

THE EAST VALLEY KICKER

“I don’t measure a man’s success by how high he climbs but how high he bounces when he hits bottom.” - General George S. Patton

NOTES & TIDBITS

All dojo students and their families are invited to attend the dojo swim party, potluck and Little Dragon graduation party on Saturday, 7/10 at 3:00. The sign-up sheet and directions are at the karate corner.

WELCOME NEW STUDENTS

- Mason Draper (Little Dragons)
- Kyle Gilstrap (Kids)
- Kameron Gilstrap (Little Dragons)
- Stacey Stevenson (Adults)
- Brianna Veitch (Kids)
- Michael Watson (Adults)
- Welcome, Keith Kagen, to the Weapons Program; Sam Garn, to the Adult Program; and Christine Simmons, to Black Belt Club!



RECENT PROMOTIONS

Congratulations to everyone who recently moved up! In the kids program:

Yellow-striped belt: Riley Wooldridge.

Yellow belt: Serena Bryant, Lizzie Garn, Sam Garn, Brianna Homewood and Seth Moore.

Orange belt: Loren Boyle (L.D.) Daniel Brasher, Michael Fultz (L.D.) and Isaac Vasquez.

Green belt: Sheila Doane (L.D.) and Matthew McCulley.

In the Adult Program:

Yellow-striped belt: Joe Ambagis.

Orange belt: Ashley Simmons.

Blue Belt: Christine Simmons.

3rd kyu brown belt: Justine Christoff.

2nd kyu brown belt: Brandon LaBorde.

2nd level black belt: Mr. Kirk Gauger and Ms. Jenifer Tull-Gauger.

Keep up the awesome work!

DOJO ACHEIVERS

Quinn Reynolds earned 2nd place in his first swim meet, and 3rd place in his second swim meet. Keep up the hard work!

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.

STUDENTS OF THE MONTH

Congratulations to our July Students of the Month: Michael Fults in Little Dragons, Maryana Ambagis in Beginning Kids and Quinn Reynolds in Advanced Kids. Keep up your serious karate!

JULY BIRTHDAYS

- | | |
|-----------------------|-----------------------|
| 7/4 Aaron Brower | 7/18 Brianna Homewood |
| 7/7 Mr. David Edwards | 7/22 Loren Boyle |
| 7/8 Riley Wooldridge | 7/22 Theodore Simmons |
| 7/16 William Speiser | 7/26 Noah Smith |

HAPPY BIRTHDAY!!

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From the Desk of Michael Newland

To All of our Instructors, staff, students, and Karate Parents:

We had an incredible weekend at Our Annual Karate Camp in Oak Grove Missouri a few weekends ago. It was so exciting to see our Dojomates from around the world again. It was my 6th camp and it was, by far, the best one I've attended.

Nestled back in the woods is the 7 acre property that is our Dojo Headquarters and Amor Kaicho's Family Home. There were about 150 people that attended this year's camp. Kids, Teens, Adults, Students, and Instructors from across the country, Florida, Arizona, Virginia, and friends from Canada were there too!

Our Dojo had the largest out-of-state group - was I proud. To make things even better, I got to be a part of some awesome events. Mr. Edwards and Mr. Arriola were both tested, formally, in front of a world class black belt board of instructors. Also, Mr. Gauger and Miss Jenifer also tested for their 2nd Degree Black Belts (nidan). Brandon LaBorde and Justine Christoff both tested for various levels of Brown belt. What a thrill it was for me to see our contingency be so strong and do so well that weekend.

After such an incredible weekend, we came back to Arizona with some new titles for a few of us. Mr. Gauger and Miss Jenifer each need to be referred to as "Sensei." Amor Kaicho gave me the title of Shihan because of my recent rank promotion. Please, if you thought of going to camp this year and it didn't quite work out, please ask one of us that went this year if it was worth the trip. It's not too early to plan for next year's camp. Right around the first of June, every year. I can't wait for the 2005 camp!!!!

Yours in the Martial Arts,
Michael Newland
Shihan

Make Martial Arts a Declaration of Your Independence

By Joseph Galea

For older kids, Independence Day is not the fourth of July, but rather the day they turn 18 years old! But the fact is that children start their drive toward independence at a much earlier age. Parents are sometimes reluctant to support that quest for independence because their nurturing instincts are to provide for all their children's needs. However, allowing children to develop independence leads them into situations where they can take on responsibility, which ultimately teaches them that they are accountable for their actions. In other words, when children make their own decisions, they control the end result. When they understand and respect that their actions have consequences, children's experiences will prepare them for life when they inevitably become independent from you. The more "experiences" they have, theoretically, the better prepared they will be to become independent.

In a perfect world, we let kids be independent as much as possible, give them responsibility, monitor their results, and hold them accountable... good or bad. In reality parental influence is just one variable in a child's life. Your children are given the opportunity to make independent decisions, many times without your supervision or guidance. So how can we ensure that their learning experiences are positive?

Unfortunately we can't; there is no fool-proof strategy. However, as parents and martial arts instructors, we can provide children with tools to give them the best chance for success. We believe there is no better tool than martial arts training.

Martial art training builds self confidence, which is the ultimate internal support system for children. Confident children make decisions unaffected by peer pressure. Their decisions are based on the values instilled in them, and the life lessons they have learned. In addition, confidence allows children to welcome independence rather than be fearful of it.

As instructors, we hold students accountable in various areas, such as arriving at class on time, looking neat and clean, practicing at home, and showing respect to fellow students and teachers. While some of these areas, such as transportation to class, may not be totally in the students' control, holding them accountable teaches them the importance of each area and that they are still responsible.

Parents of older children agree that it seems like “yesterday” that their kids were young and totally dependent. Time does move fast. It’s important to cherish that time when children are young, but we also need to stay one step ahead of their natural tendency towards independence. We want you to know that as martial arts instructors we recognize our importance in your child’s life. And together, we can pledge allegiance to the goal of helping your children prepare for the independent years ahead.

LAST MONTH’S QUESTION

Several kids earned an extra ticket for turning in an answer to last month’s question: What is your number one goal this summer?

“To learn tennis and get my green belt.” –Sheila Doane

“To get my orange belt.” –Michael Fultz

“To clean up my room.” –Matthew McCulley

“My number one goal this summer is to get a math book at school.” –Noah Smith

PERSONAL PROFILE

By Brett Orren, Age 11

Martial arts training has helped me in many ways. One way is my concentration in school. Because of this I am one of the best students in my grade. I also have a better attitude than most students in my class because of martial arts. Some friends of mine say that they want to kick and punch people when they get mad and upset, but because of martial arts classes, I know that's not the right thing to do.

The martial arts also keeps me out of trouble. It teaches me how to defend myself. It also keeps me in shape. With all the kicks and punches we do it turns out to be a very good exercise.

Another incredible thing about martial arts is that it improves your memory. I am in fifth grade and I have a lot of notes that I have to remember for tests, and doing martial arts forms helps to improve your memory a lot. I also play other sports too. One is basketball. For basketball I have to remember different plays. Again martial arts training improves my memory, so I can remember those different plays.

Brett Orren is a student at Burns’ Tae Kwon Do owned by Dave Burns

KARATE STUDENT CHECKLIST

Don’t just come; come prepared! For ALL karate students, here is a list of things to have in EVERY karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate t-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear (We sell sparring gear & the proceeds help keep tuitions down - check with your instructor if you need gear!)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

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

DOJO KUN

- 1- STRIVE FOR A GOOD MORAL CHARACTER.
- 2- KEEP AN HONEST AND SINCERE WAY.
- 3- CULTIVATE PERSEVERANCE OR A WILL FOR STRIVING.
- 4- DEVELOP A RESPECTFUL ATTITUDE.
- 5- RESTRAIN MY PHYSICAL ABILITIES THROUGH SPIRITUAL ATTAINMENT.

JULY QUESTION

Turn in by 7/29 to receive a ticket:

How do you show your best behavior at the dojo?

How can this be used outside the dojo?

NAME: