

THE EAST VALLEY KICKER

“Enjoying the journey is even better than arriving at the destination.” –Taro Gold

NOTES & TIDBITS

Congratulations to Sempai and Sara on the birth of their healthy son, Grant, on January 18th! Congratulations to Ms. Jenifer and Mr. Gauger on the birth of their healthy son, Phoenix, on February 2nd! Both families would like to thank you all for your warm wishes and thoughtful gifts.

If you have not finished your 2004 goal sheet, let us know. We need to get them all finished so we can copy them and send your copy home with you.

We have an addition to last month's newsletter, in which we would like to give a big thank you to Emerald Greig (in addition to Laurie Owens and Mary Wooldridge) for her invaluable help with the dojo baby shower.

You can receive this newsletter by e-mail - just let us know your e-mail address.

STUDENTS OF THE MONTH

Congratulations to our February students of the month! The Little Dragons Student of the month is Loren Boyle, the Beginning Student of the Month is Tyler Miazga, and the Advanced Student of the Month is Michaela Wooldridge. Keep working hard and showing your positive attitude!!

WELCOME NEW STUDENTS

- Daniel Brasher
- Serena Bryant
- Brianna Homewood
- Konnor Lemons (L.D.)
- Seth Moore
- and welcome back, Paden Lemons!



FEBRUARY BIRTHDAYS

- 2/6 – Lizzie Garn
- 2/11 – Alex Young
- 2/13 – Kristopher Watson
- 2/15 – Cole Woods
- 2/16 – Garrett Sebastian
- 2/16 – Nicole Weldon
- 2/17 – David Charles
- 2/26 – Ray Arriola
- 2/27 – Andrew Greig

**HAPPY
BIRTHDAY!**

RECENT PROMOTIONS

Congratulations to everyone who passed the test in January!

In the kids program:

Cole Woods (L.D.) earned his yellow-striped belt.

Toren Craig (L.D.) Sheila Doane (L.D.) Matthew McCulley (L.D.) and Adam Schiferl (L.D.) earned their orange belts.

In the adult program:

Justine Christoff earned her purple belt.

Ray Arriola earned his junior black belt.

Keep up the great work!

Last month's question

Two Little Dragons received tickets for answering last month's question: What is your favorite thing about Karate?

“Learning Katas.” –Sheila Doane

“The teachers, the belts on the wall, shuffling, punching and kicking, and games.” –Adam Schiferl

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**Sensei Michael Newland
Sempai Rob Reimer**

EAST VALLEY MARTIAL ARTS

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MISSOURI SUMMER CAMP & ROAD TRIP

The annual Karate Summer Camp will be held at headquarters in Oak Grove, Missouri on June 11, 12, and 13. All who have attended agree that this is a great experience – fun, camaraderie, serious karate training, and good food. The cost was less than \$200 last year, and included meals from Friday evening to Sunday afternoon, and lodging.

Students in the kids and adults programs, all ranks, are invited to attend Summer Camp. Available seminars usually include your choice of an empty-hand kata and a weapons kata, plus extras.

We had so much fun last year, we're road-tripping it again! Ms. Jenifer, Mr. Gauger, Justine Christoff and Griffin Tull-Gauger are planning a road trip out to Missouri for summer camp. You are welcome to join the fun! We'll share the costs of a rental vehicle (hopefully a van) and gas, and spend less than the price of airplane tickets. We plan to depart early Thursday morning (6/10) and return late Monday night (6/14.)

Let us know if you are interested or have any questions about the road trip or camp!!

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in the new year!

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WITH RANK COMES RESPONSIBILITY

by Jenifer Tull-Gauger

Each of the three brown belts in our ranking system is an invitation to black belt. These highest ranks hold the most responsibility.

Maybe the most obvious responsibility for brown belts and up in both the kids and adult program is remembering a lot of katas and complexes. To remember them and keep them sharp, we must practice on our own regularly. Other responsibilities include taking class at least twice a week and helping to teach at least once a week – giving back to the dojo that has given us so much.

Our own training is very important – not just to improve and get to the next level, but because we set the standard for how good a kata or complex should be. And advanced kata should be excellent – it should have focus, power, snap. It should show the expertise we have learned over the years.

It takes about two years to get to black belt once you have earned your initial brown belt. That can be an arduous two years, and like any area in life it will have its peaks (high points) and valleys (hard times when you wonder if it's worth it.) Remember what Sensei says, "It's in the valleys that the flowers grow." And yes, it is definitely worth it. It is worth every drop of sweat, every tear, every dollar, every bruise, every ounce of effort and then some. You get back so much more than you put in to your Karate.

FEBRUARY QUESTION

Turn in by 2/28/04 to receive a ticket:

How does Karate begin and end with respect? Why is this important?

NAME: