



# The East Valley Kicker

“Accuracy is the twin brother of honesty; inaccuracy, of dishonesty.” -Nathaniel Hawthorne

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## DECEMBER 2016

### WELCOME!

- Charles (Kids)
- Welcome Back Siemon Sensei!

### DOJO HOLIDAY PARTY 12/10

Bring your family! Our Dojo Holiday Party will be on Sat. Dec. 10th, at 6:00 p.m. The Renshi's are hosting the potluck dinner in their backyard. Directions will be at the dojo. Please sign up on the bulletin board at the dojo. Bring food or drinks to share, and dress warm. We are having a piñata for the kids and are asking each family to bring some small gifts and toys to put in it (a little bit of candy is okay, but we are aiming for healthier options).

*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

## DARK DAYS OF DECEMBER

By Jenifer Tull-Gauger Renshi

It is fitting that we have cheerful, bright, loud holidays to finish out December. And even more suitable that they encourage us to be together with friends and family. The longest, darkest weeks of the year are in this month, with the longest night, winter equinox, being around December 21st. The holidays are a needed treatment for us to find balance and solace.

If anyone has ever lost a family member around any of the holidays, there is a bitter-sweetness every year around this time. For those of us who lost loved ones any time in this year, this is our first Thanksgiving, Christmas, etc. without them, which gives an undertone of loneli-

ness and grief throughout all of the holiday preparations, carols and festivities. We deeply feel the fleetingness of life at this time.

Physically, too, this can be a stressful time of year. Many of us don't get as much sunlight or fresh air as we do in nicer weather. We can easily get pulled us out of our regular workout routines as well.

I believe it is no accident that we have the holidays in December. The long, dark, cold days of this month can contribute to sadness, loneliness and even depression. That is just part of being human in this culture.

We all have similar (if not the same) struggles. This time of year is the time to be gentle

with others, even if you do not know them. Maybe especially be forgiving and kind because you do not know what they are going through.

Instead of getting pulled into holiday hustle and bustle stress and letting it make you so hurried and distracted that you become callous and self-absorbed, instead, make the extra effort to use the Dojo Kun. Try to be good and respectful. Use restraint whenever your dealings with others give you a good chance to do so.

Be patient and gentle. We will get through this together. The sun will come out tomorrow, and the new year is just around the corner.

### DOJO HOLIDAY TRADITIONS

LAST CLASS OF THE YEAR for Adults and Kids Programs is Wed. Dec. 28th at 6:35 pm. We will honor 2016 as we traditionally do. Around 7:25 we will finish class and start the last cleaning of the year, to follow the Japanese New Year tradition of cleaning out the old dust and energy to allow room for the new.


FIRST CLASS OF THE YEAR for Adults and Kids Programs is Tues. Jan. 3rd at 6:10 pm. We will welcome 2017 in dojo style. Stay after class for Japanese refreshments.

Dec. WEAPON: **Bo, Jo**  
 (for Jan.: nunchaku, chizi kun bo)  
 FOCUS: **HONESTY**

# December 2016



RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>New <b>NUNCHAKU</b>  <b>10% off</b>            In-stock or order by Sat. 12/10.</p>		<p>First Class of the Year: Tues. Jan. 3rd, 2017, 6:10 pm, followed by Asian refreshments!</p>		1	2	3
4	5	6 Little Dragons Testing 6:00 pm during class.	7	8	9 BBC 7:30 pm (no 7:30 Adults today)	10 Dojo Holiday Party & Potluck 6:00 pm +
11	12	13	14	15	16	17 Certificate Ceremony & Test* 10:10am.
18	19	20	21	22	23	24 Dojo Closed, no classes  Christmas Eve
25  Christmas	26	27	28 Last Class of the Year 6:35 pm, followed by Last Great Souji (No Yoga) (New Years Cleaning)	29 Dojo Closed, no classes	30 Dojo Closed, no classes	31 Dojo Closed, no classes  New Years Eve

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