



The East Valley Kicker

“Be thankful for what you have; you'll end up having more.
If you concentrate on what you don't have, you will never, ever have enough” -Oprah Winfrey

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NOVEMBER 2013

Welcome

- Laney Stevens (Kids)
- Faith Forbes (Kids)

Karate Photos

Remember to go to www.kane-photos.com to view and order your karate pictures! You'll see a code to use so the pics will be dropped off at the dojo, saving you shipping charges on photos. For specialty items, you pay postage and they come direct to you.

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

Please remember to get permission from other dojo mates before posting their pics on social media.

Spring Camp

Save the date! Karate Spring Camp will be at our dojo Fri. Feb. 28, Sat. Mar. 1 and Sun. Mar. 3. It's three days of training and fun. Allan Amor Kaicho, Head and Founder of the United Ryukyu Kempo Alliance, will be here!

Did you attend camp in the past? Do you have suggestions for next year? We are open to input on what you would like to see at our next camp!

AN ATTITUDE OF GRATITUDE

By Jenifer Tull-Gauger Renshi, 5th Dan

I was “in a funk.” The year had been hard on me. Way too busy. Most of the busyness was good—we had non-stop visits from family and friends, and enriching events to attend. But our finances were severely strained and I saw no solution. My own schedule was pulled in so many directions, I felt I had no time to breathe. I noticed my patience, calm and spirit leaving as any little negativity from anyone brought me unnecessary aggravation.

I started to notice similar messages coming to me from many different sources—the book I was reading, a caring friend, an article, Ted Talks on YouTube. The messages were about expressing gratitude. The simple methods for doing this daily inspired me. I started to put some of the suggestions into action.

At first, the time, money and other stressors were still there, but I noticed a change in myself. My days were easier and more joyful, even with all the activities. I was able to laugh with my family and we had more fun together. Instead of being annoyed that I didn't have time to stop and enjoy the sunset, I glanced at the sky, took a breath, and continued my activity, being grateful to do so under beautiful orange clouds.

Here are the simple ways I found to express gratitude:

-Upon waking, let one of your first thoughts be about thanks for the new day.

-Start each work day by sending an e-mail to someone saying thanks or telling what you appreciate about them.

-Write a short note to a family member with a message of praise and love. Deliver it.

-Cut out a small heart paper, write what you appreciate about your significant other, and place it where he/she will find it.

-Smile at someone.

(Note: Do the above four in faith that they will be received in the positive spirit in which they were given, but do not expect anything in return, not even an acknowledgement.)

-Throughout your day, notice your blessings (a green light, fluffy clouds, a kind word, a satisfying meal), take a breath, and be grateful.

I hope you will consider trying some or all of these simple ways to express gratitude. They helped me change my attitude and find more joy.

GLADIATORS' NIGHT - SAT. NOV. 9, 6:00 to 9:00pm

An all-time dojo kids' favorite is back this month! This is the fun night where kids bring their foam dart or ball shooting guns to show off their skills and work with their team to try to capture the opposing team's flag.

Kids of all ages enjoy the fun and family and friends are welcome to join us.

We have Nerf guns to loan for those who need to borrow one. This year, we are encouraging participants to wear a costume.

Military apparel is popular, but feel free to go with a different theme.

Pizza and Gatorade are included in the admission cost. It's \$25 regular price, but if you pre-pay by Thurs. Nov. 7, it's only \$20 per person!

Nov. WEAPON: Nunchaku (for Dec.: *sai, etc.*), FOCUS: Gratitude



November 2013

SHIHANS' CELL: (480) 330-8886

Sun Mon Tue Wed Thu Fri Sat

<p>Certificate Ceremony & Testing takes place the last Saturday of each month, except holidays. Check calendar for testing in Nov. and Dec..</p>			<p>NEW Bo's, Jo's, Bokken's, Swords 10% off order by Nov. 16th, or choose in-stock new items this month.</p>		1	2
3	4	5	6	7	8	9 Gladiators Night 6 to 9pm
10	11	12	13 Black Belt Club for members 7:10 to 8pm. (No 7:10 Adults class.)	14	15	16 Place Century orders today, for this month and next, to avoid Holiday back-orders!
17	18	19	20	21	22	23 Class for All Ranks at 9:10am. Certificate Ceremony & Test* 10:10a. * = Wear full formal gi / uniform.
24	25	26	27	28 No Classes, Dojo Closed. <i>Happy Thanksgiving!</i>	<div style="border: 1px dashed black; padding: 5px;"> 29 No Classes, Dojo Closed for Thanksgiving weekend. Regular Schedule resumes Mon. Dec. 2nd at 6:10pm. 30 Holiday Party Sat. 12/14 in p.m. </div>	