

The East Valley Kicker



“All I can control is myself and just keep having a positive attitude.” -Rose Namajunas

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

NOVEMBER 2019

Welcome

♦ Bhaarvi (Kids Program)

HOLIDAY TRAINING

The holidays season is upon us, but that's no reason to let your karate training suffer. We encourage students to continue to attend an average of about two classes per week, or more as your schedule allows. Kids and Adults Program students may want to average three classes per week in anticipation of time off.

GUEST PASSES

November Guest Passes may be shared with family, friends, co-workers, etc. They offer a free class in November. Kids three thru 17 must bring a parent or legal guardian.

The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:

Kirk Gauger,

Renshi, 6th Dan &

Jenifer Tull-Gauger,

Renshi, 6th Dan

HOW KARATE TEACHES FITNESS

By Jenifer Tull-Gauger (10/8/19 blog)

Although I have always enjoyed the outdoors, I was not a very active child. Especially if compared to other children of the '80s, when video games were rudimentary and kids' TV shows were on for a limited time during the day. Sports, riding bikes around the neighborhood and active games were the norm then. But not for couch-potato kids like me. Too bad I didn't have a martial arts based childhood because karate teaches fitness.

My "Before" Portrait

Before I started karate as a young adult, my main and regular physical activities were limited. I didn't work out and my exercise was any movement I did in parenting full time and working part time, sporadic jobs. Depending on the job description, I might get a little more exercise on some days than others. I wasn't overweight, but I wasn't strong either.

Karate Calisthenics

There are certain exercises in a traditional karate warm

up, so we start out classes by moving and getting our muscles working. Most teachers also add in a few calisthenics in most classes after the warm up. When I first started classes, it felt good to get into a routine of physical activity. That's when I was introduced to how karate teaches fitness.

Karate Teaches Fitness with Class Activities

One reason we warm up in karate is because classes involve moving and the warm up prepares us physically for a good, safe workout. A lower impact workout would be a kata-based class. But most classes also include other movement such as hitting targets, partner work or sparring. One thing I loved then and still love about how karate teaches fitness is that it does so while teaching useful life skills. In other words, I have fun and learn neat stuff while working out.

Karate Fitness and Mentoring

My fitness improved considerably just by going to

class and advancing through the ranks. I was consistently challenged, but not too much so. As I became an advanced student, I realized the importance of practicing my moves at home and on my own time. That helped me to remember the material and get better at it. After I was an instructor, I realized that in order to meet my own (now elevated) fitness goals, I would need to work on them on my own time. But my self discipline had grown through karate so that was something I could now do on my own, while still helping to teach others at a lower level than me.

Karate teaches fitness by helping someone like me go from couch potato, to trying and enjoying, to advancing and aspiring, to working on my own and mentoring others to do the same. And the best part is, that's all while having fun and meeting new, positive people who are also working on bettering themselves and their skills too.

NOV. WEAPON: **Sai, Tonfa**
 (Dec.: kama, tan bo)
 FOCUS: **Attitude**



November 2019

RENSHI'S CELL: (480) 330-8886

**NEW Escrima or
Kama 10% off**

In-stock or order by Sat. 11/16

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>Certificate Ceremony & Testing takes place the last Saturday of the month at 10:40am, except holidays. Saturday class for All Ranks and Black Belts, Kids and Adults is at 9:40am. Little Dragons testing is scheduled during one of their classes.</p>				1	2
3	4	5	6	7	8	9 Dojo closed, no classes <i>Veterans Day Weekend</i>
10	11 <i>Veterans Day</i>	12	13	14	15 Black Belt Club for BBC members 7:30- 8:20 p.m.	16 Last Day to place Cen- tury orders this month & BEST day to order in time for the holidays!
17	18	19	20	21	22	23 Certifi- cate Cere- mony & Test- ing* 10:40 am.
24	25	26	27	28 Dojo closed, no classes <i>Thanksgiving Day</i>	29 Dojo closed, no classes	30 Dojo closed, no classes

* = Wear full formal gi / uniform.