



The East Valley Kicker

“Self-control is the chief element in self-respect, and self-respect is the chief element in courage.” -Thucydides

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

OCTOBER 2013

Welcome

- Nafis Abid (Kids)
- Logan Parker (Kids)

Karate Photos

This month students have the great opportunity to get karate pictures taken at the dojo. The Kanes are dojo parents as well as professional photographers, and are offering their services before and during classes on Tuesday, Oct. 15th and Thursday, Oct. 17th. Sign up at the dojo.

You will have a chance to view proofs online and choose which pictures and sizes you would like to purchase, for the great low rate of around \$5 per sheet. Order direct from the Kanes and photos will be delivered to the dojo. You may also have your image put on mugs, etc. and order online through their website.

Karate pics make great Christmas presents, and are a family & friends favorite.



WHAT IS THIS PLACE & WHY AM I HERE?

Jenifer Tull-Gauger Renshi, 5th Dan

You may have heard me say that the people make the dojo, or the dojo *is* the people (who are working together). Or maybe you haven't heard this because you are relatively new to us. In that case, welcome to the concept of Dojo Family! When you are part of an organization, it is important to know why that group exists, and to know your own role in it.

So, for the first question: What is this place? In general terms, East Valley Martial Arts - Kenshin Kan is a traditional karate school, or traditional *dojo*. It has been serving the east valley for over 15 years. Our dojo was founded by Michael Newland Renshi, and in 2002 it was passed over to Gauger and Tull-Gauger Renshi. It promotes traditional values, as found in the Dojo Kun. It also focuses on positive attitude and on preserving and promoting the traditional culture of Okinawa. Our intent is for the dojo to be a safe, supportive environment where karate practitioners may learn, and work on attaining their goals and bettering their own lives.

To answer the second question: Why am I here? - Why are you here? - Why are we here? Our dojo is overseen by the Head Instructors—the Renshis. Brandon LaBorde Shihan, Sempai, is the second in command, helping the Head Instructors, the other instructors, and the students to stay on track with the overall path of the dojo and their own training. The other Shihans and Senseis also help teach and mentor students on their karate path.

Each student has an important role at the dojo. At brown belt it is required for a student to start giving back to traditional karate by helping to teach. Intermediate students are charged with soaking up as much knowledge as they can and training hard while setting a good example for beginning students. Beginner ranks are the future of the dojo, and represent its growth. They are also expected to soak up the knowledge, and to ask questions freely. All adult students' dues help pay bills.

Parents of minor (and many young adult) karate students are an important support system, not only for their children,

but for the dojo as a whole. They help finance dojo expenses by paying dues regularly. They support the dojo as a whole by supporting their karate kid(s) and by getting them to class. Most are also able to give extra support over the years by participating in dojo events and by volunteering their time and talents.

Family—spouses and kids—of students are also important to the dojo. The longer a karate practitioner trains in the martial arts, the better they will be able to improve their own life. Moral support from our close family is crucial, and so is their help in promoting our endeavors.

So overall, we are all here to help karate practitioners train, learn, work toward their goals and improve their own lives. We are also here to create a supportive environment, and to give our time and talents wherever they may be needed to help the dojo be successful. Lastly, we are here to promote traditional Okinawan karate, which has been a great vehicle for many in our community to improve their lives.



October 2013

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing takes place the last Saturday of each month, except holidays. There will be no 10:10a or 11:10a classes then; All Ranks are welcome to come to class at 9:10a on test days and train.		1	2	3	4	5
6	7	8 Yoga at 8:20am starting today. Kids may join adults at 9:30am class.	9 Black Belt Club for members 7:10 to 8pm. (No 7:10 Adults class.)	10 Kids may join adults at 9:30am class.	11	12
13	14	15 Karate Photos tonight, sign up at dojo.	16	17 Karate Photos tonight, sign up at dojo.	18	19 Last day to place Century orders. Instructors & Assistants Meet 9:00am.
20	21	22	23	24	25	26 Class for All Ranks at 9:10am. Certs. & Test* 10:10a. Karate Photos (& retakes) by appointment.
27	28	29	30	31 P.M. classes cancelled today. Dojo Halloween Party 4-6pm, free, stop by for fun!	NEW Nunchaku 10% off <small>order by the 19th, or choose in-stock</small>	Sat. Nov. 7th— Save the Date! Gladiators Night at the dojo 6 to 9pm (Pizza & Nerf fun in costume)

* = Wear full formal gi / uniform.