



East Valley Martial Arts, LLC

October 2005

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 WOMEN'S SELF DEFENSE CLASS 7—8 PM \$10 APIECE	4	5 LITTLE DRAGON STRIPE TESTING 4:30 James' Birthday	6	7	8
9	10	11 BRING A FRIEND TO KARATE—DURING YOUR REGULAR CLASS	12 LAST DAY TO PLACE CENTURY ORDERS FOR THIS MONTH	13 LAST DAY TO REGISTER FOR GLADIATORS NIGHT	14 GLADIATOR'S NIGHT 7:30—10:30 PM \$20 APIECE Michael's B-day	15 ALL TEACHERS MEET 9:30 AM. BROWN & BLACK BELT CLASS 12:45
16	17 LAST DAY TO REGISTER FOR NINJA DAY CAMP.	18	19 DAY CAMP—NINJA TRAINING 9 AM—12 NOON \$15 APIECE. L.D. STRIPES	20 Ashley's B-day	21	22 ALL AGES & RANKS CLASS 10:30 (Ø 11:30) CERTS. & TEST 12 NOON*
23	24	25	26	27	28	29 BBC 12:45
30	31 HALLOWEEN PARTY FOR ALL DOJO FAMILIES 4:30—6:30 PM					

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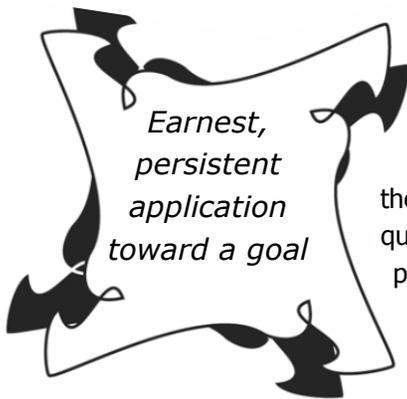
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School News

OCTOBER 2005

The East Valley Kicker

Diligence is Serious Business



By Joseph Galea

Imagine what life would be like if we approached each important task with discipline and focus; if we always did our best; if we persevered even when things became difficult or discouraging. What you are "imagining" is the characteristic of diligence. This is a quality that can help us become the best people we possibly can be.

Having diligence is a potent force in our lives. It enables us to achieve ambitious goals despite encountering setbacks. People who are diligent understand that the biggest setbacks in life are often caused by our own fears and inaction. Being diligent keeps us on track and eliminates unnecessary obstacles. Below is a survey to see if you are diligent; answer the questions and read on.

Did you answer "false" to any of the questions above? You must work to make all of your answers "true."

It takes diligence to make good grades, earn a promotion, compete in a tournament, earn your black belt, and fulfill your dreams. Think about your biggest dreams. What is preventing you from making them come true? If you are diligent then you can achieve your dreams. It may not be overnight, but being diligent means that you will work hard for however long it takes to accomplish your goals.

Think about how diligence can make a difference in your life. Write out ways that diligence has helped you accomplish goals in the past. Then, write out ways that lack of diligence has kept you from achieving a goal.

Finally, write out a goal that you wish to accomplish and how diligence will help you get there.

The next time you are on the verge of quitting, think about diligence and the positive power that it has on your life. You will be surprised at what you can achieve once you practice having a diligent attitude.

Are you a diligent person?

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| 1. I always strive to do my best at home, school, work and during my training. <input type="checkbox"/> T <input type="checkbox"/> F | 5. I see the big picture and think long-term. <input type="checkbox"/> T <input type="checkbox"/> F |
| 2. I am willing to risk failure to achieve a worthy goal. <input type="checkbox"/> T <input type="checkbox"/> F | 6. I don't give up when things get difficult. <input type="checkbox"/> T <input type="checkbox"/> F |
| 3. I make sure to learn from my mistakes and failures. <input type="checkbox"/> T <input type="checkbox"/> F | 7. I don't procrastinate. <input type="checkbox"/> T <input type="checkbox"/> F |
| 4. I am self-disciplined to follow through on my responsibilities. <input type="checkbox"/> T <input type="checkbox"/> F | 8. I set goals and stay focused. <input type="checkbox"/> T <input type="checkbox"/> F |

Sorting Through the Bars

By Jennifer G. Galea MS RD

Power bars, snack bars, energy bars, protein bars, carb bars, breakfast bars, fruit bars, soy bars, all-natural bars, vitamin bars, fiber bars, meal-replacement bars... the list goes on and on and on. Which one is right for you, if any?

The first question to ask yourself is what need are you trying to fill? Do you want to have a bar instead of a meal or as a between-meal snack? Are you trying to add a nutrient missing in your diet or merely to curb your hunger?

Once you determine what need you are trying to fill, then you should look at the list of ingredients and the nutritional "facts" on the label. How many calories does the bar have? A bar intended to be a meal replacement obviously can contain more calories than a "snack" bar. But what are the macro nutrients (protein/carbohydrate/fat) in the bar? A meal-replacement bar should be balanced: no more than 30% of calories from fat (preferably 15-20%) and at least 20% protein. For a snack bar, you should make sure that no more than 30% of the calories are from fat, and that the nutrient composition balances out the rest of your diet regarding carbs and protein.

In addition, you should look at the type of fat in any bar you are considering. Most have saturated fats or trans fatty acids (for stability and/or taste purposes), neither of which is good for you. For most adults, a healthful diet should contain no more than 10% saturated fat, so make sure that if your bar of choice contains saturated fats, the amount "works" with the rest of your diet. Trans fatty acids (or "hydrogenated fats or oils") should be consumed sparingly if at all, so avoid them whenever possible. (Thus a bar containing hydrogenated oils or trans fatty acids would not be a good choice for either a snack or a meal replacement.)

Bars can be good sources of nutrients "missing" from your diet. Many martial artists use bars as energy sources before working out, or as protein supplements. These uses are totally appropriate provided that the ingredients and nutrients fit the criteria of a "good bar," as well as a "balanced diet." Other uses of bars may be to include soy protein in your diet, or to increase fiber intake (which might otherwise be difficult or not satisfactorily tasty for an individual).

Martial artists can decide if a bar is right for them by following the steps above: determine what your purpose is in having the bar and then determine how well the specific bar meets your needs. Choose only those bars that truly meet your needs without exceeding your daily calorie requirements. Eating a snack or meal bar should always accomplish the goal of balancing out both nutrients and calories, not tipping the scales, in your overall healthy diet.



A New Comfort Level and Black Belt Determination By Nick McAfee, Age 10

Studying Martial Arts has helped me to gain confidence, determination and respect in and outside of my school.

Gaining confidence has helped me with being shy. Now I'm able to talk to people and ask questions without feeling uncomfortable, and feeling comfortable has also helped me to move forward in my belt ranks, and in school.

I have also learned respect, which has helped me not to place judgment on other people. I respect my parents for all they do for me, because without my parents' help I wouldn't have achieved any of my goals.

I am also more determined. I set my goals high and move forward. Determination is helping me to achieve my main goals: to receive my black in martial arts, become a master instructor, be an honor student through my school career, and to achieve my lifetime dream of becoming a pro golfer.

Nick McAfee is a student at Dave Tester's US Martial Arts in Amelia Ohio.

Welcome to KidsKORNER, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

Martial Arts Word Scramble: How it works – Unscramble the letters to create a word describing a benefit of training in the martial arts. Write your answer to the immediate right. Bonus: Take all the letters that are in the boxes and descramble to find another benefit of martial arts training.

Example: A T I A L M R T R A S Solution: M A R T I A L A R T S

1	S D I R F E N	<input type="text"/>
2	P E S R C E T	<input type="text"/>
3	S P I C I N I E D L	<input type="text"/>
4	E N F I D O C N E C	<input type="text"/>
5	T I N F E S S	<input type="text"/>
6	E T M A W R O K	<input type="text"/>
7	T A E P I N E C	<input type="text"/>
8	N F U	<input type="text"/>
9	L F X B I L E I T I Y	<input type="text"/>
10	T S E N R G H T	<input type="text"/>

Bonus Letters (from boxes above)

<input type="text"/>																			
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Bonus Word

<input type="text"/>																			
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KIDSKORNER

martial arts word



Answers: 1.Friends 2.Respect 3.Discipline 4.Confidence 5.Fitness 6.Teamwork 7.Patience 8.Fun 9.Flexibility 10.Strength

QUESTION OF THE MONTH

Turn in by 10/26 to receive a ticket

What is the best thing Karate has taught you?

NAME:

take note...

Katrina victim needs donations! Beth is a friend of the Wooldridges and has relocated here because of Katrina. She will be getting an apartment, and needs many household items including living room and dining room furniture and kitchen appliances. Gently used adult clothing is also needed. If you can help, please call Mary at 480-753-9226.

We are proud to announce our newest test promotees! Closed testing took place on October 1st. Elizabeth Robillard-Brimhall was promoted to Adult Nidan, which gives her the title of Sensei. Ray Arriola was promoted to Junior Nidan. Dallin Hamel was promoted to Junior Shodan. Congratulations!!

PUMPKIN COINS will soon be here. We are trying to help you earn referral rewards!! Pass out these orange coupons, with your name added, on Halloween. If somebody brings in your card and starts the regular program, they will save some money, and you will receive your referral rewards gift certificate, PLUS a dojo sticker.

HOLIDAY SPARRING GEAR SALE! \$79.99 for a set of student gear with mesh bag, mouthpiece and holder.

Guiding Principle #5:

"Do not be mean and pick a fight." -Matthew Edwards.

"If someone accidentally bumps into you, you don't start arguing with them." -Griffin Tull-Gauger

upcoming events

BRING A FRIEND TO KARATE TUESDAY 10/11. This is one of the rare days you can bring a guest to join you in karate. Bring your friends during your regular class to join us for some karate fun and games. Free—be sure they bring a permission slip.

LAST DAY TO PLACE CENTURY ORDERS WEDNESDAY 10/12.

LAST DAY TO REGISTER FOR GLADIATOR'S NIGHT THURSDAY 10/13.

GLADIATOR'S NIGHT FRIDAY 10/14. A dojo favorite fun event! Bring your soft-dart or ball shooting weapon and join the gladiator games including running the gauntlet, target practice, chikara bo, and the main event, capture the flag. We will have pizza for dinner, and drinks will be provided. \$20 per person. 2 immediate family members: \$37, 3: \$50, 4: \$64. Register by 10/13.

ALL TEACHERS MEETING SATURDAY 10/15, 9:30 AM. If you are a brown belt or black belt in the adult program, be sure to make this class!!

BROWN AND BLACK BELT CLASS SATURDAY 10/15, 12:45 PM. This is your most important class of the month, be sure to join us for some serious training.

LAST DAY TO REGISTER FOR NINJA DAY CAMP MONDAY 10/17.

NINJA TRAINING DAY CAMP WEDNESDAY 10/19, 9 AM –12 NOON. This Fall Break, you can come learn all about ninja's lives and techniques. We will hear a story about a ninja child written by our own Tull-Gauger Shihan, practice ninja techniques, make a ninja craft and have a snack and drink. \$15 per person. Register by Tues. 10/18.

BLACK BELT CLUB 10/29, 12:45 PM. This special class is open to Black Belt Club Members Only.

DOJO HALLOWEEN PARTY AND COSTUME CONTEST 10/31 4:30—6:30 PM. This party is for all dojo students and their families. In some of the games you have a chance to win a prize by performing in your costume or mummy making. Free.