



The East Valley Kicker

“I care not what others think of what I do, but I care very much about what I think of what I do!
That is character!” -Theodore Roosevelt

Mesa, AZ www.EVMA.net Kyoshi's Cell: (480) 330-8886

JANUARY 2021

2021 GOALS!

Have you finished filling our your goal sheet? Remember to turn it in!

PDFs of our two Karate Goal Sheet options were emailed to all dojo families on 12/14/2020 (title: 2021 Goal-Setting). We also have hard copies available by request.

When you have filled it out, you can bring the original to class, mail a copy, or email a scan or picture of it to Tull-Gauger Kyoshi at: jenifer@evma.net.

SAVE THE DATE

We will host our Annual Arizona Karate Spring Camp on Sat. Mar. 6th. We highly encourage all students to attend this special training with Allan Amor Kaicho!! Registration forms will be available soon, and the Early Bird registration date is Tues. 2/16.

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

Head Instructors:
Kirk Gauger,
Kyoshi, 7th Dan &
Jenifer Tull-Gauger,
Kyoshi, 7th Dan

The Ryukyu Kingdom and Freedom

by Jenifer Tull-Gauger (in 12/9/20 blog)

I love training in traditional karate for many reasons. One of those is the culture of the Ryukyu* people. These island dwellers have strong values that are worth learning about and promoting. One of those things that they value, and have valued highly for hundreds of years, is freedom.

George H. Kerr's book, "Okinawa: The History of an Island People," holds a detailed account of the long history of this region. He quotes descriptions from traders, including Thomé Pires, who wrote about the Ryukyuan traders around 1512-1515. "They are very truthful men. They do not buy slaves, nor would they sell one of their own men for the whole world, and they would die over this..."

The Ryukyu king and royalty had soldiers for protection, but the citizens did not. Their protection was up to them.

And that included the protection of their freedom. I believe that this is why the citizens of Ryukyu found the life protection skills of martial arts so useful. And so they developed them and trained in them.

Much more recently, in 1964, the Okinawan karate master Shigeru Nakamura created the Guiding Principles. These are values and rules for karate students. He wrote them on behalf of his Okinawan Kempo Karate Dojo, and now we have a detailed English translation. Guiding Principle number four, in its entirety, reads, "Strive to be a warrior for the construction of a peaceful and free world by using the character building, morality and spirituality contained in the way of karate."

These are lofty ideals. But throughout the Guiding Principles it is apparent that Nakamura Sensei is talking about our daily, regular actions. A peace-

ful and free world is not a pie-in-the-sky pipe dream. It is an ideal for us to keep in mind daily as we create our world around us. We must work hard to be warriors (for Okinawans that means protectors) building a peaceful and free world. If we keep the big picture in mind, it will help us to choose and create our daily actions which will put us on a path toward creating that better world.

*The Ryukyu Kingdom is the original name for the islands that are now called Okinawa. It is now a part of Japan. Long ago, the Ryukyu Kingdom was an independent country despite being a small island surrounded by bigger, more powerful countries. The Ryukyuan people, in their history, showed diplomacy, perseverance and survival, and regard for human life. These are the people who developed karate.



January 2021

KYOSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5 First Class of the Year 6:30 pm, followed by free refreshments.	6 First Online Class of the Year 6:35 pm.	7 1st Thursday Weapons Practice: nunchaku or tonfa.	8	9 Dojo Volunteer Service Time 1:00-5:00 pm, moving dirt and pavers, RSVP w/ Tull-Gauger Kyoshi.
10	11	12	13	14	15 No online class due to the holiday weekend.	16
17	18 <i>Civil Rights Day</i>	19	20	21 3rd Thursday Weapons Practice: nunchaku or tonfa.	22	23 Instructors' Meeting 9:15a. Black Belt Club 10:30-11:30am, Fruit Ninja.
24	25	26	27	28	29	30
31	Extra Kata Training: After each online class, at 7:25pm, we will spend 10 minutes reviewing a kata (in order) starting with Tomari Seisan on 1/6. Our Intermediate & Advanced Students are welcome to join!		This Month's Testing will take place toward the end of the month, as needed, by appointment*+.			

* = Wear full formal gi / uniform. + = Check location.