health and well being. Once you start making the changes, you will see those changes snowball into an overall healthy lifestyle.

Physical activity is the other central component of a healthy lifestyle. The Martial Arts offers the perfect venue in which to become and stay physically fit. To increase your longevity and to maximize the positive impacts of physical activity, you need to take a "holistic" approach to exercise. The Martial Arts provides that and more: physical activity tailored to your fitness level that is enjoyable and commitment-based to ensure your continued training, along with mind and body wellness instruction. And once you start, this too will snowball into a healthful mind and body lifestyle that will help you beat the odds in this obesity epidemic.

Obesity: Prevalence and Identification

About 15.5 percent of adolescents (ages 12 to 19) and 15.3 percent of children (ages 6 to 11) are obese. The increase in obesity among American youth over the past two decades is dramatic, as

1999 to 2000	15.3%
1988 to 1994	11%
1976 to 1980	7%

1999 to 2000	15.5%
1988 to 1994	11%
1976 to 1980	5%

[Chart published by the American Obesity Association website]

Everyone knows about at least some of the negative health effects of being overweight; blood sugar problems (diabetes), lung and other organ problems, increased risk of certain kinds of cancer, joint problems, etc..

Martial Arts is "A Way of Life" **take note...**

To me Martial Arts is more than a word or a sport, it's a way of life. Martial arts has made me think of everything in a different perspective, and also the way I view myself. I feel the Martial arts has made me a better person physically and mentally.

Most importantly, it gave me respect for myself and for others. For me, Martial Arts is like a building block that never ends, it keeps me alert and aware of my environment. It has also improved me in physical aspects; I have more stamina and also become more responsive and agile.

I try to set goals for myself to become an even better martial artist and person. Then I rate them on a scale of 1 to 10 and try my hardest and push myself to achieve them. Martial Arts has now become a part of me and what I am. I am proud and honored to call myself a martial artist.

Anthony Fulginit is a student at John McGonigle & Johanna Grassia's Martial Arts Lifestyle Center

upcoming events

MAY STUDENTS OF THE MONTH

Congratulations to our students of the month: James Ambagis in the little Dragons program, Carson Rodgers in Beginning Kids, and Theodore Simmons in Advanced Kids. Keep up the great work!

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MAY QUESTION

(turn in your answer by 5/26/05 for a ticket)

What is your favorite Guiding Principle? Why is it your favorite?

NAME:

SUCCESS STORIES

DOJO NEWS

MAY BIRTHDAYS:

5/2 Nick Banser (LD),
5/18 Joe Schiessl (AD),
5/20 Camron McKinney (AD),
5/31 Matthew McCulley (KD),
5/31 Brandon LaBorde (AD).
HAPPY BIRTHDAY!!

CONGRATULATIONS TO THOSE WHO PASSED THE LAST TEST:

Yellow-striped Belt: James Ambagis (LD),
Yellow Belt: Joe Schiessl (AD) and Heather Tilus (AD)
Orange Belt: Joe Ambagis (AD)
Blue Belt: Tyler Miazga (KD)
Purple Belt: Matthew Edwards (KD), Michael Fultz (KD), and Theodore Simmons (KD)
2nd Kyu Brown Belt: Matthew Barr (KD) and Michaela Wooldridge (KD)

WELCOME NEW STUDENTS:

ADULTS: Ned McCarthy and Steve Newman, Shidosha

Due to some computer changes, we are updating our e-mail list. In order to receive this newsletter by e-mail attached as a [Microsoft Publisher document](#), please sign up on our website, www.evma.net or e-mail jenifer@evma.net. If you do not have Microsoft Publisher, you can download the newsletter in other format at the website, www.evma.net.

We have been working on some curriculum changes, and the improved requirements will be detailed in our student handbook (coming soon!)

Also new this month is Little Dragons Stripe Testing. This is to give extra encouragement to our Little Dragons, as well as commend them on their achievements (as they typically have each belt longer than older students.) Stripe Testing will take place during Little Dragons Classes every other week, please see the calendar of events and the Stripe Test List. Those who are not on the stripe test list may still attend the class during stripe testing to help their fellow students move forward and celebrate.

Remember, each student has the responsibility of bringing their mouthpiece and wearing their cup and supporter (males) to every class!

Please remember to pay test fees at least one day before the test is to take place.

WOMEN'S SELF DEFENSE classes will take place on the first Monday of every month from 7 to 8 p.m, \$10 each.

FUN FRIDAYS are here! When you participate, you are helping to cover overhead costs as well as have fun!! These will take place on Friday evenings AFTER YOGA. Watch the event calendar for dates and times. Be sure to register at least one day in advance.

CHILDREN'S DAY CELEBRATION will be Fri. May 6, 7:30—10:00 p.m. Cost is \$10 per person. This is a holiday in Japan to celebrate children. We will make origami samurai helmets, learn to use chopsticks to eat sticky rice, (you keep the bowl and chopsticks) and play balloon kendo with balloon swords. This was a big hit when we did it two years ago.

GLADIATOR'S NIGHT will be Fri. May 20, 7:30—10:30 p.m. Cost is \$20 per person. Bring a soft-dart or ball shooting weapon and join us for some games of skill, topped off by a game of capture the flag. Drinks and snack provided. Held once or twice a year, Gladiator's night has become a dojo favorite.

NEEDED: Large cardboard boxes for Gladiator's Night. If you have a large cardboard box to spare, please drop it by the dojo before May 20th.

WELCOME TO BLACK BELT CLUB:

Loren Boyle (KD), Michael Fultz (KD), Theodore Simmons (KD) and Brian Tefft (AD).

ACADEMIC ACHEIVERS:

Maryana Ambagis and Michaela Woodridge achieved straight A's on their last report cards, and are qualified to wear the Academic Achievement patch. Riley Wooldridge had a great improvement in his grades. Keep it up Riley, and you will receive an Academic Achievement patch one day (for straight A's.)

Here comes summer, get ready
for your bathing suit!

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May 2005 E.V.M.A. Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Women's Self Defense 7-8, \$10 Nick's birthday	3	4 *Little Dragons Stripe Testing 4:30p.m.	5 Register for Children's Day by today.	6 Fun Friday—\$10 Children's Day 7:30-10:00p.m.	7 Bring a MOM to Karate (kids and adults during regular class)
8 Mother's Day	9 Little Dragons Bring a MOM to Karate 4:30p.m.	10	11	12	13 Last day to place Century orders for this month	14 B.B.C. Field Trip—after souji (1:00 p.m.)
15	16	17	18 *Little Dragons Stripe Testing 4:30 p.m. Joe Schiessl's birthday	19 Register for Gladiator's Night by today.	20 Fun Friday-\$20 Gladiator's Night 7:30-10:30 p.m. Camron's b-day	21 *Certificate Ceremony & Testing 1:30p.m.
22	23	24	25	26 All Teacher's Meeting 7:55-8:40p.m. during class.	27	28 No Classes—Memorial Day Weekend
29	30 No Classes—Memorial Day	31 Brandon & Matthew M. birthday				

* Wear full white uniform