

The East Valley Kicker

“Honesty is the first chapter in the book of wisdom.” -Thomas Jefferson

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

JUNE 2012

Welcome

- Kayla Iden (Kids)
- Logan Iden (Kids)
- Julie Lierz (Adults)

MANY THANKS

Thank you to all of our dojo family & friends who helped to make last month's Grand Opening successful & very special!!

Thank you to our:

- Karate demonstrators
- Refreshment providers
- Volunteers
- Handy people who helped prepare the dojo
- Instructors who helped teach the free classes
- Participants in classes
- Hosts who brought guests
- Referrals who passed out flyers
- Local businesses that contributed goods & door prize (Wal Mart, Safeway & Sub Zero).

I was impressed with all of the kids' skills shown against the Redman, plus their Dealing with Bullies techniques. -T-G Shihan.

LEGACY

by Allie Alberigo

No matter how old you are, whether six or 96, you may find a time when you look back and ask yourself "Is this were I am supposed to be; am I in the shape I should be in: am I performing technical movements the way I want: or should I do something different?"

I continually speak to students, parents and instructors of the Martial Arts who have similar questions, and after years of Martial Arts training I have come up with a conclusion: you are where you are at this moment because that is where you are supposed to be. You may ask if this is a Zen riddle. The answer is that it may be if you chose it to be, or the answer may be clear. At

this moment in your training and this point in your life, you couldn't be anywhere else than the here and now. Simply put, if you weren't, then you wouldn't be here, would you (another Zen answer)? The future is just a theory, a wish, and thought, but it never comes: the only thing is the here and now.

With that said, what can you do in the here and now to make your life better, so when tomorrow becomes today you will have a clearer understanding of how to handle life. Life is a series of tests. Some call these tests struggles, I personally call them speed bumps, but the goal is to learn each and every day from the tests and to come out on top because of them.

The decisions you make are all part of the master plan, but even if you see life as a huge task list with goals, achievements, and a way to have checks and balances, you are only able to succeed based on how prepared you are for the situation. Life is about leaving a legacy that others can follow, doing good deeds, putting smiles on people's faces, and sharing with others the special things of which you are made. You are a great person and someone who will make a difference; the question is what difference will you make and how will you do it. Live life to the fullest and work hard each and every day to share yourself with the world.





June 2012

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW 'Chucks 10% off (order by 6/23, mention discount)</p>	<p>Testing will take place the <u>last Saturday of each month, except holidays.</u> There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids may come at 9:10am and train separate from Black Belts.</p>			<p>1 Summer Schedule begins & continues thru Aug. 4 (closed Mon.) (Tues. & Thurs. 9:30a inc. Kids)</p>	2	
3	4 Closed Mondays for the Summer thru Aug. 4.	5 9:30am class includes Kids & Adults thru Aug. 4.	6	7 9:30am class includes Kids & Adults thru Aug. 4. No Yoga.	8 No Classes, Dojo Closed (Instructors in special training).	9 No 8:10a MMA. No 9:10a Black Belt Training.
10	11	12	13	14	15 BBC 7:10pm.	16 Teacher Meeting 9:10am (Ch. 20 The Biggest Room in the World & Summer Camp)
17	18	19	20	21	22	23 Last day to place Century orders.
24	25	26	27	28	29	30 All Ranks Class 9:10a. Certificates* & Test* 10:10a. (No 11:10a class.)

* = wear full formal gi.