



The East Valley Kicker

“In order to carry a positive action we must develop here a positive vision.” - Dalai Lama

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JANUARY 2018

REVIEW US FOR \$10

Approved by our webmaster, this month we will give you \$10 in retail for your online review on our major social media sites. That includes Facebook, Google, etc. Let us know where you reviewed East Valley Martial Arts for your coupon. Limit: 10 \$10 coupons per family.

2 FOR 1 KARATE DEAL

NOW is a great time to start karate with us! This month only, any two new students starting together will get two for the price of one Intro Weeks and Registration Fees. That means two people get a week of classes and a free uniform for only \$30, and only \$50 registration when they continue after that. (Regular tuition applies.)

The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

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Renshi, 6th Dan &
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Renshi, 6th Dan

5 OKINAWAN WAYS TO LIVE LONGER

By Jenifer Tull-Gauger

Okinawa is known for having the highest population of adults over 100 years old, and more importantly, the longest disability-free life expectancy in the world. Genetics play a role in longevity, but there are many habits and lifestyle practices from Okinawa that can use to help us live longer, healthier, more satisfying lives.

1. HARA HACHI BU:

80% FULL *Hara hachi bu*, practiced in Okinawa means to stop eating when you feel 80 percent full. Our stomachs have a delayed communication with our brains. So if we eat until we feel full, we have overeaten. Instead, if we notice when we feel about eight tenths full, and stop eating then, we will be eating a healthier amount. This habit can help you keep or attain a healthier weight. If Mom told you to finish everything on your plate, that rule will help you be overweight.

2. VEGETABLES A lot of Mom's advice was good! If she told you to eat your vegetables, that is the single most important point of simple ad-

vice for good health. The average Okinawan elder eats 11 servings of fruits and vegetables a day! (Okinawan elders eat mostly vegetables, with fruit being a smaller part of this their diet.) Upping your fruits and vegetables will not only provide soluble and insoluble fiber, but also a whole host of vitamins, minerals, antioxidants, phytonutrients and all kinds of other good stuff that will boost your immune system and prevent and reduce inflammation.

3. STAY ACTIVE Okinawan elders don't shy away from exercise and physical activity. They still do karate, walk, play with their great grandchildren, garden, and even climb trees to harvest fruit well past our senior-citizen-discount-age. The old adage, use it or lose it applies here. Find active things that you enjoy and keep on pursuing them daily.

4. BODY MASS INDEX BMI is your height to weight ratio. It is a general indicator of whether your

weight is healthy or not. Okinawan elders tend to have lower body mass indexes, even a little below the healthy range listed in American BMI calculators. Practices 1, 2 and 3 above can help cultivate a healthier body mass index. If you want to know your BMI, you can find a BMI calculator online.

5. LIVE LONGER IN COMMUNITY

Okinawan people each participate in their own social group called a *moai*. They meet regularly with these same people throughout their life. Each member adds small amounts to the *moai* fund regularly, and if a member has a problem needing financial support, the group will give the fund to that person. That is just one way the *moai* supports members. No *moai* here? Just make sure you have groups of supportive people you see regularly.

This is a great time of year to put healthier habits into practice. And keep practicing those you already use!

JAN. WEAPON: **Bo, Jo**
 (Feb.: nunchaku, chizkunbo)
 FOCUS: **Moral Character**



January 2018

NEW Bo or Jo
10% off

In-stock or order by Sat. 1/20

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 First Class of the Year 6:10—7:00 pm, followed by free refreshments.	3	4	5	6
7	8	9	10	11	12	13 Black Belt Club for BBC members 10:10 am.
14	15 <i>Martin Luther King Jr. Birthday observed</i>	16	17	18	19	20 Core Leadership Meeting 10:10 am. Last day to place Century orders.
21	22	23	24	25	26 Teen Game Night 7:30—9:00 pm, free, bring a snack to share. (No 7:30 pm Adults.)	27 Certificates* & Test* 10:10 am.
28	29	30	31		Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.	

* = Wear full formal gi / uniform.