

The East Valley Kicker

“Man's mind stretched to a new idea never goes back to its original dimensions.” -Oliver Wendell Holmes Jr.

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

SEPTEMBER 2011

Welcome

- Broc Bader (Kids)

Party of the Ages

- Recreation at the Dojo
- Team up with your family and friends
- Bring your new friends from school
- All ages fun
- Team Video Games (Rock Band, Kinect Sports, Dance Dance Revolution, plus a surprise strategy game) Winning team members each get a medal
- Tasty snacks at 8:20
- “Half-time Karate Demo” during snack, the 3 best demonstrators win a medal (Demo practice and advice available Tues 9/13 5-6pm, Wed 9/14 in 6:10pm class, &/or Thurs 9/15 in 7:10pm class. Sign-up for demo.)

Two parents get in for the price of one! Kids under 6 should have an older family member on their team. Teams are forming now! Join the fun & invite your guests!

EARLY BIRD PRICE \$5
per person by Thurs 9/15,
after that it's \$8 per person.



FIGHT, FLIGHT AND MIGHT

Jenifer Tull-Gauger Shihan, 4th Dan

You have three basic tools to protect yourself. This goes for children, women and men, *karateka* and non-students. I'm talking here to *you*. I'm talking about protecting yourself from dangerous people. I hope you never encounter danger from another, but just being alive has risks. Let's not focus here on danger; but on your power to protect yourself if you meet it.

First, I hope you use prevention to not put yourself in harm's way, but that topic is for another day. Second, if you feel you are in danger, stay calm, yet aware. Third, remember your three basic tools to protect yourself. These are fighting, getting away and yelling.

Of course you have more tools than that. Maybe you can reason with people, or talk yourself out of trouble. Maybe you have a really mean left hook, weapons training or

other well-honed physical defenses. Maybe you have other tricks up your sleeve. *That's great!* But we all have the three basic tools. Think on this now so you will remember your tools in the future.

What I don't want you to do is freeze. Freezing up when in danger is not a good option. We civilized people can forget there is danger in the world. Some are so shocked or scared when they encounter it that they don't know what to do. And they do nothing. That has cost people, among other things, their lives.

This is why I'm reminding you that there is danger in the world, and more importantly, *that you can protect yourself from it!*

The fight or flight response is instinctive. (This is the animal tendency to either fight or run away from danger.) However, being civilized, modern people, we have

forgotten a lot of our instincts. Sometimes when we need them most our instincts don't work because we have not been using them.

Remember your tools: FIGHT, FLIGHT, MIGHT. If someone is trying to hurt, molest or move you, you can FIGHT: struggle, strike, scratch, fight dirty. Make it difficult and painful for them. You can use FLIGHT: run and get away, crawl if you must, but move fast when you can. Get to safety. Also, show your MIGHT with your voice. Get loud! Scream, cuss, *kiai*, yell (“Fire!” will get you noticed). Criminals don't want to draw attention when they are doing something wrong. Fight back, run, yell; do all three if you can. You will usually have the option of doing at least one of these things. They can enroll the help of others, but be ready to rely on your own tools, and to protect yourself.

Sept. WEAPON: *Nunchaku* (for Oct: *sai*, etc), FOCUS: Most Powerful Weapon

September 2011



SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW Sai's 10% off (order by 9/17, mention discount)</p>	<p>Testing will take place the last Saturday of each month, except holidays. There will be no 10:10 Weapons or 11:10 Mixed Class on the last Sat. of each month. Black Belt Club Will be on the 3rd Thursday of each month at 6:10pm, joining Black Belts.</p>			1	2 Souji (cleaning) after classes.	3 No Classes, Dojo Closed Sept 3rd-5th Labor Day Weekend
4	5 No Classes, Dojo Closed <i>Labor Day</i>	6	7	8 T-G Shihan 9:10am	9	10
11	12	13 T-G Shihan 9:10am. Demo practice drop in between 5 & 6pm.	14 Demo practice in 6:10 class.	15 BBC for members 6:10-7p. Demo practice in 7:10 class. Pre-pay Party of Ages for only \$5.	16 Weapons ends 6:50 today. Party of the Ages 7:10-10p team vid games, food, demo, \$8, open to all.	17 Last day to place Century orders.
18	19	20	21	22	23 Teen Movie (pm, tbd)	24 Certificates & Test 10:10am* (no 10:10 Weapons, no 11:10 Mixed class today.)
25	26	27 T-G Shihan 9:10am	28	29	30	

* = Wear full formal gi / uniform.