

January 2006

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 EMILY'S BIRTHDAY	4	5	6	7
8	9 REGULAR SCHEDULE RESUMES. GLEN'S BIRTHDAY	10	11	12	13	14
15	16 NO CLASSES, MLK DAY	17	18 LAST DAY TO PLACE CENTURY ORDERS FOR FEB. ZANE'S BIRTHDAY	19 BBC 7:05-7:50 PM (ADV. WEAPONS MAKE-UP IN TUES. 1/17 WPNS.)	20 FUN FRIDAY CARNIVAL NIGHT, 7:30-10:30 PM, \$10 PER PERSON. (CARNIE'S NEEDED!)	21 BROWN & BLACK BELT CLASS 9:30 AM
22 SCRAP-BOOKING 1 - 5 PM + CALL OR SEE T-G SHIHAN FOR DETAILS & RSVP (480) 330-8886	23 MARTIAL FIT CLASS 7 - 8 PM FOR ALL ADULTS AND TEENS, FREE!	24	25	26	27 MICHAELA'S BIRTHDAY	28 10:30 - 11:15 ALL AGE & RANKS (NO 11:30) CERTS. & TEST* 12:00 NOON. SIRIS' & CARSON'S BIRTHDAY
29	30 MARTIAL FIT CLASS 7 - 8 PM FOR ALL ADULTS AND TEENS, FREE! SAM'S & CHRISTIAN'S B-DAY	31 TEACHER'S MEETING 7:05 - 7:30 (DURING BEG. ADULT WEAPONS.) BRENT'S BIRTHDAY	FEB. 1	FEB. 2	FEB. 3 BUDDY DAY 6:15 - 7:00 PM - FUN CLASS FOR STUDENTS & FRIENDS	FEB. 4 COUPLES NIGHT OUT PAMPERED CHEF PARTY @ DOREEN & BERNIE'S



January 2006
MARTIAL ARTS

MESSENGER

Diligence is Serious Business



*Great things
begin with a
vision!*

By Joseph Galea

Character is an important element taught in the Martial Arts. It is important for Martial Artists to have good character because we are role-models and mentors. It is equally important for us to have good character so that we use our skills in an appropriate manner.

As Martial Artists, we learn physical skills such as kicking and punching.

If one doesn't have good character, then he or she may harm others with these physical abilities. Character lessons teach us to use our physical Martial Arts skills for self-defense purposes only.

Martial Artists are respected not only for our physical skills, but also for our mental skills.

We learn and teach confidence, discipline, courage, integrity, and loyalty. These are character qualities that are consistently reinforced throughout our training. It is very important for all Martial Artists to embrace these character lessons, as they are the tools that make us better people and make the world a better place.

Here are some key principals to which every Martial Artist should adhere:

- Your character is defined by your actions, not by your words.
- Good character requires doing the right thing, even if it is costly or risky.
- You choose the person you want to be by making choices that display your good character.
- Good character gives you the strength to achieve greatness.
- When you pay attention to having good character, you become a better person.
- It is easier to lead and inspire others through good character.

Remember, good character extends above and beyond physical skills and abilities. Good character is essentially choosing to do the right thing at all times despite potential repercussions as these are temporary, but character is forever. To leave your mark on the world, follow the principals above and watch your character shine.

Do you follow the above principals? If so, then you are a true Martial Artist.

1. You have the potential to become whatever you want to be.
2. People admire you and find you enjoyable to be around.
3. People want you to be their leader.
4. You help others maintain good character through leading by example.
5. It is people like you who make this world a better place to live in.

HEALTH KICK

Your Home *By Jennifer G. Galea MS RD*

"Screen-Lean"

Everyone has heard the recommendations for limiting your child's television viewing. The American Academy of Pediatrics currently recommends that children have no more than two hours per day of "screen time." But what is included in this, and more importantly, why and how?

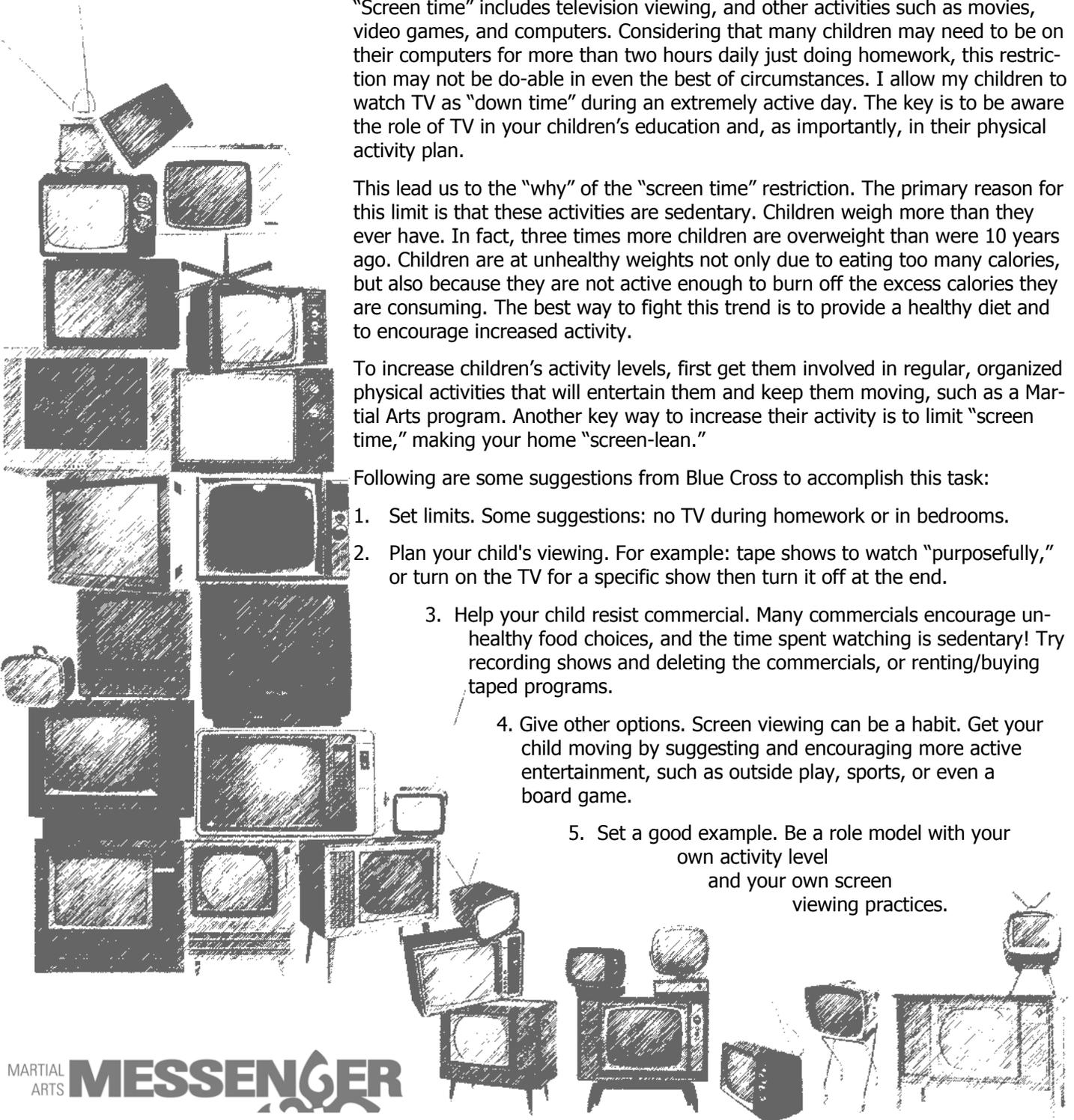
"Screen time" includes television viewing, and other activities such as movies, video games, and computers. Considering that many children may need to be on their computers for more than two hours daily just doing homework, this restriction may not be do-able in even the best of circumstances. I allow my children to watch TV as "down time" during an extremely active day. The key is to be aware the role of TV in your children's education and, as importantly, in their physical activity plan.

This lead us to the "why" of the "screen time" restriction. The primary reason for this limit is that these activities are sedentary. Children weigh more than they ever have. In fact, three times more children are overweight than were 10 years ago. Children are at unhealthy weights not only due to eating too many calories, but also because they are not active enough to burn off the excess calories they are consuming. The best way to fight this trend is to provide a healthy diet and to encourage increased activity.

To increase children's activity levels, first get them involved in regular, organized physical activities that will entertain them and keep them moving, such as a Martial Arts program. Another key way to increase their activity is to limit "screen time," making your home "screen-lean."

Following are some suggestions from Blue Cross to accomplish this task:

1. Set limits. Some suggestions: no TV during homework or in bedrooms.
2. Plan your child's viewing. For example: tape shows to watch "purposefully," or turn on the TV for a specific show then turn it off at the end.
3. Help your child resist commercial. Many commercials encourage unhealthy food choices, and the time spent watching is sedentary! Try recording shows and deleting the commercials, or renting/buying taped programs.
4. Give other options. Screen viewing can be a habit. Get your child moving by suggesting and encouraging more active entertainment, such as outside play, sports, or even a board game.
5. Set a good example. Be a role model with your own activity level and your own screen viewing practices.



SUCCESS STORIES

Martial Arts Has Improved My Strength In Mind And Spirit By Brian Miller, Age 12

I have no doubt that God led me to start taking Martial Arts five years ago. He has used it powerfully in my life. I'm 12 years old and am now working towards my second degree black belt.

Through Martial Arts, I'm more physically fit, more disciplined and able to defend myself. Martial Arts has built my work ethic. I have to train hard and God gives me strength to push myself. At home I have become more disciplined to do chores and I am more helpful to my parents.

One of the biggest ways Martial Arts has helped me is in overcoming my fears. I have learned to cast every fear on God and I'm gaining confidence. I have on more fears or anxiety going into major tournaments.

I have a good mind, but if I think too much, my mind becomes paralyzed and I don't release my all in a sparring match. At my National Tournament, I had a breakthrough and started fighting with my heart and not just my head. I still lost, but came back strong and almost won. I'm learning to just place the match into God's and my coaches' hands and not lean on my own understanding.

Brian Miller is a student of Patrick McSweeney's Candler Family Martial Arts in Candler, North Carolina.

Welcome to KidsKORNER, the mind-boggling, brain-teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

KIDSKORNER martial arts word guess

Martial Arts Word S Guess: How it works – Guess each word by filling in the missing letters below. Hint: Each word is martial arts related. Guess the Bonus and add a +1 to your score. Good luck!!!

Example: M _ R _ _ A L A _ T S Answer: **MARTIAL ARTS**

1. B _ _ T
 2. _ E F _ E X _ S
 3. P R _ S _ U R _ - _ O I _ T _
 4. G _ A P _ _ I N _
 5. _ _ S H I _ O
 6. L E _ _ E R
 7. B O _
 8. _ I G _ - B _ O _ K
 9. E _ E R _ _ S E
 10. _ R A _ _ I N _
- Bonus** _ R A _ D - M _ S T _ _



Answers: 1. Belt, 2. Reflexes, 3. Pressure Points, 4. Grappling, 5. Bushido, 6. Leader, 7. Bow, 8. High Block, 10. Training, Bonus: Grand-Master

WELCOME

Welcome to the dojo family:

-Josiah Hoffman (Kids)

-Heidi Van Tassell (Adults)

Welcome, Siris Smith, to the Kids Program.

Welcome, Matthew Edwards, to the Kids Weapons Program.

Welcome to Black Belt Club:

-Victoria Dominguez (Kids)

-Daniell Little (Adults)

-Nick Little (Kids)

-John Schlangen (Kids)

-Heather Tilus (Adults)

upcoming events

Monday 1/16—No classes for Martin Luther King Jr. Day.

Tues. 1/17—Advanced Weapons Make-up 7:05 - 7:50

Wed. 1/18—Last day to place Century Orders for this month.

Thurs. 1/19—BBC, 7:05 - 7:50 pm Adv. Wpns. make-up on 1/17.

Fri. 1/20—Carnival Night 7:30—10:30, \$10 per person. This is a fun night for all kids to come for carnival games, snacks and prizes. We will have some fun classic carnival games and some martial arts-themed games. This is sure to be fun for all! We need teen and adult helpers to act as “carnies” and help run the booths - tattoos optional! You can volunteer for general booth help or fortune telling, juggling, face painting, balloon sculpture or magician talent. Free admission for adult volunteers.

Sat. 1/21—Brown and Black Belt Class 9:30 - 10:30 am.

Mon. 1/23—Martial Fit Class for adults & teens 7:00 - 8:00 pm free!

Sat. 1/28—All Ages All Ranks Class 10:30 - 11:15 a.m. (no 11:30 class today) Certificate Ceremony & Testing, 12:00 noon*

Mon. 1/30 - Martial Fit Class for adults & teens 7:00 - 8:00 pm free!

Tues. 1/31—Teacher’s Meeting 7:05 - 7:30 during Adult Beg. Wpn.

Fri. Feb. 3—Buddy Day - 6:15 - 7:00 p.m. Bring a Friend and join us for a special fun class in which we will see who has more skill - karate students or their buddies. Kids and adults welcome, free! (no yoga today.)

Sat. Feb. 4—Couples Night Out. Dorreen (Gauger Shihan’s mom) and Bernie are hosting a Pampered Chef Party at their house at 5:00 p.m. and would like to invite all couples. If there is interest, we can leave the kids at the dojo with a babysitter, while parents go to the party for food samples and cooking demos for both gourmets and those who want to simplify their cooking - 480-897-1690.

JANUARY QUESTION

Turn in by Sat. Jan. 28th
to receive a ticket.

What is the capital of Okinawa?

What Okinawan city does our
Shorin Ryu Karate come from?

NAME:

JANUARY SALE - FITNESS SUPPLIES! In January, all fitness supplies are on sale. Order or buy any fitness item (s) through the dojo from the Century catalogue and receive a 10% discount. This includes weightlifting gloves, fitness wear, exercise balls and resistance bands (see pages 112 - 115 of the Century catalogue.) Be sure to place your order by Wed. 1/18 to get the sale price.

Also, receive 15% OFF VINYL BAG GLOVES in stock, black or red, one size fits all, \$12.05 including tax—this month only!

SUPPLIES