



# The East Valley Kicker

“When restraint and courtesy are added to strength, the latter becomes irresistible.” -Mahatma Gandhi

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MAY 2018

## SUMMER CAMP AT HQ

Allan Amor Kaicho will be hosting the United Ryukyu Kempo Alliance annual Summer Camp starting the afternoon of Friday June 8th and ending with a potluck lunch on Sunday June 10th. As an Alliance dojo, we are invited to attend. Look for registration forms at the dojo or in an e-mail.

## SUMMER RAFFLE

This summer, we are bringing back the Dojo Kun Raffle. We are collecting Asian prizes (candy, decorations, toys, even karate weapons). During the summer, you can enter the raffle by turning in slips that tell how you followed the Dojo Kun. Winners will be drawn at our end-of-summer get-together.

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

Head Instructors:  
Kirk Gauger,  
Renshi, 6th Dan &  
Jenifer Tull-Gauger,  
Renshi, 6th Dan

## HELP YOUR KIDS STAY OFF DRUGS

By Jenifer Tull-Gauger

All Pro Dad has an excellent blog with 10 ways parents can help kids stay off drugs. See the end of this for a link to that great advice. But I have a few other techniques to add to those. I got the biggest and least-heard one from Not-MyKid where they inspire positive life choices. So I'll start with that tip for parents first:

### RANDOM DRUG TESTS HELP KIDS STAY OFF DRUGS

I once attended a NotMyKid talk where they gave out an at-home drug test to each family. They said to make random drug testing a part of your household policy. Let your children know that they will be required to take drug tests, randomly; this policy is a powerful tool to help kids stay off drugs. It's a strong protection against peer pressure. If someone's trying to get your kid to try drugs, then your child can truthfully respond, "I can't – my parents drug test me." There's just no arguing with that.

Honestly, as a parent starting this policy, I worried that there might be arguments about trust. But when we carried out random testing, it was no big deal. If they are not taking

drugs, then there is no reason for kids to fight taking a drug test. Now, you can purchase at-home drug tests for around \$20 and up from the drugstore. Put the unopened box where your kids can see it as a reminder about what is important to your family. And the support they have from their parents to stay clean.

### POSITIVE IMAGES

Other things that kids see around the house can help them subconsciously visualize a life of excellence that precludes drug use. Did they win a trophy or award? Then be sure to proudly display it. Achievements they have made that resulted in a certificate or a other award should be displayed. Also show off their artwork. If you include a few awards that parents or even grandparents have earned, then you can create an underlying sense that your children come from a family that works toward achievements. Be sure to highlight as many of your children's successes as practical. This will help them build their self-confidence, which helps kids stay off drugs. Keep your "pride" area updated with each new award they earn.

### POSITIVE SUPPORT TO HELP KIDS STAY

### OFF DRUGS

Periodically review the positive support arenas that your child has. It's important that they have at least one group of supportive people outside of the family that they meet with regularly. The family's positive support is great too. But as they get older, teens relate more to friends and people outside the family. A dojo can be a positive support group with healthy role models that will help kids stay off drugs. A church youth group can be too – or a traditional dance group, or any group where conscientious adults are involved to encourage the youth in positive attitudes and actions.

Be open to input from others on how to help kids stay off drugs. Just like anything in life, if we want a positive outcome, we must put in positive action. That's much more effective than just wishing and hoping. Above all, love them, take care of them, and support your kids to help them make healthy life choices.

All Pro Dad's blog with 10 ways to keep kids off drugs is at: <http://www.allprodad.com/10-ways-to-keep-your-kids-off-drugs/>

MAY WEAPON: **Bo, Jo**  
 (June: nunchaku & chizikunbo)  
 FOCUS: **Restraint**



# May 2018

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| <b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts. | 1            | 2   | 3   | 4   | 5   | Core Leadership Meeting 10:10 am.                                   |   |
| 6   | 7            | 8   | 9   | 10  | 11  | Black Belt Club for BBC members 7:30 —8:20 pm. (No 7:30 pm Adults.) |   |
| 13  | 14           | 15  | 16  | 17  | 18  | 19  | Certificates* & Test* 10:10 am.                   |
| 20  | 21           | 22  | 23  | 24  | 25  | 26  | No classes, Dojo closed for Memorial Day weekend. |
| 27  | 28           | 29  | 30  | 31  |     |   |   |
|   | Memorial Day |     |     |     |     |   |   |

\* = Wear full formal gi / uniform.