

The East Valley Kicker

Fall down seven times, get up eight times. –Japanese proverb

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

JULY 2009

Welcome

- Drake Campbell (Kids)
- Amir Saleh (Kids)

Missouri Summer Camp Update

Karate Summer Camp took place at the headquarters dojo in Oak Grove, Missouri June 5-7. As usual Kaicho had well over 100 people attending from dojos all over the world. This included alliance representation from Arizona to Florida and from Wisconsin and Iowa to Texas. Several people from Canada were there testing and our farthest traveler was Scott Richardson Renshi from New Zealand. His son attended camp while Richardson Renshi tested for godan.

Our dojo had both Gauger Shihan and Tull-Gauger Shihan testing for their yondans (4th level black belts). Brian Tefft Sensei came back from camp as a nidan. Mr. Doug Proce earned his shodan. Sheila Doane earned her first level jr. black belt, and we don't differentiate between male and female in karate, but we are proud of her for being our youngest female black belt. This year's camp was a big step for our dojo.

Why We Fight by J. Douglas Proce, Shidosha

In the humid dojo, as the head gear was placed over my head, I felt my anxiety increase. The chest protector felt like it weighed 50 pounds, and the metal cage of the head-gear partially obscured my vision. I began to wonder how I was going to breathe and see the punches or kicks of my opponent coming. My competitor and I stood, faced each other and bowed. There was no turning back now. We bowed to Renshi and with a loud shout, the fight began.

As we paced each other, my body heat and nerves were at a fever pitch as I looked for an opening, "Bang!" he hit me in the face, a point for my competitor. I didn't even see that punch. We faced each other again, this time my mind racing as to how I could better prevent getting hit. Again, we moved around, both looking for an opening in the other's defenses. We exchanged punches and kicks and my breathing became

more and more labored. I remembered my training, and threw a high punch as hard as I could to my competitor's face, "Bang!" a point for me.

Again, we bowed to each other, and the fight continued. I felt good about the point I scored, and I relaxed a little - "Bang!" another punch to my face, and a point for my competitor. It felt like the match was taking forever, and now I was just trying not to get hit, "Bang!" Another point for my opponent, and it was over. The entire fight had lasted less than two minutes.

Full contact sparring, or *Bogu Kumite*, and the lighter sparring where contact is controlled are learning tools to be used by the student. As in real life, fighting in the dojo is nerve-racking and should not be viewed with excitement or eagerness. It should feel unnatural for the *karateka* to hit another person. This part of the student's training is for learning only. It is an

opportunity to feel what it's like to be hit, and to practice control.

As we stress over and over; the student should never enjoy hitting another person, but rather, use sparring to better understand that karate is an art of self defense. Sometimes the best defense is to walk away from confrontation. Sparring can fill the student with a sense of anxiety, and this is an opportunity for the student to practice breathing, and staying calm in stressful situations.

If you as a student find yourself excited about sparring, ask yourself why? You may want to work on this area to realize that we as *karateka*; "Restrain our physical abilities through spiritual attainment," and, "In daily conduct, do not encourage fights or arguments." If the student can learn these lessons, they have already won any confrontation they will ever face.

Weapon of the month: Sai, tanbo - two-part weapons



July 2009

KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Dojo closed, no classes. Track Event 7p Independence Day
5	6	7 no yoga, Lil' Dragons join Kids today at 5:35p. Jacquie's B-day	8	9 no yoga	10	11 Austin R.'s Birthday
12	13 LaBorde Sempai back from Morocco this week!	14	15 BBC 7:10p	16 Last day to place orders this month. Speiser Sen- sei's Birthday	17	18
19	20	21	22 Oki Field Trip Fund Com- mittee Meeting 5:30p. Theo's & Loren's B-Day	23 Teen Meeting 6:35p, Instructors Meeting 7:15p	24 Testing & Certificate Ceremony 7:10pm	25
26	27	28 no yoga	29	30 no yoga	31 Austin T.'s Birthday	Mark your Calendar! Dojo Swim Party Pot- luck Sun. 8/9, 12:30pm