



# The East Valley Kicker

“The real things haven't changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong .” -Laura Ingalls Wilder

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

OCTOBER 2015

## Welcome



♦ Jack Church-Baeb  
(Little Dragons)

### UPCOMING:

Wear a Halloween costume to class: see calendar.

Dojo Halloween Party & Costume Contest Sat. 10/31, 10:00 am to 12 noon. Fun, games & treats. Black Belt Weapons will still take place.

You may have noticed last year that our Annual Dojo Holiday Party is evolving. We are open to ideas for our whole-dojo get together around the beginning of December.

### NEW CLASSES:

Tuesdays 7:10-8pm All Adults and Kids who are at least 10 & green belt. Fridays 7:10-8pm Adults only.

***The East Valley Kicker* is provided courtesy of East Valley Martial Arts—Kenshin Kan**

Head Instructors:  
Kirk Gauger,  
Renshi, 5th Dan &  
Jenifer Tull-Gauger,  
Renshi, 5th Dan

## TRYING HARD AND LETTING GO

By Jenifer Tull-Gauger

The dojo is a very special place where we all can go and learn and feel safe and respected. It was founded as such a place, and Gauger Renshi and I, with the help of the other instructors, and many students and families, carry on that tradition.

I have said this many times, and I will say it again: a dojo is not a place; it is the people who get together in that place. The people make the dojo. When we have people meeting in a positive spirit to promote traditional karate, then the dojo is AWESOME!

Of course, nobody is perfect. There may be someone who is still working on their positive attitude, or maybe I get a thorn under my nail while trimming roses, and I come to a class with a thorny attitude. Then, when I'm trying to

help a student improve their karate, I might talk to them in a voice that sounds mad, even if I don't mean it to.

Karate is not easy. It takes a lot of effort and a lot of letting go. That might sound contradictory, but it's true. We have to put a lot of effort into staying on the path of true karate-do: training hard and consistently; focusing on what we, ourselves, need to do; persevering when we get tired of something; and using self control when we just feel like goofing off. We will be better karateka when we do all that in a positive manner, while letting go of the rest.

We have to let go of anything that might take away from our own training. We'll do better in class when we forget about thoughts of our outside worries and exciting

events coming up, and when we ignore our thorns. When we mess up, we need move on to the next thing we need to do, and not dwell on our mistakes. At times, other people in class might mess around, or say something we don't like or don't agree with, or look at us the "wrong way," or (here's something that once bothered me) laugh. We need to let go of those things, without holding a grudge! They are just distracting us from doing our very best. We must let go, re-focus, and stay the path of true karate-do.

If you want to do your best at karate, and be faster, smarter, more fit, better able to take care of yourself, and better at living a good life; then you must focus on your own training, let go of the rest, and do all this with a good attitude.

Oct. WEAPON: **Sai, Tonfa**  
 (for Nov.: kama, tan bo)  
 FOCUS: **Dojo Kun #2**



# October 2015

RENSHIS' CELL: (480) 330-8886

New **TONFA** or  
**SAI 10% off**

In-stock or order by Sat. 10/17.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month at 10:10am, but not on holidays. To receive your certificate, attend a ceremony at least a month after your test.		<i>Costume Exchange thru the end of the month. Leave a costume, take a costume for free, OR purchase them for a donation of \$1 or more (for the carpet cleaning fund).</i>		1	2	3 Black Belt Instructors' Meeting 10:10-11am.
4	5	6	7	8	9	10 BBC 10:10-11am.
11	12 Fall Break >>	13 No Yoga, No Morning Karate today	14	15 No Classes today, Dojo Fall Break	16	17 Last day to place Century orders this month.
18	19	20	21	22	23 Assistant Instructors' Training (Kids Brown & Up, Adults Green & Up) 7:10-8pm.	24 Certificate Ceremony* & Testing* 10:10a.
25	26	27	28	29	30 Little Dragons wear your costume to class 5:30pm.	31 Wear your costume to class 9:10a, Halloween Party 10a-12n, free.

\* = Wear full formal gi / uniform.