



The East Valley Kicker

"What it lies in our power to do, it lies in our power not to do." -Aristotle (384-322 B.C.)

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

DECEMBER 2014 HOLIDAY DINNER

Join us to celebrate the season and each other, at Pacific Seafood Buffet in Chandler, on Sat. Dec. 6th, at 6:00pm. RSVP to Tull-Gauger Renshi by Wed.

NEW YEAR TRADITIONS

Our special Last Class of the Year is Tues. 12/ 23, followed by Last Great Souji—cleaning the dojo to prepare for the new year.

First Class of the Year is Sat. 1/3—it's a double-class from 10:30am until 12noon. Bring your lunch money, we'll go out to eat afterward.



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

THE MAGIC FORMULA

By Jenifer Tull-Gauger Renshi, 5th Dan

I have a magic formula for parents of karate kids and teens. It will also help adult students. Traditional Karate is great for small kids because it teaches learning skills, social skills, and respect. It is beneficial to older kids because of the confidence they gain, the discipline, and again the respect. It is just what teens need because the dojo provides a group of positive, supportive people to affiliate with, and mentors who value traditional morals. Adults benefit from that too, not to mention the physical conditioning. I'm sure we can all name several more priceless benefits gained here. Those who get the most from traditional karate are the ones who make it a way of life, for the long run.

Kids live in the moment and rarely think of the long run. Traditional Karate holds a high level of discipline and is hard work. It's common for kids to want to take time off or quit when it doesn't

seem like karate is fun.

We all have ups and downs in our training - sometimes we are fired up about being a part of the dojo, and sometimes we wonder if it's worth it. Those of us who are long-time black belts don't lose sight of the value in the down times. We honor our responsibility to work through the "downs" and are *so* glad we did when the next "up" comes.

So how can a parent support their karate kid to keep a long-term commitment to their training and self-improvement? I have the magic formula! Over a decade of thought, observation and research, from the viewpoint of the parent, the teacher, and the student, have gone into this formula. It is presented here for your benefit. So be sure to put it to use today!

MAGIC FORMULA:

A) Attend classes regularly: average at least 2 per week, and make it up when attendance falls short.

B) Take part in several fun, social dojo events per

year—paid or not. If possible, aim for at least one every other month.

C) Participate in special dojo training seminars, and enrichment programs which suit your interests such as: *Weapons* (students need to have their own), *Groundfighting*, and *Black Belt Club*. Add these special classes to your schedule when your child is/you are invited into a program.

D) If possible, give your karate kid a choice on which weekly classes they attend, and hold them to it each week.

E) If feeling burnout, and attendance has been consistent for many, many months, it's okay to take a week off, as long as you get right back to training after that. You can also talk to the lead instructor of your classes to request more of the specific class activities which you/your child would like to do.

Use A through E and help create a better life, and a better future, with karate.

DEC. WEAPON: **Bo, etc.**
 (for Jan.: Nunchaku, etc.),
 FOCUS: **Dojo Kun #5**



December 2014

RENSHIS' CELL: (480) 330-8886

NEW Nunchaku
10% off

In-stock or order by Wed. 11/19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Last Day to RSVP for Saturday's Holiday Banquet Dinner.	4	5	6 Holiday Banquet Dinner, 6pm, RSVP+.
7	8 Japanese Lang. 7:10 to 8:10pm, **\$20 per 4-week session.	9	10	11	12 Black Belt Club for BBC members 7:10pm (blind spar). (No 7:10 Adults today.)	13 Instructor Training 9:10a.
14	15 New Class Schedule Begins. Weapons Class 7:10pm. Japanese Lang. 7:10am.	16 Adults moved to Tues. at 7:10pm.	17 Ground Fighting moved to Wed. at 7:10pm.	18	19	20 Class at 9:10am only. Certificates* & Test* 10:10a. Sat. karate class moved to 9:10am.
21	22 Japanese Lang. 7:10pm.	23 Last Class of the Year 6:10pm, followed by Last Great Souji.	24 No classes, dojo closed. <i>Christmas Eve</i>	25 No classes, dojo closed. <i>Christmas Day</i>	26 No classes, dojo closed.	27 No classes, dojo closed.
28	29 No classes, dojo closed.	30 No classes, dojo closed.	31 No classes, dojo closed. <i>New Years Eve</i>	1 (January) No classes, dojo closed. <i>New Years Day</i>	2 (January) No classes, dojo closed.	3 (January) First Class of the Year!! 10:30am-12noon, then lunch out.

* = Wear full formal gi / uniform. + = Takes place at other location.