

# THE EAST VALLEY KICKER

“A man who wants to do something will find a way; a man who doesn’t will find an excuse.” -Stephen Dolley, Jr.

## NOTES & TIDBITS

We will have special visitors from Headquarters in Missouri here in classes on Thursday 9/9, Friday 9/10 and Saturday 9/11. Please come to class as much as you can this week.

All students are invited to attend a special certificate and presentation ceremony on Saturday, 9/11 at 3:00 p.m. Please wear your full white uniform to the dojo that afternoon.

Join us 9/18 to become certified in CPR.

Regular evening classes (5:30 & 6:15) will be cancelled on Friday, 9/24 for testing. Please plan ahead if you normally attend class Friday evening.

## CPR CLASS

Have kids? Have a pool? Have family or friends? Are you a babysitter? If you answered yes to any of these questions, it is a good idea to get certified in CPR. Join us on *Saturday, Sept. 18 from 1:30 to 4:00 p.m. for adult, child and infant CPR class.* Cost is \$20 per person, please sign-up and prepay to Tull-Gauger Sensei – cash or check for “Heartsavers” by Thursday, September 16.

## SEPTEMBER BIRTHDAYS

9/2 Quinn Reynolds	9/4 Maryana Ambagis
9/9 Coltin Lohman	9/13 Jordan Turpen
9/15 Matthew Edwards	9/17 Jessica Neeley
9/21 Tamra Thomas	9/23 Jordan Siegel
9/25 Justine Christoff	

## HAPPY BIRTHDAY!!

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## RECENT PROMOTIONS

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

Yellow-striped belt: Matthew Bailey (L.D.)

Mitchell Bailey and Brianna Veitch.

Yellow belt: Noah Smith (L.D.)

Orange belt: Beilee Kagen (L.D.)

Blue belt: Daniel Hines and Theodore Simmons.

In the adults program:

Yellow-striped belt: Aaron Brower and Stacey Stevenson.

Blue belt: Keith Kagen.

Keep up the awesome work!

## WELCOME NEW STUDENTS

-Trenton Chalus (Little Dragons)

-Glen Ingebretson (Adults)

-Emily Neeley (Kids)

-Jessica Neeley (Kids)

-Robert Neeley (Adults)



## STUDENTS OF THE MONTH

Congratulations to our September Students of the Month: Matthew Bailey in Little Dragons and Brianna Veitch in Beginning Kids. Keep working hard!

## KIDS KATA CONTEST

Congratulations to the winners of the Kata Contest! Everybody who entered won because they practiced their katas at home. Michael Fultz came in first, Chase Owens got second, and Sheila Doane won third place.

Michael Newland, Shihan

Rob Reimer, Sensei

Kirk Gauger, Sensei

Jenifer Tull-Gauger, Sensei, Newsletter Editor

**EAST VALLEY MARTIAL ARTS**

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**Newsflash! Martial Arts Training Can Help Prevent Breast Cancer**  
**By Joseph Galea**

One of the first lessons your martial arts instructor will teach you is that martial arts training is to prevent fighting. However, if a negative situation is not preventable, your training will help you defend yourself from an aggressive attacker. We learn that prevention is always smarter and better for us in long run. The more we learn about martial arts training, the more we realize that this very same philosophy applies in other areas as well. I was excited to read about another possible benefit to martial arts training - breast cancer prevention, which I am eager to share with you.

Breast cancer has probably touched each of us, either battling the disease ourselves or witnessing someone else. As martial artists, we try to have a holistic (mind and body) approach to our wellness. We all know that eating right and exercising regularly have been proven to be the cornerstones of a healthy body. So it comes as no surprise that maintaining appropriate weight and exercising regularly have been proven to decrease one's risk of developing breast cancer. What's interesting and exciting for all of us is that Cornell University's (CU) Medical College has specified a particular type of exercise to aid in the prevention of breast cancer, one that has many other mind and body benefits: martial arts!

A recent article published by CU's Weill Medical College advocates yoga, meditation (part of all martial arts), and tai chi as methods for reducing stress. According to the article, stress suppresses the immune system. New research is showing that stress may increase your susceptibility to developing breast cancer. And while this study has targeted breast cancer prevention, it makes you wonder what other types of cancer may be preventable with reduced stress.

Breast cancer prevention is yet another potential benefit of martial arts training. And who couldn't benefit from being healthier, even if breast cancer were not a

risk. Eat healthier and reduce stress. That is a winning combination for a healthier body for any martial artist.

**HealthKick: Fast Food Dining in 2004**  
**By Jennifer G. Galea MS RD**

As a martial artist, you may have decided to adopt the popular "low carbohydrate" diet in an effort to lose weight or improve performance. So now you can go into any fast food restaurant of your choice and order whatever you would like, as long as you don't eat the bun and the fries, right? Not quite. Many chains offer "low carb" options. But beware: low carb doesn't mean the same as healthy.

But fast food chains *are* making huge strides toward "healthying up" their menus. The first step in enjoying a meal from a fast food chain without destroying your otherwise healthy diet is through education. Know what choices are available where you are going. You can find a wealth of information online, via toll-free numbers, and even by reading in store "brochures." The more you know the more appropriate choices you can make. You'll want to minimize your fat intake, especially saturated fat. And make sure the carbs you do eat count: focus on whole grain breads, fruits and vegetables.

With this in mind, here are a number of suggestions for fast food dining. Remember, you want to fuel your body to promote optimal performance, both in class and in your daily life. This requires the right energy balance from carbohydrates, protein and fat, as well as adequate vitamins and minerals. You must make wise food choices to obtain adequate "micronutrients" (vitamins, minerals and other nutrients), without putting your energy consumption out of balance.

Have a salad as your "side." Use fat free or reduced fat dressing.

Do not "supersize." It may seem like a bargain, but it can add as many as 1,000 extra, unwanted calories.

If you want a sandwich, have it on a whole grain bread.

Double the vegetable toppings on sandwiches and burgers.

Use low or no fat spreads, toppings, and condiments. An example: use mustard instead of mayonnaise.

Go for broiled over fried. For example, a fried chicken breast has eighty percent more calories than a broiled one, and five times the saturated fat. Just because it is chicken doesn't mean it is low in fat or saturated fat.

Choose unsweetened tea or bottled water, or even diet soda occasionally. Skim milk provides many health benefits with its calories, so it, too, is a good choice.

*"Health and intellect are the two blessings of life."  
– Menander, c. 342 – 292 B.C.*

## 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.

## LAST MONTH'S QUESTION

Several kids earned an extra ticket for turning in an answer to last month's question: Name three ways that your karate can help you in school:

- 1.) Following directions. 2.) Being respectful.
- 3.) Being nice to each other. –Mitchell Bailey
- 1.) Good discipline - "Do what my teacher says the first time." 2.) Good attitude. 3.) Follow directions. –Michael Fultz
- 1.) Listen to the teacher. 2.) Doing hard work at school. 3.) Concentrating. –Chase Owens
- 1.) Be nice (good attitude.) 2.) Listen to the teacher. 3.) Feel happy and make friends (self confidence) -Adam Schiferl (L.D.)
- 1.) Helps you have a good attitude. 2.) Teaches you to respect others. 3.) Helps you pay attention (focus.) -Riley Wooldridge
- 1.) No kicking in school. 2.) Being nice. 3.) No punching, no fighting and no talking too loud. – Matthew Bailey

## PERSONAL PROFILE

**By Ryan Villogram, Age 11**

Hello, my name is Ryan Villogram and I would like to tell you how the martial arts have helped me in my regular day life and in my martial arts career.

As soon as I stepped into the Academy for the first time, I knew that this was for me. My instructors taught me how to start and then complete my goals, one of which was to become the very first junior black belt at my academy. So, I set out to achieve my goal and made it through hard work, dedication and the support of my instructors.

I started as a white belt at the age of 7 and became a junior black belt 4 years later at the age of 11, and I don't intend to stop. My instructors always push me to do my very best in and out of the Martial Arts Academy.

I have learned a lot in the past four years studying the martial arts. Growing and learning from the example of my instructors, I have become a very focused and respectful student both at the Academy and my elementary school.

Taking martial arts here made me stronger in my mind and my heart. It has helped me stay away from the terrible things that will hurt me or put me in prison. I love taking martial arts and I hope it gets me further in life.

Thanks to the Martial Arts, I was able to complete elementary school on Honor roll and receive the school's most prestigious awards... Presidential Education Award for excellence, The Maryland General Assembly Award for outstanding Citizenship, two Music Awards, Outstanding Peer Mediator, and "Write a Book" Award of Excellence.

*Ryan Villogram is a student at Lloyd Irvin's Martial Arts Academy*

## September Question

Turn in by 9/28 to receive a ticket.

**How can you use your karate to bring peace to your family or community?**