

# The East Valley Kicker

“You will never find time for anything. If you want time, you must make it.” Charles Bixton

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

## NOVEMBER 2012

### Welcome

- Mr. Mike Ferreira (Adults)

### USED GEAR

Our annual Used Gear Sale is back! Get a great deal on used uniforms & dojo t-shirts. The more you buy, the better the price. There are also some used sparring gear and weapons available at deep discounts. If you have old gear you no longer use, please consider donating it. Proceeds will go to help get the carpet cleaned!

### TOURNAMENT

If you are interested in watching or competing in an ASKA/USKA Karate Tournament, let Tull-Gauger Shihan know.

### DOJO FAMILY CONTACT INFO

We do not share your contact information with other students. However, some students want personal &/or business contact information available to other dojo families. That is why we have the black “Dojo Families” binder in the middle room. Feel free to fill out a page for you/your student(s)/your family, you may include a photo &/or business card.

## GOAL-SETTING

by Jenifer Tull-Gauger Shihan, 4th Dan

Have you ever made a To Do list and then followed through on the tasks, crossing them out as you went? Didn't that feel great? That is a very small portion of the positive feeling you will get when you have a life goal and you work toward it.

I speak from experience. Through goal-setting at the dojo I found my first long-term life goal, and I started acting on it. When I am actively working on my goal I feel so elated and

ALIVE, there is nothing to compare with it. You have really got to try it!

There's no better time than now to get started, even if you have no idea what that goal might be. I started out that way - my first step on this path was basically to write down my goal of figuring out a goal. And it worked! The creative, intuitive side of my brain took over and figured it out. Later I looked back in my high school papers and saw that this

was a goal I'd contrived years ago on a whim for a scholarship application. Do not underestimate the wisdom of the young.

If you had asked me about my goals before I started filling out karate goal sheets, I would have not had an answer, even though that goal had been there all along. Writing my goals has been a map to my heart, my dreams, my right path and my innate talents. It can be yours too...

## GETTING STARTED ON YOUR GOALS

Our founder, Michael Newland Renshi, started our dojo's tradition of writing out a new goal sheet around the end/beginning of the year. This is in addition to all the fun stuff we have to do in class, so if you get started now thinking about what you want on your goal sheet, it will help you to make best use of your goal-time at the dojo.

Your goals should be your own, and do not need to be seen by anyone other than a Shihan. (However, kids: your parents can be a

big help!) When your sheet is completed, you will be in charge of taking it home & keeping it where you will see it regularly.

The sheet we use breaks goals into three areas: KARATE goals, SCHOOL &/OR CARRER goals, and OTHER INTERESTS (not karate or career). Other interests could be a hobby, a pursuit like climbing a mountain, a special trip or vacation, earning a material item, or learning a new skill.

We also work in three

time-frames. Short term goals take from one month up to a few months. Intermediate goals are a few months to a year away. Long term goals are from a year to many years out.

Once you have the goal, the next thing to consider is what you can do to help you achieve that goal. What positive actions can you take?

We instructors are here to help you set your goals in a SMART way, starting this month. Start thinking about it now & you'll be more efficient.



# November 2012

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW</b> Sai, Tan Bo, Escrima, Kama &amp; Tonfa <b>10% off</b> (order by 11/14)</p>	<p><b>Testing</b> will take place the <u>last Saturday of each month</u>, <i>except holidays</i>. Check the calendar for testing &amp; certificates this month &amp; next.</p>			1	2 Used Gear Sale Begins 5:30pm & continues thru Sat. the 10th.	3 Used Gear Sale continues
4	5 Used Gear Sale continues	6 Used Gear Sale continues	7 Used Gear Sale continues	8 Used Gear Sale continues	9 Used Gear Sale continues	10 9:30am Black Belts, 10:30a All Ranks Kids & Adults, 11:20 am Souji/Cleaning U. Gear Sale ends
11	12 No classes, Dojo closed for <i>Veteran's Day</i>	13	14 Last Day to Place Century Orders for this month (last order for the year: Wed. Dec. 12).	15	16	17 BBC 9:10am.
18	19	20 Certs.* 7pm & Test* 7:10pm (students from 7:10p class will do sparring & complexes)	21 No 6:10pm class. Special fun class at 7:10pm for all ages & ranks.	22 No classes, Dojo closed <i>Thanksgiving</i>	23 No classes, Dojo closed.	24 No classes, Dojo closed.
25	26 Regular Schedule Re-sumes	27	28	29	30	
						* = wear full formal gi.