

The East Valley Kicker

"Never forget that you only truly succeed by making yourself into a person worthy of success." -Dale Dauten

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

DECEMBER 2007

WELCOME

- Eric Bunning - adults

Know someone who's interested in karate? Bring them a "grab bag special!" (Ask a Shihan.)

HOLIDAY SCHEDULE

Be sure to keep track of the dojo schedule on the calendar so you can keep training over the holidays!

DOJO PHOTOS

Alasdair Greig was our photographer three years ago and he's back on Dec. 5th class-times! Our favorite karate photos are his.

HOLIDAY PARTY

You are invited!! Mark your calendar for the Annual Dojo Holiday Potluck Party, which is only *the* biggest dojo event of the year, on Sat. Dec. 15th at 6pm in the Owens' backyard. The advanced-belt teens have planned an awesome event for us, so come and bring your family, a dish to pass, and a DVD. We want your talent too! Try-outs for the Holiday Party Talent Show are Sat. Dec. 8th at 12:30pm.

Do You Have A Dream Seed?

By Jenifer Tull-Gauger

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 un-



derestimate 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.

The Dream Seed (www.joeyogolf.com) by Jenifer Tull-Gauger

I met a very interesting person recently. Joey O is a Golf Entertainer, Speaker and Author. This man can do a one-handed hand stand while hitting a golf ball with the other hand (for me

that says it all - if you want to know more read on!) He's also appeared on the Tonight Show and with Bob Hope. Joey's positive attitude is contagious. He has written several books, one is called

The Dream Seed which is Joey's term for a life goal. To kick-off our goal-setting season, Joey will be coming to speak and sign his books. Join us and bring friends on Mon. 12/3 at 7:00pm!

December 2007



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Weapon = Sai, tan bo/ two-part weapons.</i>	<i>Topic = Goal-Setting</i>	*=Wear Full White Uniform. ^=Guests are not students or family members.	+ = 2008 weekly class schedule starts on Monday 1/7/08.			1 Parent Demo 11:20am
2	3 Joey O Speaks 7pm, all ages, free, open to public.	4	5 Dojo Photos during pm. <i>Newland Ren-shi's birthday</i>	6	7 BBC 7pm	8 Holiday Talent Show Try-outs 12:30pm
9	10	11	12	13 Last Day to pre-pay for Fun Friday for only \$5 (bring a guest^ & get in free!)	14 Fun Friday - Games & Snack 7-10pm, \$10 (guests^ = 2 for price of 1)	15 Dojo Holiday Potluck Party 5pm - Owens' backyard
16	17	18	19	20 Black Belt Teacher's meeting 7:30p during class.	21 Adults join the 5:10 class, Certificates* & Test* 6pm	22 (no yoga) Regular weekly classes take place today.
23	24 Dojo Closed, No Classes, Christmas Eve	25 Dojo Closed, No Classes, Christmas Day	26 Classes to be determined.	27 Adults 9a, (no yoga), Beg. Kid & Adults 5:30p, Adv. Kids & Adults 6:30p <i>Sven's b-day</i>	28 All Ranks Kids & Adults 6-7pm	29 Yoga 9am, Last Class of the Year 10am (ALL ages), Last Great Souji 11a -join in!
30	31 Dojo Closed, No Classes New Years Eve	1 (Jan.) Dojo Closed, No Classes New Years Day	2 (Jan.) First Class of the Year!! Drop in 4-7pm.	3 (Jan.) Adults 9a, Yoga 10a, Beg. Kid & Adult 5:30p, Adv. Kid & Adult 6:30p	4 (Jan.) All Ranks Kids & Adults 6-7pm	5 (Jan.) Yoga 9a, L.D. 10:15a, All Rank Kid & Adult 11a+