

# The East Valley Kicker

"*Chu uyamee ru duu uyamee.*" / If you respect others, they will respect you." -Okinawan Proverb

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## JUNE 2008

### Welcome

- Daniel Kovach-kids
- Mckenzi Clark-kids

### Thanks

Thank you to all who helped with the carwashes to raise funds for students to go to Karate Summer Camp in Missouri.

### Bring a Dad to Karate

We are celebrating Father's Day with our annual "Bring a Dad to Karate" day, Saturday, June 14th at 11:20am. Bring your dad or any man you respect for this fun, free event. How about a "my dad is better than your dad" contest? Guys - sign the poster to challenge the dads!

## FOOD FOR HEALTH - Healthy Eating Support Group - Jenifer Tull-Gauger



Okinawans are the documented longest-lived people in the world. They are known for having healthy, active, sharp-minded citizens over 100 years old. This is attributed largely to the traditional diet or nutrition of the elders. We can learn a lot more than just karate from the traditions of Okinawa.

Would you like to know what, other than diet, helps the Okinawans to live long, healthy lives? How about the three biggest differences between the diets of the Okinawans and Westerners like us?

Would you like to know more about nutrition basics like; which fats are good fats, what foods affect your blood sugar most and how that affects your health, what flavenoids are, or the best way to make healthy changes in your diet? Would you like to connect with other health-conscious people to support each other in healthier eating?

I would, and that is why I am starting "Food for Health" - a healthy eating support group. Our first meeting will be Wednesday, June 25th, 5:30-6pm. I plan to start out with a

book study on The Okinawa Diet Plan, (not a diet!) which for me was a life-changing book, written by Bradley J. Willcox, M.D., D. Craig Willcox, Ph.D., and Makoto Suzuki, M.D.. This is a relatively easy read, with a lot of basic nutrition knowledge. The connection between Okinawan food and culture is a bonus for me as a karateka. Perhaps we can have an Okinawan Potluck when we finish the book. I invite you to help bring this group into being. Let me know if you're interested! (& if you need childcare.)

## Kids' Karate Summer Day Camp - July 21 to 25, 2008

**WHAT:** Day Camp for our Karate Kids. We will train together, play and learn about Okinawan and Japanese history as we create a small Okinawan Museum. Snacks, craft time and

training including traditional Okinawan weaponry & karate will all be a part of the camp.

**WHEN:** Mon. July 21 through Fri. July 25.

**AVAILABLE SESSIONS:** All Day: \$225

per child 8:30am-5pm (bring a sack lunch).

Half Day: \$130 per child, Mornings 8:30am-12:30pm or Afternoons 1pm-5pm. Register by Thurs. 7/10 and take \$20 off. (Friday Afternoon

Only, 1-5pm: open to all, non-student siblings and friends - we will give a guided tour of our museum, play games and have a snack \$20 per child by 7/24, \$30 day-of.)

# June 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Matthew A's Birthday</i>	3	4	5	6	7
8	9 <i>Summer Schedule Begins</i>	10	11	12	13	14 11:20am <i>Bring a Dad to Karate</i>
15	16 <i>Kelly's Birthday</i>	17	18	19 <i>No Yoga</i>	20	21 <i>No Yoga, 9am BBC</i>
22 <i>No Yoga</i>  <i>Lizzie Robillard-Brimhall Sensei's Birthday</i>	23	24 <i>No Yoga</i>	25 5:30-7pm <i>Food for Health support group begins: book study - <u>The Okinawa Diet Plan</u>, Erik's B-day</i>	26 6	27	28 1pm Test & Certificate Ceremony*
29	30					Weapon = Sai, Tan Bo, 2-piece weapons