



The East Valley Kicker

“What you get by achieving your goals is not as important as what you become by achieving your goals.” -Henry David Thoreau

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DECEMBER 2017

Welcome Back

♦ Wyatt Rupert (Kids)

ONLINE REVIEWS

This month and next, only thru January 31st, we are incentivizing \$10 in retail for each online review that any dojo family member posts on a major social media site. That includes Facebook, Google, Yelp, etc. Just let us know where you reviewed East Valley Martial Arts this month or next and we will give you a coupon for \$10 toward any retail in stock, or Century items excluding books and videos. Limit: 10 \$10 coupons per family.



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

WE PROMOTE TRADITIONAL VALUES

by Jenifer Tull-Gauger

As a traditional Okinawan karate school, we promote time-honored values that any sensible and loving great-grandmother would have wished her offspring to learn. These principles would help her progeny to take control of living their own best lives.

Our dojo's values are posted front and center in the training area. Just look for the title [Dojo Kun](#). It's not a decoration. We recite these values regularly. New students memorize them. We discuss actions that use the principles.

#1 Strive for a Good Moral Character

Remember that sensible great-grandmother? She would have wanted her grandchildren to try hard to be good people. Our training requires us to consistently work on moral character. That doesn't mean we are perfect. But we are obligated to consider our moral responsibilities, and we are compelled to be willing to improve and gauge our actions based on the Dojo Kun.

#2 Keep an Honest and Sincere Way

Another one of our duties is to guard and keep on a path of truth. That includes being honest with ourselves and others, as well as sincerity. Our perceptions may be muddled, but

truth doesn't change. It just is, whether we like it or not. If we have a strong base of values, that can help us to see the path of truth, and stay on that path.

#3 Cultivate Perseverance or a Will for Striving

The value of perseverance dictates that we are duty-bound to keep going despite difficulties. A student's most difficult task could be getting out of bed in the morning, or executing 1,000 push-ups. Each of us must strive to overcome obstacles that threaten to keep us from living our best, healthiest life. The magic in perseverance is in the daily actions applied over time. Those regular decisions, though small, make a huge impact.

#4 Develop a Respectful Attitude

In our great-grandparents' time, the family unit and the larger community upheld the value of respect. Generally, society expected a level of deference and regard for others just because they were humans. Both old and young used that tradition. Today, our dojo is one of those remaining institutions where respect is expected and upheld.

#5 Restrain my Physical Abilities through Spiritual Attainment

Anyone who teaches skills that can hurt others has the moral responsibility to also teach self-control. Otherwise they may “create a monster” causing harm in the world. Simply knowing that your instructor expects you to follow this Dojo Kun is often enough for hotheads to cool off. If that doesn't work, this Dojo Kun instructs the practitioner to seek their spiritual source. For most, that is through religion. As a dojo, we don't prescribe any particular religion, nor should this value of spirituality over physicality conflict with one's religion. Instead, it encourages each student in their spiritual path.

Many of our young students are still forming life-long values. Parents of child students appreciate the reinforcement of these values taught at home. Adult students appreciate the compass too, and the support in walking the path for a better life. You do not have to be perfect to do well at our dojo. But it is vital that you are willing to follow, protect, support and promote Dojo Kun values. Not only will your great-grandmother be proud, but you will also have the benefit of improving your life.

DEC. WEAPON: *kama, tan bo*

(Jan.: bo, jo)

FOCUS: **Goals**



December 2017

RENSHIS' CELL: (480) 330-8886

NEW Bo or Jo
10% off
 In-stock or order by 12/9.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing is early this month, due to the holidays. In January, we will resume holding it on the last Saturday of the month. Attend this to receive your rank certificate.					1	2
3	4	5	6	7	8 Dojo Holiday Potluck+ 6:00-9:00 p.m. bring the family, free (No classes today)	9 BBC 10:10 a.m. (throwing stars). Core Leadership Meeting 11:10 a.m.. Last Day to order.
10	11	12	13	14	15	16 Certificate Ceremony* & Test* 10:10am.
17	18	19	20	21	22	23
24 <i>Christmas Eve</i>	25 <i>Christmas</i>	26 No classes, dojo closed.	27 No classes, dojo closed.	28 No classes, dojo closed.	29 Last Class of the Year 6:00 pm (age 4 & up), All Dojo Cleaning 7:00p	30 No classes, dojo closed.
31 <i>New Years Eve</i>	First Class of the Year: Tues 1/2, 6:10 pm, then Asian refreshments. Regular Schedule Resumes Wed. 1/3					

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