

# THE EAST VALLEY KICKER

“As water carves through stone, those who persevere will win.” –Taro Gold

## NOTES & TIDBITS

We would like to thank everyone for your patience and loyalty. Thank you for sticking with us as our dojo has gone through changing locations – without you, our awesome new location would not have happened. Thank you for your continued commitment to *your* karate training through the schedule changes and the holidays – all of you have done awesome!

Now that we have a schedule tailored to Martial Arts, we will be able to start classes right on time. Please do your best to be a few minutes early to class, as we will start classes promptly.

## A NOTE FROM SHIHAN

To all of our Dojo families and friends. My wife, Deborah, and I would like to thank all of you that helped to make our Christmas Holiday season so very Special. We enjoyed your company at the Dojo Party in our home and we received so many special gifts, The Vest, Champagne, dinner Gift Certificate, Ornaments, book, goodies and so many other blessings, too many to mention. We want to offer you all a very special thank you for everything, we wish you all a very prosperous and healthy new year.

Michael Newland Shihan

## JANUARY BIRTHDAYS

1/3 Emily Neeley	1/9 Glen Ingebretson
1/18 Zane Rodgers	1/27 Michaela Wooldridge
1/28 Carson Rodgers	1/29 Serena Bryant
1/30 Sam Garn	1/30 Payton Tilus

## HAPPY BIRTHDAY!!

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## STUDENTS OF THE MONTH

Congratulations to our January Students of the month: Noah Smith in Little Dragons, Victor Gonzalez in Beginning Kids, and Sheila Doane in Advanced Kids. Keep up the great work!!

## WELCOME NEW STUDENTS

-Justin Herman (Adults)  
-Cathy Joyce (Adults)  
-Lynette LaBorde (Adults)  
-Preston Lohman (Little Dragons)  
-Camron McKinney (Adults) -Joe Schiessl (Adults)  
-Nora Taylor (Kids) -Heather Tilus (Adults)  
-Welcome, Quinn Reynolds, Matthew McCulley and Will Speiser, to Black Belt Club!  
-Welcome, Matt Barr, Andrew Greig and Will Speiser, to Weapons!



## DOJO ETIQUETTE

-Remember to bow: at the door when entering or exiting the dojo; toward the mat when going on or off; to black belt instructors to say hello or goodbye.  
-Take shoes off before walking on mat.  
-If a class is in session, wait at the edge of the mat for instructor approval before going on or crossing the mat.

## GRAND OPENING PARTY

We will hold a grand opening party for our new location on a Saturday at the end of February or beginning of March. We need help planning and preparing for this big event! Any volunteers who are interested, please come to the planning meeting on Monday, Jan 17<sup>th</sup> from 7 to 8 pm.

Michael Newland, Shihan  
Kirk Gauger, Sensei  
Rob Reimer, Sensei

Jenifer Tull-Gauger, Sensei, Newsletter Editor

## EAST VALLEY MARTIAL ARTS

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WWW.EVMA.NET

JANUARY 2005

## RECENT PROMOTIONS

Congratulations to all of our November test passers! In the kids program:

Yellow-striped belt: Victoria Dominguez, Victor Gonzalez, and Carson Rodgers

Yellow belt: Mitchell Bailey, Matthew Bailey (LD,) Daniell Little, Nick Little, and Brianna Veitch

In the adult program:

Yellow-striped belt: Jacob Garn

Purple belt: Keith Kagen

You are all doing great, keep it up!!

## THANKSGIVING question

The last question of the month was, What are the top ten things you are most thankful for? Here are the responses:

"1. Karate, 2. Dance Class, 3. Mom & Dad, 4. Priya & Sammy, 5. School/Mrs. Polselli, 6. Nani & Nana, 7. Masi & Uncle Greg, 8. Grandma & Grandpa, 9. My house, 10. My friends." –Sheila Doane

"1. Mom, 2. Dad, 3. Toby, 4. Friends, 5. Senseis, 6. Grandma, 7. Grandpa, 8. Griffin, 9. Teacher, 10. Home." –Chase Owens

### Focus on the Principles

By Joseph Galea

In class, we tend to train with the mindset that as long as we perform the drill that our instructor teaches us, then we will become better in the martial arts. With every technique we execute, we assume that we are becoming faster, stronger and more agile, as if some type of metamorphosis is taking place. Although paying attention and following our instructor's directions are important parts of becoming better, for maximum results we must focus on the principles that build skill while we are performing the drills.

The principles that govern movement are what make us faster and stronger. We must focus on these principles during each and every drill. If we simply ignore these, we will not get any better. Going through the motions may get us through the drill, but realistically our skills will not improve significantly.

Here are the key principles that will build skill:

1. Upper body: This includes your head and neck. Your head needs to be aligned with

your spine. If you look down or look up, you will limit your ability to perform effectively.

2. Core: This includes your shoulders, arms, back, and abs. Your entire core must be strong and aligned. If your back is hunched over, you will weaken your ability to exert strength and speed. Your arms and shoulders must be used to balance your body. Your abs must be tight to keep your back straight. The core is your control center to your entire body. If your core does not keep your entire body stabilized, not only will you not perform well but you will also risk injury.
3. Lower body: The lower body includes your hips, knees, ankles and heels. Your hips are the strongest part of your body, therefore you should always pay attention to the role that they play in each motion that you execute. Your knees must always be forward and in proper alignment with the rest of your body, allowing you to move quickly with ease. Your ankles and heels must also be forward and used with attention as they are the foundation to your entire body.

Without proper use of each body part, you cannot increase your skills. Your entire body can increase your overall agility if you focus on each part, and work on ways to improve its use. These areas will help all of the drills you do to become better and more skilled. You must remember that "repetition is the key to improving." Repetition builds habits that respond to your entire body's movements. As you focus on the principles and how they apply to each particular drill, you can constantly increase your speed, strength, and agility.

Create a new you  
in the new year!

AFFA and APEX Certified Personal Trainer, Kirk Gauger, can help you look & feel great by creating a personalized fitness program to fit your needs and goals. Kirk can custom design an exercise plan supplemented by the nutrition you need to obtain maximum results and better health.

Call Kirk today  
(480) 892-4240  
or (480) 330-8886

**HealthKick: Your Fat Budget**

**By Jennifer G. Galea MS RD**

You are constantly being bombarded with health claims regarding fat. You should reduce fat in your diet (I know). You should eat plenty of olive oil to protect your heart (but doesn't that have fat in it?). You should avoid trans fatty acids (what's a fatty acid?). With so many seemingly conflicting recommendations and so much confusing terminology, what should you believe? And, even more importantly, what diet practices should you actually follow.

Did you know that you NEED fat in your diet? Fats are needed for the absorption of some vitamins, brain function (and development), among other important body functions as well as satiety (feeling full). And for martial artists, optimal performance is always best achieved by a well *balanced* diet. Balance is all about consuming a variety of foods from all food groups, to enable consumption of the myriad of valuable nutrients each provides. This is impossible when excessively reducing a food group. And with higher activity levels, as for martial artists, your calorie needs increase, making fat calories even more important to your overall energy balance. It is recommended that you obtain no less than 20%, and no more than 30%, of your calorie intake from fat. But this 20% minimum isn't normally hard to achieve: usually the biggest challenge is to keep your fat intake to no more than 30%.

The source or kind of fat that you are consuming is perhaps even more important than the quantity consumed. Become a label reader. No more than ten percent of your calories should be from saturated fats, which include meat fat and milk fat. This is the upper limit, a lower percentage is fine for this type of fat. Avoid all trans (hydrogenated) fats (which occur predominantly in processed foods). Focus your fats (the other 10-20%) on monounsaturated and polyunsaturated fats, as those found in olive oil, other "healthful" oils, and fish. Limit fat "spreads" (which are usually composed primarily of saturated or trans fats) and commercially fried foods (which usually contain a high percentage of trans fatty acids). Regardless, keep in mind that all fats have the same calorie value: about 120 calories per tablespoon!

The best way to manage your fat intake is to create a fat budget (the amount of grams or calories of fat that you may consume). Follow this simple formula to create your own fat budget. First determine the number of calories you need in a day. This is based on your activity level, current weight, and weight goals. For example, the guidelines on food labels are generally based on 2,000 calories per day. For most women, or for average size men attempting to lose weight, this would be a bit too much (a 1,200 calorie diet is typical for an average size woman attempting to lose weight). You can add about 500 calories per day for increased activity. Your actual calorie needs are specific to your characteristics. Next, allocate thirty percent of your calories to fat. So if you were allotting yourself 1500 calories per day, your fat calories could be up to 450 calories (30% of 1500). To get the number of grams of fat, divide your fat calories by 9. In this example, your fat budget would be 50 grams (450 divided by 9). To ensure that you are getting adequate fat, determine your lower limit of fat intake using 20% of calories. In this example, that would be 300 calories or 33 grams of fat minimum.

**What is one way that karate has helped you develop a respectful attitude? How do you use it outside of the dojo?**

Turn in by 1/29/05 to receive a ticket:

**NAME:**