



The East Valley Kicker

“Telling the truth ... is not solely a matter of moral character; it is also a matter of correct appreciation of real situations and of serious reflection upon them. -Dietrich Bonhoeffer

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SEPTEMBER 2018

DOJO SWIM PARTY

WHO'S INVITED: All dojo students & families.
 WHEN: Sat. Sept. 8, 5:00pm—8:00pm.
 WHAT: Swimming, food and summer raffle picks.
 WHERE: The Schreibers' Backyard.
 COST: \$2 to \$3 per person.
 RSVP: On the sign-up sheet &/or to a Renshi by Wed. Sept. 5th.

USED GEAR SALE

The last week of this month, we are holding our annual Used Gear Sale. Bring cash or checks to purchase used uniforms, dojo t-shirts, sparring gear and weapons at deep discounts. Proceeds will go toward paint for the mat room. We always accept donations of used gear. Thx!

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

Head Instructors:
 Kirk Gauger,
 Renshi, 6th Dan &
 Jenifer Tull-Gauger,
 Renshi, 6th Dan

TOP 4 KARATE PARENT MISTAKES

By Jenifer Tull-Gauger

Karate parents are invaluable to our dojo. Their children need their support to reap the benefits of kids' karate. These loyal adult sponsors can be shining stars at the dojo. And they can sometimes make karate parent mistakes. Here are the top four most common ones I see. Hopefully, becoming more aware of these missteps will help us to avoid them.

1) Taking Away Karate for Punishment

Parents have pulled their kids out of the program because of poor grades, or sometimes because of poor behavior. They think that their child will miss karate so much that it will give them the incentive to work harder. The parents don't calculate into their equation that *karate is hard work*. Why would anyone in slacking-mode want to put in extra effort? Especially when the reward for that effort would be more hard work and more accountability to more people? Instead of taking away karate, it's far better to have a "Sensei meeting" with the child. We can help kids apply their karate skills to the areas that need improvement.

2) Thinking Black Belt is the End Goal

This misunderstanding is more common for parents than students. Black belt is a great goal. But attaining it doesn't mean that you have reached the end of your training. It means that you have mastered the basics and now can apply them to become proficient in the arts. You can also spread the knowledge to other lower ranks. Brown belts kids and their parents typically recognize the benefits that the child reaps from active dojo involvement. Those rewards not only continue, but they expand when you continue consistent training as a black belt.

3) Pushing for Rank

At our dojo, all students must earn each rank. Thinking that training is all about getting belts is a common blunder. Martial arts training is for improving self-defense skills, developing confidence and fitness, building values and character, and learning things about yourself that you might not otherwise learn. Belt rank is just a byproduct of the hard work put in and the skill demonstrated. When parents push their child, or the child's instructor, to try to obtain a higher belt color for the child, it creates the wrong image for their karate kid. If you feel a tendency to push for rank, instead channel that into

positive support for your child to practice their karate.

4) Letting the Child Call the Shots

A traditional Okinawan karate program teaches children to excel in shaping their own lives. That is, *if it* has supportive, professional instructors. And, *if the* children grow up participating in the program. Karate teaches physical, mental and emotional fitness to the whole child. This results in their ability to be contributing members of society.

Kids don't care about all that. They just want to have fun. Enjoyment is important for learning. But it's a mistake to pull your child out of training because they want to quit – usually because it isn't fun anymore. Instead, point out to them how karate helps them be faster, smarter, fitter and better able to protect themselves. Give all of the reasons to stick with it. If they keep training, they will later be so glad they did.

Knowledge is power and we karate parents can always improve our ability to help our kids in karate. With the support of their parents and their dojo, our children can grow into their best selves.

SEPT. WEAPON: **Bo, Jo**
 (Oct: nunchaku & chizikunbo)
 FOCUS: **Honesty**



September 2018

NEW Nunchaku
10% off

In-stock or order by Sat. 9/22

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.		YOU CAN DO ANYTHING IF YOU WANT IT BADLY ENOUGH			Fri. Aug. 31: No classes, Dojo closed for Labor Day weekend.	1 No classes, Dojo closed for Labor Day weekend.
2	3 <i>Labor Day</i>	4	5 Last day to RSVP & pay a Renshi for Saturday's Swim Party.	6	7	8 Dojo Swim Party+ for our students and their families, \$2-\$3 per person, 5-8pm.
9	10	11	12	13	14	15 BBC 10:10—11am. Core Leadership Meeting 11:05am.
16	17	18	19	20	21	22 Last day to place Century orders.
23 30	24	25 Used Gear Sale begins 6:00pm.>>	26 >>	27 >>	28 >>	29 Certificates* & Test* 10:10am. >> Used Gear Sale ends 11:30am.

* = Wear full formal gi / uniform. + = Takes place at other location.