

# The East Valley Kicker

"Our greatest weakness lies in giving up.

The most certain way to succeed is always to try just one more time" -Thomas A. Edison

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## JANUARY 2011

### Welcome

- Allison Lasman (Adults)

### Happy New Year!

Many thanks go to all of the students and family members who helped get the dojo clean for the new year at the **Last Great Souji, Thurs. 12/23.**

At the **First Class of the Year** we had a great mix of students with some of our newest, some of our longest-training, some of our youngest and some of our oldest. And many in-between!

Now it's time to get back to our regular training and get 2011 going right!

### BE PREPARED

#### For every class:

- wear your uniform, including belt & cup & supporter- guys
- remove watch, jewelry, etc.
- make sure nails are trimmed and filed
- remove gum, candy, etc.
- bring your mouthpiece
- please try to be on time!

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## Ouch! Sports Injury Prevention & Remedy

By Jenifer Tull-Gauger Shihan, 4th Dan

Warming up and stretching are important ways for any active person, to prevent injuries. That's part of why I teach and practice Yoga (at 9:30am, M. W. & F.). When you regularly stretch your muscles and tendons, your improved flexibility lets you move quicker and kick higher without injury. Any activity carries the risk of injury, even working out at the gym or walking in the park. So what do you do, when you hurt yourself, to lessen the potential of long-term damage?

Dr. Scott's Pain-O-Meter is here to help! Many of you have met Dr. Scott De La Fe when he has taught stretching seminars at the dojo or when you have been referred to him for specific ailments. He is a chiropractor experienced in sports injury and rehabilitation. Gauger Shihan and I speak from experience when we say that he

knows his stuff.

The last time Dr. Scott visited our dojo he gave us the Pain-O-Meter scale, which is information worth learning, repeating, and teaching to the kids. It starts with the basic practice (used in many hospitals) of rating your pain on a scale of zero to 10. A zero is no pain: you are happy and feeling good. A 10 is the worst pain you could imagine or the worst pain you've had in your life. (I have heard from many sources that a gallbladder attack is worse than childbirth, so if you've had one, that might be your 10.)

Okay, so you're moving along and *ouch*, you hurt yourself! Notice the pain and rate it from zero to 10 scale. (Listen to your body, as we say in Yoga.)

If the pain is a 5, stop your activity and take a moment to stretch. Then try the activity again. If it

feels better, you are good to continue. If it's still a 5, or gets to a 5 again that day, then stop your activity for the day. Continue to gently stretch the area, ice it and take it easy until it feels better.

If the pain is a 7 or higher, you are done. Immediately! Stop exertion for the day. Carefully stretch, ice the area, and allow it to heal.

Dr. Scott also says, regularly and gently stretching muscles as they heal allows the muscle fibers to heal more completely and allows healthier fibers and better flexibility over time.

We all risk injury as we move through our day. In case of injury, use Dr. Scott's Pain-O-Meter. You will lessen the impact of injury. Listen to your body and you will be able to keep moving at maximum capacity for the long run.

# January 2011

SHIHANS' CELL: (480) 330-8886



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p><b>NEW BO'S</b>  <b>10% OFF</b>                      in Jan.                      By request                      when ordering.</p>					<p>Amor Karcho presents 2010                      Black Belt Test Candidates</p>	<p>1                      Heaven's B-day</p>	
2	3	4	5	6 Ryan Sims' Birthday	7	8	
9	10 Yoga re-sumes M., W. & F. @ 9:30am.	11	12	13	14	15 Black Belt Club for members 9:50am. (No Weapons today.)	
16	17 No Classes, Dojo Closed Martin Luther King Jr. Day	18	19	20	21 Last day to place Century orders this month.	22 Teen Meeting 12:30pm. River's B-day	
23	24	25	26	27 Michaela Wooldridge Sensei's B-day	28 Certificates & Test 7:10pm*.	29	
30	31 Patrick's B-day	<p>New Schedule Starts Tuesday February 1st, (copies available Friday Jan. 14th)</p>				<p>Gaugers with black belts visiting from Missouri &amp; Central Christian, 2005</p>	* = Wear full formal gi/uniform.