

The East Valley Kicker

"The time is always right to do what is right." -Martin Luther King, Jr.

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

NOVEMBER 2010

Welcome

- David Gross (Adults)
- Braden Stewart (Kids)

Welcome Back

- Petra Showers (Adults)
- Charlie Estrada (Adults)

OUR TRADITIONS

We have many social / cultural events in a typical year.

- HOLIDAY PARTY & POTLUCK (first half of Dec. on a Sat. eve. or afternoon.) Talent show, gift exchange, appreciation ceremony, free.
- LAST CLASS OF THE YEAR & SOUJI (end of Dec.) Special class, followed by deep cleaning of the dojo, free.
- FIRST CLASS OF THE YEAR (beg. of Jan.) Special class, free, followed by food.
- BLACK BELT COMPETITION (varies) See the talents of our black belt teams and vote for your favorite, free.
- JAPAN'S CHILDREN'S DAY (beg. of May) cultural celebration including origami, learning to eat with chopsticks, snack & active games, \$5 - \$15 per person.
- FUN FRIDAYS (evenings), themes vary, \$10 - \$25 p.p.
- SWIM PARTY free, potluck

WISDOM FOR PARENTS

by Jenifer Tull-Gauger Shihan, 4th Dan

I have a magic formula for parents of karate kids and teens. (This wisdom can also be translated to yourself if you are an adult student.) Traditional Karate is great for small kids because it teaches them learning skills, social skills, and respect. It is beneficial to older kids because of the confidence they gain, the discipline, and again the respect. It is especially good for teens because they find in it a group of positive, supportive people to affiliate with, and mentors who value traditional morals. I'm sure we can all name several more priceless benefits gained here. Those who get the most from traditional karate are the ones who make it a way of life, for the long run.

Kids live in the moment and rarely think of the long run. Traditional Karate holds a higher level of discipline and is hard work, and it is common for kids to want to take time off or quit

when it doesn't seem like karate is fun. We all have ups and downs in our training - sometimes we are fired up about being a part of the dojo, and sometimes we wonder if it's worth it. Those of us who are long-time black belts don't lose sight of the value in the down times. We honor our responsibility to work through the downs and are so glad we did when the next up comes.

So how can a parent support their karate kid to keep a long-term commitment to their training and self-improvement? I have the magic formula! Over a decade of thought, observation and research, from the viewpoint of the parent, the teacher, and the student, have gone into this formula. It is presented here for your benefit. So be sure to put it to use today!

MAGIC FORMULA:

A) Attend classes regularly: average at least 2 per week, and make it up when attendance

falls short of that.

B) Take part in several fun, social dojo events per year—paid or not, (see some examples left). Aim for at least one every other month.

C) Support your kids in participating in our seminars and enrichment programs which suit their interests such as: *Weapons* (make sure they have their own), *Groundfighting*, and *Black Belt Club*. Add these special classes to your schedule when your child is invited into a program.

D) If possible, give your child a choice on which weekly classes they attend.

E) If they are showing signs of burnout, let them take a week off, but get them right back in after that. You can also talk to a Shihan to request more of the specific class activities which you/your child would like to see.

Use A through E and help your child create a better life with karate.



November 2010

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW SAIS OR TONFAS 10% OFF in Nov. By request when ordering.</p>	1	2	3	4 <i>Mr. Proce's Birthday</i>	5	6
7	8	9	10	11 No Classes, Dojo Closed for Veteran's Day	12 BBC for members 7:10pm.	13
14	15	16 <i>Matt Barr Sensei's Birthday</i>	17	18 <i>Tefft Sensei's B-day</i> Teen Meeting 6pm. Bring your favorite fruit to share & your calendar with open Fri/Sat's.	19	20 Last day to place Century orders this month.
21 <i>Marty's Birthday</i>	22	23	24	25 No Classes, Dojo Closed. <i>Happy Thanksgiving!</i>	26 No Classes, Dojo Closed. <i>Griffin's B-Day</i>	27 No Classes, Dojo Closed.
28	29 Class for kids & adults at 5:30pm. Certificates & Testing 6:30pm*	30				<p>* = Wear full formal gi. + = Takes place at other location.</p>