



The East Valley Kicker

“The best fighter is never angry.” -Lao Tzu

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 

♦ Michael Froedge
(Adults)

BE GRATEFUL

This month, write down and turn in the 10 things you are most thankful for—Kids will earn an extra ticket, Adults will earn a treat!

\$30 Karate INTRO Programs make GREAT GIFTS for potential students.

REFERRALS

The biggest compliment you can give the dojo is your referral to your family and friends.

Please also refer us to other potential students by giving us a review online. East Valley Martial Arts is on most major website listings. Thanks!!

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

HE LAUGHED AT ME!

By Jenifer Tull-Gauger

I was around an orange belt, maybe green, and twenty-something. I had my sparring gear on, and was paired off for the first time with a guy who was about the same age, and lower rank than me. Sparring was a challenge for me, but I always gave it my best effort. Like the rest of karate, I took it very seriously.

The instructor said, “*Hajime—go!*” and I focused on throwing combinations and touching my targets—this man’s belly, sides, chest, and the sides of his head.

He moved around a little, kept his guard up, and you’ll never believe what he did next. He laughed at me!

If someone fell down in class and others laughed (usually in the Kids Program), Sensei would stop them and explain that you don’t laugh at people

in karate. Yet, here was this guy laughing at me.

I came at him with renewed focus: angry, but keeping my techniques controlled. He blocked a couple of my attempts, but then I got him on a target. While I reset and breathed, waiting to see if he would try to get me, he laughed at me *again!*

My thoughts looked something like this: !! ☺!! ☹!!? I was taking this personally. At first I turned my anger into action, trying harder to get points on him in this match. The anger made me tense, it was hard to breathe, and hard to keep my strikes speedy. (However, I still did very well in keeping contact light.) Then I just let go of whatever his deal was, and focused on my own sparring, still putting a lot of effort into getting his targets. I ignored his smiling, laughing face. I

was more relaxed now, and my strikes were quicker and more efficient.

Over time, I saw that he did not last long at our dojo. My guess now is that he had never had to face off with a girl, and he had been laughing because he was very nervous about me striking at him. Maybe I just looked so darn cute in my gear, that when I came after him, he was surprised. Maybe he was actually laughing at himself.

For me, it didn’t matter why he was laughing. What mattered was that I was there to train. I was able to focus on that, and let go of my sparring partner’s apparent “attitude.” When I did, I became better at my karate, which is why I was there at the dojo in the first place.

Oct. WEAPON: **Kama, Tan Bo**
 (for Dec.: bo, jo)
 FOCUS: **GRATITUDE**



November 2015

RENSHIS' CELL: (480) 330-8886

New **BO** or **JO**
 10% off

In-stock or order by Sat. 11/14.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13 BBC 7:10-8pm (Ninja Obstacle Course of Death, bring a blindfold). No 7:10pm Adults.	14 Last day to place Century orders this month.
15	16	17	18	19	20	21 Certificate Ceremony* & Testing* 10:10a.
22	23	24 Super Training! Lil' Dragons 5:30, All Kids/Adults 6:10 & 7:10 pm.	25 Dojo Closed, no classes for Thanksgiving weekend	26 Dojo Closed, no classes. <i>Thanksgiving</i>	27 Dojo Closed, no classes for Thanksgiving weekend.	28 Dojo Closed, no classes for Thanksgiving weekend.
29	30			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.		

* = Wear full formal gi / uniform.