

# The East Valley Kicker

“Don't try to be different. Just be good. To be good is different enough.” ~Arthur Freed

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

## OCTOBER 2011

### Welcome

- Michael Lierz (Adults)
- Brayden Reeder-Domen (Kids)

### \$100 CASH for your REFERRALS

Get the word out this month! Get people to sign up for one of our regular karate programs (Little Dragons, Kids and/or Adults). When five students register after their Intro, we will give you \$100 CASH! They must sign up by the end of October, and list you as how they heard of us.

We once had a karate mom who created an additional Little Dragons class by getting 10 of her son's classmates and friends to sign up for it. She did this in a couple weeks, so go for it!

### Halloween Party

On Oct. 31, from 4 to 6pm. All ages are welcome to join us for the costume contest, fun & Halloween games. Snacks (some healthy) provided, as well as a goodie bags. Sign up at the dojo.



## KARATE? HA HA HA!

Jenifer Tull-Gauger Shihan, 4th Dan

Once, a friend of mine tried our Karate Intro Program. We'll call her Mary. At a young 60 years old she did fine.

I never know what to expect when a student steps on the mat for the first time. My aim is to challenge them, but not overwhelm them. Anyway, Mary was fit enough to follow the warm-up and coordinated enough to perform the basics.

I was proud of her, as I am of any student who, first of all steps out onto the mat with an open mind to try something new, and second of all participates fully in finishing the week-long Intro Program. It's a bonus that Mary's classes went well with respect, hard work, and with Mary learning the basics. Then her training fell in the round file.

"I enjoyed doing karate with you," Mary said. "But I won't be continuing."

"Oh," I listened. (One good thing I had learned from her was to pause and listen.)

Mary went on, "I told my daughter I was doing karate and she laughed. 'Mom, you're 60 years old!' she said."

"Oh." I listened more, but

that was all Mary had to say. "Well, we'll miss you." What more is there to say when someone has already made their decision? That was the end of Mary's training.

Later, I wished I had asked, "And what rank is your daughter and how many *decades* has she been in martial arts?" Of course that would have been a sarcastic and rhetorical question, because her daughter obviously didn't study.

If Mary's daughter was a traditional martial artist, she would have learned to have an open mind. She would know that perceived limitations are like lead weights we carry and that the right mind-set and hard work *blow away* limitations. If the daughter had done much karate, she would have seen what a powerful, freeing confidence-builder the martial arts are. She would have consequently become a promoter of any and all females training in karate.

On the one hand, Mary's daughter had no business questioning or scoffing at her mother doing karate, since she had never stepped foot on the mat. On the other hand, our

dojo wants students who are strong enough within themselves to stand up to scorn and to continue doing what they not only enjoy but what is also good for them.

It's not easy to be a living example of the Dojo Kun. Nor is it a popular or common lifestyle. We will meet many people who haven't a clue as to what traditional martial arts are all about. Some will want to learn more. Great! Tell them all about it.

Others will make karate training their joke of the day. Let it roll off your back like water off a duck. Those people make fun of others because they are trying (*and failing*) to feel better about themselves. It's sad, so try to be compassionate. *Karateka* (Karate practitioners), on the other hand, are becoming stronger, faster, fitter and more able with every class, therefore they have reason to feel great about themselves (humbly of course).

Being a *karateka* is not easy. But is sure as heck is a super-awesome-priceless-life-changing-magic-adventure. I wouldn't want to go back to living any other way.



# October 2011

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW Bo's</b> 10% off (order by 10/22, mention discount)</p>	<p><b>Testing</b> will take place the <u>last Saturday of each month</u>, except holidays. There will be no 10:10 or 11:10 classes then. All Ranks Adults &amp; Kids may come at 9:10am and train separate from Black Belts.</p>			<p><b>Black Belt Club</b> The special class, only for Black Belt Club members, will be on the 3rd Thursday of each month at 6:10pm, joining Black Belts.</p>		1
2	3	4	5	6 T-G Shihan 9:10am <i>Daniel's Birthday</i>	7	8
9	10 No classes, Dojo Closed, <i>Columbus Day (Fall Break →)</i>	11 Regular Classes resume, Kids may join 9:10am class, T-G Shihan 9:10am	12 Super Fun Groundfighting Class at 7:10pm	13 Kids may join 9:10am class	14	15
16	17	18 T-G Shihan 9:10am	19	20 BBC for members 6:10-7p.	21 Teen Movie+ pm TBD	22 Dojo Promo Video filming during 10:10am class, attend & be a star! Last day to order.
23	24	25 T-G Shihan 9:10am	26	27	28	29 All Ranks at 9:10am. Certificates & Test 10:10am* (no 10:10 or 11:10 class.)
30	<i>Jadon's Birthday</i> 31 Dojo Halloween Party & Costume Contest 4-6pm, free, bring your family & friends, RSVP	<p><b>REFER YOUR FRIENDS!</b> Tell them to mention that you referred them and they will get their Intro Program (1st week &amp; free uniform) for \$25 AND half off their registration fee! If five of your friends register for a regular program by the end of October, you'll get \$100 cash.</p>			<p>* = Wear full formal gi / uniform. + = Takes place at other location.</p>	