



The East Valley Kicker

“Do your best when no one is looking. If you do that, then you can be successful in anything that you put your mind to.” -Bob Cousy

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Renshi’s Cell: (480) 330-8886

MAY 2019

Welcome

♦ Giovanni (Kids Program)

DOJO LIBRARY

We have a dojo library where our karate families can borrow mostly martial arts-related materials, including: Dr. Terrence Webster-Doyle’s Parent’s Guide to Martial Arts; a movie on bullying in VHS and DVD formats; and a DVD for kids about how to stay safe. The library materials include other non-fiction and novels. The policy is you sign out a book on the nearby list, and bring it back within a month. If you lose it, we expect you to replace it or buy it.



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

KARATE FOR GIRLS

By Jenifer Tull-Gauger (condensed from 4/2/19 blog)

The benefits of traditional Okinawan karate apply to both boys and girls. However, I can speak from the female point of view when I say that karate for girls is exceptionally powerful. My first exposure to martial arts was a recreation center’s aikido class when I was a kid. Later, I started ongoing training and martial arts has transformed me for the better. I have seen girls benefit from their training in and through their childhood years. Basically, the earlier they start and the longer they stick with it, the more karate can work its magic in girls’ lives.

PHYSICALITY

Many girls are raised to be nice and ladylike. Many just naturally do not partake in wrestling or roughhousing. That can be to their detriment if anyone ever tries to physically overpower them. Karate for girls will help them to build their awareness, physicality, strength, and prowess when it comes to physical attacks. “Tom boys” may already have skill in these areas. These girls will be more at home with partner work from the beginning,

and still benefit from practicing and honing their skills.

CONFIDENCE

Confidence is gained and rightfully earned in karate for girls. One way is in working toward goals like belts and then feeling the accomplishment of work well-done. Another way that girls earn confidence is by gaining the ability to protect themselves. When we know we have that ability, we can fearlessly go into the world and focus on enjoying the moment and working on our goals. It also helps girls when they have higher-rank female role models. Not to mention male role models who show their appreciation for the girls based on their actions, accomplishments and hard work in classes.

LIFE PROTECTION

Males are the natural protectors of our species, being generally bigger and stronger. But it’s important for every individual to have skills to protect themselves. And to build those skills to also protect others. Karate for girls teaches them to defend themselves, and with more training, to protect their friends and other innocents. Those skills will in-

grain to allow a girl to, years later, skillfully protect her children when she is grown and a mom. (Even more so if she keeps up with her training.)

FITNESS

I grew up as a couch potato and didn’t have weekly physical activity. That is, until I started martial arts. I became more fit from classes, while rarely thinking about any type of grueling workout. That’s because I love doing karate and learning while I work out. Over time, karate for girls gives us the discipline to improve our fitness in our time outside of class.

OUR STYLE

I love traditional Okinawan karate more than other martial arts. The etiquette we follow makes it comfortable to sometimes be the only female in a class. Not all martial arts require respect. Or restraint. Or good moral character. Not all schools dictate that in partner training you don’t take advantage of your size when you are the bigger person (in order to allow your partner to train and build their skills). But we do. That’s how we support karate for girls.

MAY WEAPON: **Bo, Jo**
 (Jun.: nunchaku, chizkunbo)
 FOCUS: **Doing Your Best**



May 2019

RENSHI'S CELL: (480) 330-8886

NEW Nunchaku
10% off

In-stock or order by Fri. 5/17

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----|-----|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
| Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:40am, for kyu ranks and black belts, Kids & Adults. | | | 1 | 2 | 3 | 4 20-Years of Karate Celebration: Free Seminars 11:00a, Demo 11:45a, Family Potluck 12n. (No BB Weapons) |
| 5 | 6 | 7 | 8 | 9 | 10 Black Belt Club for BBC members 7:30-8:30pm (Weapons Kata & Padded Weapons Sparring) | 11 Core Cards 10:30am. Assistant Instructors' & Instructors' Meeting 10:40am. (No B.B. Weapons) |
| 12 | 13 | 14 | 15 | 16 | 17 Last day to place orders for this month. | 18 "The Can-Do Karate Kid" Book Launch Party 10:30a-12:30p, demo, free snacks, free gift. (No BB Weapons) |
| 19 | 20 | 21 | 22 | 23 All Ranks Kids & Adults Class at 6:10—7:00pm today. Certificates* & Test* 7:10pm. (No Groundfighting) | 24 Dojo closed, no classes | 25 Dojo closed, no classes |
| 26 | 27 <i>Memorial Day</i> | 28 | 29 | 30 | 31 |  |

* = Wear full formal gi / uniform.