

THE EAST VALLEY KICKER

“No person was ever honored for what he received. Honor has been the reward for what he gave.” –Clavin Coolidge

NOTES & TIDBITS

Our Instructors (and some students) are going to Missouri to continue their Karate Training. To allow them this time to recharge, the dojo will be closed from June 5th through 9th. Please try to make up any classes you might miss any time in June.

Remember, we now have day classes on Monday, Wednesday and Friday at 11:30 for adults and 12:15 for kids from 3 through 12 years old, during the summer.

Saturday, June 14 is the last day to sign up for the Sizzling Summer Special – tell your friends!

Join us at the Japanese Language Class, and learn some basic Japanese, as well as how to write your name in Japanese! It will be at the dojo from 12:30 to 1:30 on Sat. 6/21, \$2 per person will help cover the cost of the teacher, an ASU Asian Languages Graduate who lived in Japan for several years.

The Wavemaster Summer Slam is just around the corner on Saturday July 12 from 3:00 to 4:30. This workout is open to the public – for a \$139 investment, you get to take home a Wavemaster and bag gloves. Register by July 2 to reserve your spot.

STUDENTS OF THE MONTH

Congratulations to our June Students of the Month: Toren Craig in Little Dragons, and Quinn Reynolds in the Beginning Program. Keep up the good work!

After discussion in a black belt meeting, we decided not to have an Advanced Student of the Month for June. Students who met most requirements – perseverance, respect, and haven't already been Student of the Month this year – were lacking in attendance. Please try to attend at least two classes per week.

JUNE BIRTHDAYS

6/18 Andrew Hayden 6/18 Sean Jones
6/18 Sydney Moody 6/20 Reggie Ceus
6/22 Lizzie Robillard-Brimhall 6/26 Mr. Greg Fisher

Happy Birthday!

INSIDE THIS ISSUE

DOJO ACHEIVERS.....	2
CONTROL <i>Jenifer Tull-Gauger</i>	2
KARATE STUDENT CHECKLIST.....	2
COLORING PAGE, compliments of: www.karatecoloringbook.com	3
CALENDAR OF EVENTS.....	4

WELCOME NEW STUDENTS

-Judith Feenstra
-Alex Hall
-Jenna Hall
-Jake Hall
-Carson Rodgers (Little Dragons)
-Mason Rodgers (Little Dragons)
-Zane Rodgers
-Christine Simmons (Adults)



RECENT PROMOTIONS

Congratulations to those who passed May's test!

In the Kids Program:

-Hunter Fuller and Sean Jones earned their yellow-striped belts.
-Daniel Hines (Little Dragons) earned his green belt.
-Andrew Hayden (Little Dragons) earned his blue belt.
-Morgan Napieralski earned her 2nd kyu brown belt.

In the Adults Program:

-Brandon LaBorde earned his purple belt.

Be sure to attend the Certificate Presentation Ceremony on Saturday, June 28 at 12:15 p.m. to receive a certificate for your new rank! Please wear your full white gi to this formal ceremony which will take place before the June test.

BRING A DAD TO KARATE

In honor of Father's Day, all kids are invited to bring a dad to karate with them. You can bring your dad, your uncle, your grandpa, or any dad you respect. Little Dragons bring a dad on Friday, June 13th at 10:30 a.m. Big Kids bring a dad on Saturday, June 14th at 10:45 a.m. Have him wear loose, comfortable clothing and be prepared to go barefoot.

RETAIL SALES – Get Some Gear

This month, all sparring gear is on sale for \$2 off. Place your order by Thurs. June 26 to receive special pricing.

Sensei Michael Newland
Sempai Rob Reimer

EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym
Gilbert, AZ 85234
Cell Phone: (480) 330-8886
Gym Phone: (480) 926-4040

Newsletter Editor: Jenifer Tull-Gauger

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

DOJO ACHIEVERS

Lizzie Robillard-Brimhall earned the John C. Young
Good Samaritan Award. Keep going for those goals!

CONTROL

-By Jenifer Tull-Gauger,

reprinted from The East Valley Kicker, March 2001

It's a Saturday afternoon. You're at the counter in a store. You came for an item you need for your favorite hobby. The cashier brings it out and says, "This is the last one. We'll have to order more of these."

Some guy in line behind you says loudly, "Hey, I need that!" As the cashier rings your item up, the guy in line starts yelling and cussing. The cashier tells him to leave the store. The guy storms out, cussing his way to the door.

You pay for the item and leave. Outside, the guy from the line comes up to you. "I came to get that, and I'm going to get it today." The guy says threateningly. He's a little bigger and a little older than you. The guy reaches for the bag in your hand and hits you in the jaw at the same time. You immediately respond with a *jodan* reverse punch to his jaw. His head rocks back slightly. Before he gets a chance to retaliate, you throw another reverse punch, *chudan* this time, right on target to his solar plexus.

His breath escapes with a "huff." You've knocked the air out of him. His knees buckle and he's now kneeling in front of you. Your next thought is to grab his head and knee him in the face, but you control yourself. Instead, you push him over on the ground and get out of there.

Later, Sensei says, "You did the right thing - you protected yourself, but didn't take it too far. You used control." According to the law, you should defend yourself by applying the same force that was used against you. You would have been wrong if you had bashed in the guy's face or broken bones, when he attacked you with a slap.

That's on the street with someone who's trying to hurt you. What about using control in the Dojo? In the Dojo, we try to respect our Dojo mates with our words and our actions. We strive to attain, and help our Dojo mates attain Dojo Kun number four: "develop a respectful

attitude." We also like to train hard. We try to prepare ourselves for the day we cross paths with somebody like the guy from the line, who wants to hurt us. We help each other learn how to defend ourselves. We can do that by "attacking" or throwing punches realistically.

So, who decides how hard we hit when sparring or practicing techniques? Sensei has always said, "I'll hit you just as hard as you hit me." That's Sensei, and he can probably take anything any one of us could dish out and give back more.

I'd like to share with you what I have learned from Karate. The higher your rank, the more you have to be able to practice control. First, it's the smaller person who decides how hard they want to be hit. If you're sparring with someone smaller than you, be careful not to hit him or her harder than they're hitting you.

Second, if you're sparring with a lower rank, it is your responsibility not to take advantage of them. That means you don't go all out, but be more defensive. Be careful not to hit them harder than they hit you.

What if you are sparring with a lower rank who's hitting hard? Sensei has said it is more dangerous to spar with white belts because they have not yet learned control. This gives you a chance to practice your blocking and your control. I think it's okay to hit them back as hard as they're hitting you. Just be careful not to let it turn into a brawl.

Last, if any Karate student is hitting you too hard, and really hurting you, you have a right to tell them, "That's too hard," and ask them to go lighter. Isn't that part of mutual respect?

Control over our words and emotions can be just as important as physical control. Sometimes the wrong thing said, when emotions flare up, is as hurtful as or worse than a punch. All of us, even Sensei, need to practice emotional and verbal control just as much as physical control.

We Karate students are at the Dojo to help each other learn, and to treat each other with respect. The law protects that guy from the line who wants to hurt you. It says you should only hurt him as bad as he was trying to hurt you. Remember to treat your fellow Karate students with respect. We should definitely treat our Dojo mates a lot better than "that guy from the line."☺

THE HEAT IS ON
... and the swimsuits
are coming out!

AFFA Certified Personal Trainer,
Kirk Gauger, can help you look
and feel great by showing you
how to work out with proper form,
for maximum results. Call today
to get started on the road to
a better you! 926-4040
or 330-8886

Simbatta

Asian Gifts and Collectibles

Check out our unique Asian items – fans, chopsticks, jewelry boxes, accessories, wooden swords, and more.

We are located on the NE corner of Gilbert and Baseline, in the Trader Joe's shopping center. 2136 E. Baseline Rd, Ste. 1, Mesa, AZ 85204
(480) 545-9919
open Mon.-Sat, 11am-7pm
www.simbatta.net

KARATE STUDENT CHECKLIST

Don't just come; come prepared! Especially for new students, here is a list of things to have in each Karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate tee-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear (Sparring gear is on sale for \$2 off -\$6 off a set- if you order by 6/26.)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

And please, please, *please* try to be on time!

coloring page compliments of karatecoloringbook.com

See a hard copy at the dojo for a coloring page here. Kids, if you color and return a karate coloring page, you will receive a ticket!