



The East Valley Kicker

“Be kind. Everyone you meet is carrying a heavy burden.” -Ian MacLaren

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SEPTEMBER 2017

WELCOME

♦ Vivian Levenberry (Kids)

INSTRUCTOR CAMP

We are honored to be hosting the annual United Ryukyu Kempo Alliance Instructor Camp at our dojo October 27th, 28th (& 29th). The camp is focused on training for instructors, and you must be a brown belt or higher to attend. All brown and black belts: plan on attending to earn your URKA instructor certificate. Kyu ranks: check the October calendar for class Oct. 27th & 28th. Allan Amor Kaicho heads up Instructor Camp.



The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:
Kirk Gauger,
Renshi, 5th Dan &
Jenifer Tull-Gauger,
Renshi, 5th Dan

5 CORE SKILLS

by Jenifer Tull-Gauger

We will cover the five Core Skills at Instructor Camp in October, as well as how to use them to improve your teaching abilities. Kaicho has mapped out these five core skills as a way to continue training with and passing down Oyata Sensei's teachings.

When a student is familiar with the Core Skills, he will be able to “check his own work” or focus on quality and continual improvement in his practice, particularly as it pertains to Ryukyu Kempo.

WHAT ARE THE 5 CORE SKILLS?

The five Core Skills are: 1) Structural Integrity [SI]; 2) Coring [18” rule]; 3) Observe, Plan, Execute [OPE]; 4) Efficiency and Proficiency [E & P]; and 5) Weight Lead Indicator [WLI]. Knowledge and use of the core skills will help you with *bogu kumite* (full contact sparring) and with maximizing

your kata to provide life protection abilities. We have found that the five Core Skills are transferable, meaning they can help at work, projects at home, self improvement, and just about anything that you want to accomplish or improve.

SKILLS DEFINED

Structural Integrity means recognizing when something is physically strong and/or when it has a breach. If a person or object is balanced on a sound base, they have SI. If they are out of balance, or the base is rickety, then they lack SI, creating a weakness.

Coring is working within the “manufacturer’s specifications.” If you weigh 150 lbs and use a zipline rated for 200 lbs., you are using coring. However, if you weigh 250, you would be outside coring and in danger.

Observe, Plan, Execute describes three steps to doing anything. If you see that something needs

to be done, you might take that observation further and see what’s already being done (if anything) and why it’s not working. Then you can create an educated plan of actions to improve the situation. All that would be a waste of time, though, if you didn’t put your plan in motion. In a life protection situation, OPE must happen expediently, one step right after the other, without hesitation.

Efficiency and Proficiency means acting without wasting time, space, or energy. It often takes a lot of practice to become efficient and proficient at a task.

Weight Lead could be thought of as inertia. Be aware of where your weight is leading you and of where your strengths are in relation to your weight lead.

The five Core Skills can help you improve in more than martial arts. Think about where you can apply these skills.

Sept. WEAPON: *nunchaku*,
chizi kun bo
 (Oct.: sai, tonfa)
 FOCUS: **Respect**



September 2017

RENSHIS' CELL: (480) 330-8886

NEW Sai or Tonfa
10% off

In-stock or order by 9/23.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. On Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.					1 Dojo closed, no classes.	2 Dojo closed, no classes.
3	4 <i>Labor Day</i>	5	6	7	8	9 Dojo closed, no classes (teachers in training)
10	11	12	13	14	15 BBC 7:30 (last Bogart Challenge). (No 7:30 pm Adults today)	16 Dojo Teen Movie: RSVP to Renshi, meet at dojo at 11:00 am or at theater at 11:35 am.
17	18	19	20	21	22	23 Core Leadership Meeting 10:10 am. Last day to place Century orders.
24	25	26	27	28	29	30 Certificate Ceremony & Test* 10:10a.

= Wear full formal gi / uniform.