

The East Valley Kicker

"Positive thinking will let you do everything better than negative thinking will." -Zig Ziglar

"Our attitude toward life determines life's attitude towards us." -Earl Nightingale

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OCTOBER 2012

Welcome

- Krishna Sharma (Little Dragons)

KAICHO'S VISIT

Allan Amor Kaicho will be here October 6th. He would love to meet all of our new students and see those of you who have had the opportunity to meet him. Kaicho, from Missouri, is the founder and head of the United Ryukyu Kempo Alliance and an **AWESOME** lifetime martial artist. Be sure to attend the seminar!

Sat. Oct. 6th

Special Training Seminar

for All Ranks

Kids & Adults: **9am-Noon. Cost: \$20 pre-paid by Thurs. 10/4,**

or \$25 at the door.

Family member discounts available, see flyer. Also:

Potluck Lunch

12:15-2:00pm, Bring your family & friends! All are welcome! Bring some food to share!

HALLOWEEN PARTY

4:00 until 6:00pm, Wed. 10/31. All are invited to join in some fun Halloween games and to enter the costume contest! Prizes will be awarded, as well as treats, and snacks (some healthy) will be available. Bring your family & friends.



HOW TO GO TO KARATE CLASS

by Jenifer Tull-Gauger Shihan, 4th Dan (excerpted from 9/19/12 blog: <http://evma.net/blog/>)

Why would I write about arriving at class? *Don't you just have to show up?* Showing up a couple times a week is most important for your training.

Just attending and participating in class is a priority. Being on time is a good thing to aim for too. But I'd like to share some secrets with you, and why these little habits can make a big difference in your training.

Just being there is great! But why not do it in the best way? If someone gives you an orange, taking it and eating it is a way to enjoy that gift. BUT taking the orange and saying "thank you," then being careful not to get juice all over the place when you peel it, and throwing away your orange peels when you are done, is a better way to enjoy it.

Similarly, there is a preferred way to arrive at the dojo rather than just thoughtlessly doing it. These steps are helpful for new students, as well as old.

□ Bow in at the door. When you enter the dojo, pause near the threshold and bow toward the dojo. This is your first chance to practice *mushin*, clearing your mind. That is mentally leaving the outside world out there, forgetting about what happened earlier,

and just focusing on the present moment. By mentally preparing and focusing on doing your best *right now*, you will do better in training, and you will better absorb the lessons.

□ Go to the instructors, (look for black belts) bow, and say hello. This is traditional etiquette. It is similar to saying hello to the occupant of a house when you visit. This shows the teachers you are courteous. If you do this simple thing every time, it will show you are a conscientious student. The instructor just might return the courtesy by doing a class activity that you enjoy.

□ Take off your shoes and put them out of the way, along with your gear. This shows respect for everyone who walks in to the dojo. They don't want to walk around or over your stuff to get where they need to go. The benefit to you? You'll be able to easily find your things when you are ready to go.

□ Pull your card out (adults sign in). If a kid pulls his attendance card as soon as he is ready, it will prevent a traffic jam at the card box, and help the student be on time. If an adult makes signing-in a habit, it shows personal responsibility

and helps him move forward to testing on time.

□ Make sure your uniform is ready (e.g. dojo t-shirt tucked in and belt tied properly). The soldier doesn't line up in formation and *then* tidy up his uniform. The *karateka* should also have his uniform presentable before it is time to line up.

□ Get warmed up - practice katas or complexes. Ask a classmate to go over katas or complexes with you. If you are ready and still have a few minutes before class, start warming up! This is the bonus time for intermediate and advanced students who have a lot to retain. Using those few minutes before class wisely, to review (alone or with a partner) can make a world of difference in your training. Warming up helps your body and mind be ready for a great class!

If you make the above steps a habit, it will help you focus on fully participating in class. It will remove stress and scatter-brained scurrying before class. When you take the initiative to do these things without being reminded by a parent or instructor, it shows maturity. Consistently doing these things will help you become a cream-of-the-crop top student!

October 2012



SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW Sai, Tan Bo, Escrima, Kama & Tonfa 10% off (order by 10/20)</p>	1	2	3	4 Last Day to Prepay for Kaicho Seminars to get the \$20 Early Bird Special.	5 No 7:10pm Adults class today, come at 6:10pm.	6 No Regular Classes. Kaicho Seminar 9a-12n \$25. Potluck 12:15-2p. LE Seminar 3-5p \$25^.
7	8	9	10	11	12	13 Teacher Meeting 9:10am (Ch. 21 Keep Score for Success)
14	15	16	17	18	19	20 BBC 9:10am. Last Day to Place Century Orders.
21	22	23	24	25	26	27 All Ranks Class 9:10a. Certs.* & Test* 10:10a. (No 11:10a class.)
28	29	30	31 No Regular Classes. Halloween Party & Costume Contest 4-6pm.	<p>Testing will take place the <u>last Saturday of each month</u>, <i>except holidays</i>. There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids are welcome to come to class at 9:10am and train separate from Black Belts that day.</p>		<p>* = wear full formal gi. ^ = Training for Officers who are in Security or Law Enforcement.</p>