

# The East Valley Kicker

“You have freedom of choice but never freedom from consequence.” -Unknown

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## JUNE 2007

### Welcome!

- Debra Grote - adults
- Erik Harshman - adults
- Nathan Smith - kids
- Ryan Vickers - kids

### Dojo Gratitude

Thank you to Joe Schiessl for deep-cleaning the mat and to Kaci and Tony Schiessl for helping!

### This Month's Raffle

In June we are raffling off a used blue heavy bag for only \$5 per ticket! Winner will be drawn during the July 9, 5pm Parent Demo.

### Parent Pointers

Parenting groups and law enforcement officials agree, the most important principal a person can learn is that every action has a consequence, and kids can learn this at a young age. To teach this, parents need to let children experience the natural consequences of their behavior, and shock value is good - get creative. An example: if Jr's job is to set the table and he has neglected it, serve that spaghetti dinner right off the table using hands instead of silverware.

## Clear Communication

Martial Artist's Topic of the Month, by Jenifer Tull-Gauger

Clear communication can help any organization, family or society. My own communication ability improved when I became a karate student. I learned the dojo practice of saying, “Yes, Sensei” or “Yes, Mr. So-and-So,” instead of “Yeah,” “Yep,” “Uh-huh,” or just nodding.

Pre-dojō, I had not thought of the difference between saying a direct and positive “yes” and the typical, ambiguous, non-negative response. Saying “Yes” became a habit in karate and it became ingrained in my actions. So when

a waitress asks if I want honey-butter with my cornbread, I say “Yes.” When the banker asks if I'd like direct deposit, I say “Yes.” Then there is no question about what I want, and I get it.

Saying “Yes” requires actively listening to and understanding the question, because you will be undeniably responsible for your agreement. It also means you have to be on your toes, concentrating and thinking about whether the answer really is “yes” (and if it's not, you must say “no”). No ambiguous



*This is not the only way to be heard.*

grunting or mumbling allowed. When you look a person in the face and say “Yes” or “No,” you are showing respect and affirming their value as a human being. You are also communicating clearly as is expected of a student of traditional martial arts.

*(adapted from Oct. '02 Kicker)*

## Parent Demos Begin This Month

Monday, June 4, marks the start of our Parent Demos. These special demonstrations will take place at the dojo during a kid's class once each month. Our child and teen students

will have the opportunity to show their progress to family and dojo mates. We invite all families to get involved! Everyone who attends will be entered in a free raffle, another

monthly raffle will be drawn, we will announce a student of the month, and we will have discussions involving families in the topic of the month. Show your support!

# June 2007



**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

<p><i>This month's weapon is sai &amp; other 2-part weapons like tonfa, kama &amp; tan bo/escrima.</i></p>	<p><i>This month's martial arts topic is <u>Clear Communication</u></i></p>		<p><i><b>Note:</b> Turn in your dojo survey or fill it out online at <a href="http://www.evma.net/survey">www.evma.net/survey</a> by June</i></p>		<p><b>1</b> Self Defense Class 7 - 9pm, \$25 per person.</p>	<p><b>2</b> Padded Weapons Sparring during 10am class. Last day of used gear sale.  Matthew A. B-Day</p>
<p><b>3</b></p>	<p><b>4</b> Parent Demo 5pm, free.</p>	<p><b>5</b></p>	<p><b>6</b> SCHEDULE THIS EVENING: <u>No</u> 5pm class, Weapons 6 - 6:50pm as usual, All Ages All Ranks 7 - 7:50pm.</p>	<p><b>7</b> No Yoga, 9am karate as usual. SCHEDULE THIS EVENING: <u>No</u> 5pm class, All Ranks &amp; Ages 6:30 - 7:15, Black Belts</p>	<p><b>8</b> Dojo Closed, No Classes, instructors training in Missouri.</p>	<p><b>9</b> Guest Yoga teacher: Regan Karate classes as usual</p>
<p><b>10</b></p>	<p><b>11</b></p>	<p><b>12</b> No Yoga</p>	<p><b>13</b> Last day to make your dojo opinion count! Please turn in your survey, or fill it out online, <a href="http://www.evma.net/">www.evma.net/</a></p>	<p><b>14</b> Schedule changes (indefinitely) to 5 to 5:45pm blue thru brown belts &amp; 5:50 to 6:30 white thru green belts.</p>	<p><b>15</b></p>	<p><b>16</b> Guest Yoga tchr: Regan. Bring a Dad to Karate Class 11:00am, non-student participants earn intro. Kelly S. Birthday</p>
<p><b>17</b>  Acacia's Birthday  Father's Day</p>	<p><b>18</b></p>	<p><b>19</b> Guys &amp; Dad's Yoga Class, free to all men today, 10am.  Daniel's Birthday</p>	<p><b>20</b> Early registration deadline: Fathers of Karate \$40 per person &amp; Fun Friday \$10 if pre-paid by today.</p>	<p><b>21</b> Last Day to Place Century Orders for this month.  First Day of Summer</p>	<p><b>22</b> Fathers of Karate Camp 1 - 5pm \$50 each, Fun Friday 7 - 9pm \$15 inc. snack &amp; drink, parents \$5 R-B Sensei B-day</p>	<p><b>23</b> BBC 9am for BBC members, during adult class.</p>
<p><b>24</b></p>	<p><b>25</b>  Erik H.'s Birthday</p>	<p><b>26</b></p>	<p><b>27</b> Special Class: Karate Focus on Fitness open to the public, all ages, 7 - 8pm, our students free, non-students \$5.</p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b> Certificates* &amp; Testing* 1pm, followed by Black Belt Teacher's meeting. *Wear full white uniform.</p>