

THE EAST VALLEY KICKER

“Focus on the positive in your life, for what you focus on increases.” -Taro Gold

NOTES & TIDBITS

Remember to check the calendar for changes in the regular schedule and special events.

Classes will be cancelled on Saturday June 12, due to our instructors training in Missouri.

There will be a slight adjustment in the schedule for the summer, so that kids can attend classes during the day. Starting June 16th, there will be a mixed summer class for both Kids and Little Dragons at 12:15 p.m. on Wed. and Fri.

Bring a Dad to Karate on Sat. June 19 during your regular class. In honor of Father's Day, bring your dad, your uncle or any man you respect to join us for a fun class.

Keep an eye out for our special summer events!

New dojo t-shirts are coming! We will have a new design, with the same colors – red, black and blue. They will be here by the middle of June, and will cost \$15, payable to EVMA by check or cash.

WELCOME NEW STUDENTS

- Aaron Brower (Adults)
- Maryana Ambagis (Kids)
- Mitchell Bailey (Kids)
- Matthew Bailey (Little Dragons)
- Riley Wooldridge (Kids)
- Welcome, Christine Simmons, to the weapons program!



STUDENTS OF THE MONTH

Congratulations to our June Students of the Month: Skylar Speiser in Beginning Kids and Dallin Hamel in Advanced Kids. Keep up the awesome attitudes!

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JUNE BIRTHDAYS

6/2 Matthew Ambagis

6/22 Miss Lizzie

HAPPY BIRTHDAY!!

RECENT PROMOTIONS

Congratulations to everyone who passed the test in May (all in the adult program)!

Promoted to yellow belt: Brian Tefft.

Promoted to orange belt: William Speiser.

Promoted to green belt: Keith Kagen.

Keep up the awesome work!

LAST MONTH'S QUESTION

Two students earned a ticket for answering last month's questions about respect:

What is one way you show respect at the dojo?

“Do not talk when the teacher is talking.” –Sheila Doane

“Bow to the instructors.” –Anonymous

What is one way you show respect at home?

“Do what your mom and dad tell you to.” –Sheila Doane

“Be nice to everyone in our family.” –

Anonymous.

Answer this month's question on page three to earn an extra ticket!

The heat is on, and so are the swimsuits!
Create a better you this summer with the help of Kirk Gauger, Certified Personal Trainer. Call Kirk at (480) 330-8886.

Sensei Michael Newland

Sempai Rob Reimer

Shidosha Kirk Gauger

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**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**

A Father's Three Wishes

By Joseph Galea

I am a Dad. I have a son turning six this month and a daughter three and a half. I don't think I am unlike most Dads out there: I love my children intensely and I want the absolute best for them. I feel a strong sense of responsibility for their character development, their potential for success and their health and safety. I am very strict regarding rules, always looking toward their future. It can be as simple as saying "zip your coat and put your hat on" when the weather is cold, or as vital as rewarding them for good behavior to instill good habits. I take my job as Dad seriously. When I think of martial arts and my children, there is no choice: it's mandatory, just as there is no choice about attending school. I am thinking toward the future, knowing that martial arts gives my children an advantage.

If on Father's Day, I were granted three wishes for my children, here's what I would ask...

My first wish would be for my children to grow up with good values. I want them to be altruistic and honest and to make their decisions with these values in mind. The martial arts classroom assists in promoting these values. Between kicks and punches, there are life lessons taught reinforcing my efforts at home.

My second wish would be for my children to develop into confident and self-assured adults. I want them to know how to determine their own goals and then go out and attain them. The martial arts teach both short and long term goal setting. You focus on the next "belt" but you realize that it is a small step of many to reach a larger goal. Even Black Belt is not the conclusion of training but

rather another step towards additional learning and development, much like life.

My third wish would be for my children to be safe. Right now this responsibility falls on the adults who care for them... their mother and me, their grandparents, teachers, babysitters, etc. But as children age, the responsibility slowly shifts to them, until they are ultimately responsible for themselves. If my children ever found themselves in a "situation," their martial arts knowledge could save their life.

I don't expect a genie to pay me a visit on Father's Day. However, I believe that the wishes I would make will be achieved anyway. Like most Dads, I am always looking to the future, and I never want to hear myself say "I wish my kids had taken martial arts; maybe things would have been different."

HealthKick:

Beware of Low-Carb Claims

By Jennifer G. Galea MS RD

What do low carbohydrate claims, such as "carb smart," "carb aware," "carb countdown," "carb fit," and "carb sense," actually mean? In a word: nothing.

You shouldn't see the actual term "low carb" on any food labels, since that term has not been defined by the Food and Drug Administration (FDA). Such health related claims must be defined by the FDA before they can be used on labels. Instead, many manufacturers are using other terms to imply lower carb without actually saying it, and without having to back up their claims. In contrast, if a product claims to be "reduced-fat or "reduced-calorie," the statement needs to be supported by a comparison to the "regular" product, right there on the label.

A bizarre term being used is "net carbs." Manufacturers arrive at this number by subtracting sugar alcohols, fiber, and other carbohydrates that they say have "minimal impact on blood sugar." But can they prove their claim with any research proving the impact of their product on blood sugar? And is blood sugar the only thing we care about when evaluating carbohydrate content of a food?

Effect on blood sugar is definitely NOT the only thing we are concerned with when evaluating a food product. As with any food product in a diet, we need to evaluate the entire composition of the diet

and compare that to the body's nutrient needs. Always look for "real" foods that pack the most nutrition into the fewest calories. Focus on the type of carbs you are eating, such as whole grains, fruits and vegetables, rather than on the absolute number of grams. Limit added sugars. Avoid saturated fats and trans fatty acids. And always incorporate exercise into your healthy lifestyle.

Just because your carbohydrate intake is low doesn't mean that you will lose weight, or that your body fat will be low. "Low carb" foods (no matter what the label may claim) aren't "free" foods, or even necessarily healthy foods!

Training Tip: Martial Arts for Back Pain?

By Joseph Galea

Is back pain keeping you from practicing martial arts the way you would like? Are you afraid of aggravating your back pain by working out too hard? New research and treatment programs may make you change your mind.

According to *Health* magazine, each year 65 million people experience back pain which limits their activity. "It's the second most common reason for doctor visits behind colds and flu. An astounding four out of five adults are stricken sometime in their lives." But relief may be in sight. According to recent research, "the best medicine" may actually be a strenuous work-out. This is especially true for people who experience chronic back pain, defined as back pain that lasts more than two months.

Our natural tendency is to limit movement when we feel back pain, so it is a challenge to reinterpret body's message that seems to be telling us "don't move!" However, a strenuous exercise regimen can help to strengthen and stretch back muscles, making them more limber and stronger. Exercise enhances blood flow to muscles and may speed healing, as well as ease muscle cramps that are often the cause of back pain. Martial arts, with its combination of cardiovascular exercise and stretching and toning, may very well be the perfect activity for those previously suffering from back pain.

Of course, you should always consult your doctor before beginning or changing your exercise program. But this may be great news for those whose involvement in the martial arts has been curtailed by back pain or for those who have not started training for this reason. Back pain doesn't

have to limit you in reaching all your martial arts goals. Train in the martial arts for a healthier back!

Personal Profile

By Joshua Taylor, Age 18

"Son, I met a black belt at church today," Dad said casually. Little did he know that the teacher he just met would change my life. I gingerly began training and soon fell in love with the art. Years passed, the school grew, and so did I. Nevertheless, the spirit remained the same. I'm still a tiny kid in a brand new world. My interest blossomed into a way of life, and soon I began to apply all that I learned about effort, discipline and self-control. With a Martial Arts lifestyle I've achieved success in school, proficiency from training, and the best group of friends anyone could ever ask for. Now, nine years later, I wish I could say all I feel in 150 words. In reality, the only way I could ever do my teachers justice, is live my life in a manner which would make them proud. I humbly implore all who read this: Learn all you can, teach all who will listen, and be proud to call yourselves Martial Artists.

Joshua Taylor is a student at Villari's Self Defense and Fitness owned by James & Vicki Schulenburg

JUNE QUESTION

Turn in by 6/26 to receive a ticket:

What is your number one goal this summer?

NAME: