

# The East Valley Kicker

“Better a thousand times careful than once dead.” ~Proverb

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

## APRIL 2011

### Welcome

- Brandon Cussins (Lil' Dragons)
- Jadon Cussins (Kids)
- Clementino Patino (Lil' Dragons)
- Wendy Spaulding (Adults)

### Summer Schedule

We aim for this class schedule to benefit most students. *The final schedule will be published by Sat. May 14th. Here is the tentative plan* (Schedule will be in effect Tues. 5/31 through Sat. 8/6—[Yoga's starts 5/17]):

MONDAY: 6:10pm Kids & Adults all; 7:10pm Weapons.

TUESDAY: 8:00am Yoga\*; 9:10am Adults, Kids, & Lil' Dragons all; 5:30pm Lil' Dragons; 6:10pm Kids & Adults all; 7:10pm Adults all & adv. Kids.

WEDNESDAY: 6:10pm Adults & Kids all; 7:10pm Groundftg.

THURSDAY: 8:00am Yoga\*; 9:10am Adults & Kids all; 6:30pm Lil' Dragons; 7:10pm Adults & Kids all.

SATURDAY: 8:10am MMA\*; 9:05am Weapons; 9:55am Adults & Kids all; 10:45am Black Belts.

If you have any concerns or suggestions, let us know ASAP

## IS KARATE A BOOT TO THE HEAD?

Jenifer Tull-Gauger Shihan, 4th Dan

Also called “Boot to the Head,” “Tai Kwan Leep” is a skit by the Canadian Comedy troupe, *The Frantics*, (1987). In it, an Eastern martial arts master starts class by explaining the basic philosophy of a fictional martial art called “Tai Kwan Leep.” An impatient new student, Ed Gruberman, continually interrupts the master, wanting to skip the talking and get down to business. (The kids' Prize box has an audio CD of this skit.) I tell you this because I'm sharing my interview in which Ed Gruberman inquires about Karate, after his boot to the head.

Ed: What is Karate?

Shihan: These days, Karate is used to talk about many different martial arts, due to the word being broadly used and recognized. Traditional Karate is a character-building, life protection art from Okinawa. Literally, the words *KARA TE*, mean *empty hand*, and refer to a weapons-free martial art system which emphasizes an open mind.

Ed: Why waste class time warming up? I just want to boot some head.

Shihan: 1) Our traditional warm-up has been passed

down to us. 2) It prevents injury by getting blood pumping and muscles and joints ready to move quickly. For safety, for anybody of any age, a 7-minute-minimum-warm-up is required before any physical exertion. 3) Our warm-ups contain some cardio and resistance training. For some, Karate is our main exercise. As a typical Westerner, you need all the exercise you can get. 4) Doing the same warm-up in each class creates a level of comfort and confidence for our young and new students. When we vary it, it is a special treat. 5) At the advanced levels you give back to the art by helping. When you lead the warm-up for the first time, you will be thankful that you have done it over 100 times. 6) If you go to boot someone's head without warming up, you could land yourself in an MRI before your foot even gets close to their head.

Ed: But once you're warmed up, why all those repetitive drills? Can't you just give me a partner and have us go at it?

Shihan: The drills help build good habits, proper posture, stronger muscles, faster hand techniques, eye-hand and eye-foot coordination, agility, kinesiology, and muscle memory for

defense. You may despise doing them, but when you are an adult black belt, you will be so glad to have the experience and the strong technique that can only be built by years of small forward steps. Don't you want to look agile, strong and balanced when you go to boot someone in the head?

Ed: In some classes, you talk a lot, like that Tai Kwan Leep guy. Can't you just skip that philosophy junk, and get to the head-bootin'?

Shihan: Our traditional art requires us to learn how to *avoid* booting people in the head. The philosophy is an essential part, which can be used every day, and will help you become a better person.

Ed: I just want to learn to boot someone in the head, can we get to that?

Shihan: If that's all you want to learn, you could go fight on the street, for free (not counting your medical bills).

Ed: Could you boot me in the head like that Tai Kwan Leep teacher did?

Shihan: I could, but I won't. (The knee's more effective.)

May WEAPON: *BO* etc. (for June: *nunchaku*), FOCUS: "Samurai" Training

# May 2011

SHIHANS' CELL: (480) 330-8886



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Brock's Birth-day</i>	2	3	4	5 Last Day to pre-pay for Children's Day for only \$10 (early bird special, all-ages' fun).	6 Japan's Children's Day 7:10-10pm, \$15 per person, (includes snack, goodies, crafts, games.)	7
8	9	10	11	12	13 Black Belt Club for members 7:10pm (Ninja Obstacle Course of Death!)	14 Last day to place Century orders this month.
15	16	17 Yoga at 8am, Tues. & Thurs., for Summer.	18 <i>Miss Jessie's Birthday</i>	19	20	21 Certificates & Test 10:55am* (Black Belts wear formal gi)  * = Wear full formal gi / uniform.
22	23	24	25	26	27	28 No Classes, Dojo Closed  <i>Memorial Day Weekend</i>
29	30 No Classes, Dojo Closed <i>Memorial Day, Mr. Charlie's Birthday</i>	31 Summer Karate Schedule Begins.	NEW 'Chuck's' 10% OFF in May By request when ordering.	<b>SAMURAI TRAINING</b> <i>Every Saturday - 9:55am</i> <i>Starting in June</i> Ages 6 thru adult are welcome to drop in, see flyer for public pricing, free to our students. SAMURAI WISDOM, HONOR & STRENGTH focus on life-protection		