



The East Valley Kicker

“Practice puts brains in your muscles.” - Sam Snead

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

OCTOBER 2016

WELCOME

- Justine (Adults)

GUEST PASSES

Are you handing out candy on Halloween? Contributing to a Harvest Festival? We can sweeten it up even more! We are offering special Guest Passes for prospective students to attend two free classes in November. Pick them up at the dojo. If you need a large amount for a Trunk or Treat event, several kids' classrooms, etc., please tell us so we can make plenty!

DOJO PARTY

We are having a free, family-friendly Dojo Halloween Party on the 31st from 4 to 5:30 pm. R.S.V.P. & bring your family & friends for some games & goodies!

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

“KARATE” MOMS

By Jenifer Tull-Gauger

True story: I met a martial artist lady who asked how long I had been training. When I told her it had been about 17 years, since March of '99, she exclaimed about how short a time I had been training. To be honest, I was a bit surprised at her reaction.

When I asked her how long she had been training, she responded that it had been 35 years for her, except for the period of time that she had taken off to raise her kids. To be polite, I did not say anything.

But I have to admit that her comments, both of them, especially when taken together, bugged me.

When I started Karate in March of '99, it made its way deep into my heart. Since then, I have trained at least three times a week, every week, with very few exceptions. (Mostly, through the years, I have trained five

times a week.) One exception is a week of vacation here and there (I could probably count those weeks on one hand). The other break was a period of two months that I took off due to childbirth.

In the last 17 1/2 years, I have made Karate my way of life. I was there training the last evening with Newland Renshi when he had bankruptcy looming and wondered about the future of the dojo. (I remember Renshi saying there was no place he would rather be at that moment, than training with us. His passionate spark of enthusiasm for karate was contagious to me.) I have trained and taught while I was pregnant, including very pregnant, (with student's parents wondering if I would go into labor while I was teaching in horse stance). I brought my infant with me to class, where on the sidelines, karate parents and siblings took turns holding the baby. (I remember Kaicho holding the baby [who was asleep] while on the mat, teaching a women's self defense seminar.)

Traditional Okinawan Ka-

rate is family-friendly and family-oriented. It is not something you do when your family doesn't get in the way. It is something you do *with* your family, and *for* them too.

And if they really don't want to train, that's okay, but they need to understand that they are still part of the dojo family. They are still involved, and you bring them to potlucks and dojo family events. The smart karate spouses and families are the ones who see that their beloved martial artist is a better person because of training, and encourages and supports them in doing so.

I don't know how long the aforementioned lady took off to raise her kids, or how often she has gone to the dojo or practiced throughout her last 35 years. I don't know the effort she has put in to support her dojo(s), or to promote traditional martial arts. But I know that for me, it is permanently in my heart and it is in my life, every single day of my life. I hope to pass that spark on to others who will live it consistently.



Oct. WEAPON: **Sai, Tonfa**
 (for Nov.: kama, tan bo)
 FOCUS: **LOYALTY**

October 2016



RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing 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.		New KAMA or TAN BO  10% off In-stock or order by Sat. 10/22.				1
2	3	4	5 No Yoga.	6	7 Dojo Closed, no classes (Dojo Fall Break)	8 Dojo Closed, no classes
9	10 <i>Columbus Day</i>	11 Regular classes re-start.	12	13	14	15 Deadline to participate with the Dojo in the Get Well Project.
16	17	18 BBC 7:10 pm. No Weapons today.	19	20 Deadline to send directly to the Get Well Project.	21	22 Last day to place Century orders. BB Instructors Meet 11 am.
23	24	25	26	27	28	29 Certificate Ceremony & Test* 10:10 am. RSVP deadline for Halloween Party.
30	31 Halloween Party 4p-5:30p					

* = Wear full formal gi / uniform.