



The East Valley Kicker

“The great thing in the world is not so much to seek happiness as to earn peace and self-respect.” -Thomas Huxley

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SEPTEMBER 2019

BLACK BELT CLUB FUND-RAISER

Show them you care by giving somebody a handmade, old-fashioned, hard-copy greeting card. Our Black Belt Club is selling handmade cards for donations. (Envelopes included.) All funds raised will go to help pay for Black Belt Club fees and uniforms for those who need them.

The fundraiser ends Sat. Sept. 28th, get your cards while you can! (Cash or check only.)



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 10 BENEFITS OF KIDS' KARATE

By Jenifer Tull-Gauger (condenses from 7/16/19 blog)

As a karate mom and instructor for nearly two decades, I have seen the benefits of training for my children as well as other youth. Here are my top ten:

#10 Confidence in the World:

This is a great reason for girls to train in karate. Male students also benefit from it. Karate teaches how to deal with what the world gives you.

#9 Confidence in Performing:

People fear public speaking more than death. Karate kids buck that fear by performing in front of teachers.

#8 Respect:

Karate promotes mutual respect and reinforces the respect taught at home.

#7 Self-Control:

Karate uses kids' energy usefully and in fun and stress-reducing ways. This helps children learn

self-control.

#6 Exercise:

Our active classes are a fun way to improve fitness while also learning valuable skills. Karate is a fun, cool way to get kids moving.

#5 Motor Skills:

Karate for kids provides specialized exercises that improve motor skills. It improves balance, flexibility, coordination and more.

#4 Physicality:

Many youth don't have wrestling, fighting or play fighting experience. Karate helps kids learn to navigate physical contact in a safe, positive way.

#3 Supportive Team:

At the dojo, kids and teens have a supportive team of peers and instructors. An additional value is that young students learn what that is like and they develop the skills to find and build up supportive teams in other areas

of life.

#2 Positive Influence:

Instructors at any good dojo provide a good influence in many areas of life, including goal-setting, striving for excellence, and attitude. A positive attitude is a priceless asset modeled in karate.

#1 Self-Defense:

As an Okinawan karate school, we teach the tradition of life protection for which karate was created. All of our moves improve self-defense in one or many ways.

I have seen so many children in traditional karate gain these benefits (and others) from training. They may not recognize the good that they get out of their karate. It helps when parents point out their child's improvements in these and other areas, which they gain from karate.

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



September 2019

RENSHI'S CELL: (480) 330-8886

NEW Nunchaku

10% off

In-stock or order by Sat. 9/21

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Labor Day</i>	3	4	5	6	7 Core Card Review 10:35a. Instructors & Assistants Training 10:45-11:30a. (No B.B. Weapons.)
8	9	10	11	12	13	14
15	16	17	18	19	20 Black Belt Club for BBC members 7:30-8:20pm.	21 Last day to place Century orders this month.
22	23	24	25	26	27	28 Certificate Ceremony & Testing* 10:40 am. Greeting Card Fund-raiser ends.
29	30				Certificate Ceremony & Testing takes place the last Saturday of the month at 10:40am, except holidays. Saturday class for All Ranks and Black Belts, Kids and Adults is at 9:40am.	

* = Wear full formal gi / uniform.