

THE EAST VALLEY KICKER

“Never compromise your dreams.” –Taro Gold

NOTES & TIDBITS

Please make sure you take off your shoes before going on the mat. Also, it is polite to wait at the edge of the mat if there is a class in session, and wait for the teacher's go-ahead before crossing the mat.

On this month's calendar we have three special events: Women's Self-Defense Seminar (\$10 per person) on Mon. 2/7 from 7 to 8 p.m. Parent's Night Out (\$25 per child) on Fri. 2/11 from 7:30 to 11:00 p.m. and a Family Field Trip to the *Matsuri* (Festival) on Sat. 2/26 – meet at the dojo at 9:30 a.m. to carpool.

The dojo will be closed Monday, 2/21 for President's Day, classes will be cancelled. Also, Adults 5:25 and Yoga will be cancelled on Fri. 2/25 for testing.

There will not be a Certificate Ceremony in February. The Next Certificate Ceremony will take place on Friday, March 4th at the Grand Opening Ceremony, (6:15 p.m.) to which ALL DOJO FAMILIES are invited!

Mark your calendars - the Grand Opening Party will take place on Sat. March 5 from 1 to 4 p.m.

STUDENTS OF THE MONTH

Congratulations to our February students of the month! The Little Dragons Student of the month is Payton Tilus, the Beginning Student of the Month is Mitchell Bailey, and the Advanced Student of the Month is Michaela Wooldridge. Keep working hard, helping out, and consistently improving!!

INSIDE THIS ISSUE

Last Month's Question.....	2
Are you a Leader or a Follower?.....	2
Healthkick: Bone Busters and Boosters.....	3
February Calendar of Events.....	4
Coloring Page from www.karatecoloringbook.com (hard copies at dojo under newsletters)	

WELCOME NEW STUDENTS

- Tamika Campos (Adults)
- Mitchell Gibson (Kids)
- John Schlangen (Kids)
- Tom Schlangen (Adults)
- and welcome to Black Belt Club, Michael Fultz!



FEBRUARY BIRTHDAYS

- 2/2 – Skylar Speiser
- 2/6 – Lizzie Garn
- 2/23 – Brianna Veitch
- 2/26 – Ray Arriola
- 2/27 – Andrew Greig

RECENT PROMOTIONS

Congratulations to everyone who passed the test in January!

In the kids program:

Victoria Dominguez, Victor Gonzalez, Carson Rodgers, Mason Rodgers, and Zane Rodgers earned their yellow belts,

Brianna Veitch earned her orange belt.

Coltin Lohman earned his green belt.

Michael Fultz earned his blue belt.

Chase Owens earned his 3rd kyu brown belt.

In the adult program:

Justin Herman earned his yellow-striped belt.

Glen Ingebretson earned his Yellow Belt.

Aaron Brower earned his orange belt.

Ashley Simmons earned her green belt.

William Speiser earned his Purple Belt.

Brandon LaBorde earned his 1st kyu brown belt.

Keep up the great work!

Michael Newland, Shihan
Kirk Gauger, Sensei
Rob Reimer, Sensei
Jenifer Tull-Gauger, Sensei, Newsletter Editor

EAST VALLEY MARTIAL ARTS

2401 E. Baseline Rd. Ste. 98

Gilbert, AZ 85234

Dojo: (480) 892-4240 Cell: (480) 330-8886

WWW.EVMA.NET

PAMELA & DAUGHTERS

House Cleaning

We also . . .

- ✓ Watch House/Pets
- ✓ Organize Clutter
- ✓ Pack to Move/Store
- ✓ Clean Car Interior

Personal References Available

480/539-2814

“Good Old-Fashioned Cleaning”

Here are a few common manners that leaders display at all times:

- Leaders always reply to adults with a polite “yes sir” or “yes ma’am”...
- Leaders make eye contact when they are speaking to others and when they are spoken to...
- Leaders respond to questions with full answers and not a simple shrug or acknowledgement...
- Leaders know how to win and lose with sportsmanship...
- Leaders respect others opinions, even when an opinion is different from their own...
- Leaders perform random acts of kindness, even when it is not expected or required...
- Leaders don’t cheat, lie, or steal...
- Leaders are responsible...
- Leaders take accountability for their own actions...
- Leaders know that being organized takes effort...
- Leaders ask for help when they need it...
- Leaders offer help to others who need it...
- Leaders say “thank you”, “good morning”, “hello”, and “you’re welcome”...
- Leaders always look for ways to improve their skills and abilities...
- Leaders read articles like these and apply what they’ve learned...

Last month’s question

What is one way that karate has helped you develop a respectful attitude? How do you use it outside the dojo?

“Listening to the Sensei’s. By listening to my mom and dad and doing things the first time they ask.” –Sheila Doane

“I’ve learned to defend my friends and family outside the dojo. I’m nice to people and cats.” –Adam Schiferl

“Karate helps me concentrate.” –Victoria Dominguez

Are You a Leader or a Follower?

By Joseph Galea

You can say that there are two kinds of people in this world, leaders and followers. Some common characteristics of leaders are that they are dreamers, go-getters, creators, and motivators. Some leaders have a few of these qualities while others have them all. Those that have them all are often very successful in their areas of focus. As instructors of the martial arts, we look to develop leadership qualities in our students. You do not have to be the coach of a team or the teacher in a class to be considered a leader. You can be a team mate, a student, a daughter, or a son and still fall into the leadership category. What’s most important is that leaders are those who know how to act appropriately in all situations, and leaders know how to treat others the right way. Having good manners is an essential aspect of being a “great” leader and a great martial arts student.

Do you demonstrate leader qualities?

Would you consider yourself a leader or a follower? As you can tell, it is not hard to be a leader if you try. By using the manners listed above at home, at school or work, in the public, and with families and friends you can be a leader, too. You can be the one to inspire others. You can be the one who sets the right standards. You can be the role model for others to follow. This is what being a leader is truly about, as well as being a martial artist.

**Create a new you
in the new year!**

AFFA and APEX Certified Personal Trainer, Kirk Gauger, can help you look & feel great by creating a personalized fitness program to fit your needs and goals.

Call Kirk today (480) 892-4240
or (480) 330-8886

FEBRUARY QUESTION

Turn in by 2/26/05 to receive a ticket:

What can you do to do your best
work in karate?

NAME:

HealthKick: Bone Busters and Boosters By Jennifer G. Galea MS RD

Like most things in life, your bones must maintain a delicate balance to be strong and healthy. Bones are a “dynamic” part of your body: they are constantly being broken down and re-formed. To keep this process favorably balanced, you need to avoid the “Bone Busters” and incorporate the “Bone Boosters” into your daily routine. For martial artists who are trying to achieve optimal performance, bone health is obviously critical...and it is never too early to start.

Fortunately for martial artists, the first Bone Booster is exercise. Strength training and weight-bearing exercises both stimulate bone formation. In addition, the balance and flexibility that is gained through the martial arts is an important component of preventing bone-injuring falls.

The biggest Bone Busters are two things you should avoid in your quest for overall good health: smoking and large quantities of caffeine. Both rob your bones of calcium, sapping up their strength. High sodium (salt) foods also harm the calcium balance of your bones. To be safe: limit your caffeine, limit your sodium and certainly don't smoke!

On the positive side of the scale diet-wise are calcium, vitamin D, B vitamins, and protein. All aid the formation of bones, maintaining and possibly improving bone density, preventing fractures, and perhaps even speeding up recovery after a fracture. To achieve optimal levels of these nutrients in your diet, eat a variety of foods, incorporating plenty of protein rich foods and low-fat dairy products.

Your goal for calcium intake should be at least 1,200 mg per day (1,500 if you are over 50) from foods and supplements combined, with a maximum of 2,500 mg per day. Don't worry about the form of calcium, as absorption differences are minimal. However, the source may be of concern. Many sources of calcium currently being marketed contain high levels of lead and should be avoided: oyster shells, bone meal, dolomite, and especially coral calcium. Also, space out your calcium supplements as your body can't absorb more than about 500 mg at one time.

Vitamin D is also critical, for its role in calcium absorption as well as muscle strength. Experts now recommend 400 to 600 IU, increasing to 1,000 IU after age 50. The goal intakes for other vitamins and minerals can all be achieved by consuming a balanced diet, although a “100% RDA” vitamin/mineral supplement is probably a good idea.

Eat right and exercise to maintain the balance in your bones, as well as your life!

MATSURI: A FESTIVAL OF JAPAN

February 26th and 27th, 2005

10:30 am -- 4:30 pm

City of Phoenix
Heritage and Science Park

7th Street and Monroe

1 Block South of Van Buren
in Downtown Phoenix, Arizona

FREE ADMISSION

Bring money for parking, food &
souvenirs.

Meet at the dojo on 2/26 at 9:30
a.m. to carpool.
