



The East Valley Kicker

“Always bear in mind that your own resolution to succeed is more important than any other.” -Abraham Lincoln

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Renshis' Cell: (480) 330-8886

JANUARY 2015

LITTLE DRAGONS

We are excited about re-starting our Little Dragons Program for **3-to-5-year olds**. Our free **Kick-Start** event for kids that age and their parents is on **Friday, Jan 30, from 5:30 to 6:15pm**. Please help spread the word, and invite any potential Little Dragon you know!



BACK TO CLASS

On Monday, 1/5, we are back to the regular class schedule which started in mid-December. Green hard copies are at the dojo.

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

LOOKING BACK, LOOKING AHEAD

By Jenifer Tull-Gauger Renshi, 5th Dan

Generally, it's best to focus on being in this present moment. I'd like to take a break from that for this new year. Our dojo did a lot in 2014.

We hosted a productive Spring Camp, with visiting instructors: Allan Amor Kaicho (MO); Guyle Corley Renshi (TX); Anthony Rhoad Renshi (IA); EJ Bender Sensei (IA); Nicole Andersen Sensei (IA); Lars Hansen Sensei (OR); and John Hahn Shidosha (NV).

We had extra special guests join classes: moms

the day before Mothers Day and dads the day before Fathers Day.

In the summer, we held Ninja Day and Anti-Bully Day (seminars for kids).

We sent Skylar Speiser Sensei off to boot camp aka basic training, by having everyone spar with him in his last class.

We had David Edwards Sensei come back to join us for a few months before he moves away again after getting married this month.

We worked long and hard to film footage for an awesome Promo Video—

special interviewees Turia Ostling, Sedrikk Cramer, and Brock Barton did a great job speaking.

We had fun and relaxed together at a Dojo Swim Party and Holiday Banquet Dinner.

We pulled together to collect items for the pound. They were very appreciative of the help.

And, to top it all off, we did 365 jumping jacks in the Last Class of the Year.

We look forward to having a great 2015, along with you!

2015 GOALS

New year's resolutions are easy to make and easy to break. Goals are different. Writing down your goals takes a little more time and thought, so it's harder to make goals, but you are much more likely to succeed.

At our dojo, we promote writing down and working on goals. The new year is the time we focus on this. We

use the tried and proven SMART goals system, and have Goal Sheets that use it.

We will be taking time in classes to write our goals, and we expect all of our students to complete a goal sheet, with goals in "Karate," "School/Career" and "Other." Once filled out, have your head instructor look over your goals, add your name

to the list, and take your goal sheet home to where you will see it daily, to remind yourself to work on your goals. Mark them off as you have success.

Anyone who shares a completed 2015 Goal Sheet by Sat., Jan. 10 will get a little prize. Tull-Gauger Renshi will e-mail it to you on request.

JAN. WEAPON: *nunchaku*
 (Feb.: chizi, kama, tan bo),
 FOCUS: **Goal-Setting**



January 2015

**NEW Kama or
 Tan Bo 10% off**

In-stock or order by Sat. 1/24

RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Every Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.		1	2 No classes, dojo closed.	3 First Class of the Year 10:30am until noon, followed by lunch out—bring your lunch money.
4	5	6	7	8	9	10 Black Belt Club for BBC members 10:10am.
11	12 Japanese Language Lesson 7:10pm to 8:10pm.	13	14	15	16	17
18	19 No classes, dojo closed. <i>Martin Luther King Jr. Birthday observed</i>	20	21	22	23	24 Last day to place Century orders for this month.
25	26	27	28	29	30 Little Dragons Kick-Start, free class for 3-5 year-olds 5:30pm. All Ranks starts at 6:15pm today.	31 Certificates* & Test* 10:10am.

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