

# The East Valley Kicker

“Choo kani ru deeichi.” (“Common sense is essential.”) - Okinawan Proverb

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## FEBRUARY 2008

### WELCOME BACK!!

-Adam Schiferl

-Zach Schiferl

### SPRING CAMP HERE

We are so excited to host our first Spring Camp here! The dates have been set for Fri. Sat. & Sun. March 28 thru 30. It will be similar to Kaicho's Summer Camp in Missouri in that it will start Friday evening and continue through Sunday, with lots of exciting seminars, meals will be included ending with a potluck on Sunday for all Karate families. Flyers with more info. are forthcoming.

We need help from our dojo families!

Please let us know

what you will help with:

- Lodging for Out-of-Staters
- Airport Transportation
- Adult Sleepover Help, Sat.
- Teen Sleepover Help, Sat.
- Sat. Set-up & Clean-up
- Sun. Set-up & Clean-up
- Drink Crew
- Tables
- Chairs
- Large Drink Cooler(s)

## There is No “Try:” Do or Do Not!

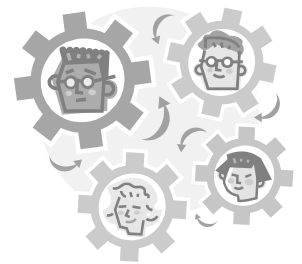
By Allie Alberigo

This is what the famous Martial Arts master Yoda said to his apprentice Luke Skywalker when Luke was on the verge of quitting. Students of the Martial Arts and people in all walks of life use negative words quite often: “I can't do it;” “I hate it;” “I am ugly, fat or terrible;” “I am weak;” etc. The interesting thing is the English language has many words to describe quitting, failing, sadness, anger, but fewer words to describe success and happiness. Your mind often plays tricks on you, telling you things that are not true. You build a false picture in your own mind and it changes your attitude. Have you ever heard that the brain is like a muscle and in order for it to grow you have to work it? This is a practice of Buddhism –

the training of the mind.

In order to build muscles you need to work them regularly; in order to build discipline you need to practice it regularly; in order to have a strong mind you need to practice exercises that build it regularly. Often when we are tired, we get frustrated and our level of anger rises to the surface. But when we love someone we have more tolerance, and when we feel good, almost anything can be accomplished and our level of patience is at an all time high. In order to be a success in life, you need to master your own mind. You'll find that most people who experience success *have* mastered their minds.

The thing about meditation, it is not easy. Sometimes when you try to sit



quietly, your mind jumps around from thought to thought, as though it was a wild monkey jumping from tree to tree. After some time you may have had so many thoughts that you couldn't keep track of them. Meditation teaches you focus and helps you control your thoughts. Imagine if you could be positive on a daily basis without letting anything negative affect your attitude – how much more productive would you be? Our goal must be to take the mental practices we need to work on and exercise them on a daily basis in order to strengthen our brains, just as we strengthen the muscles in our bodies.

# February 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weapon = Nunchaku	** Guests are not students or family mem- bers.				1 Certs. & Test 6pm - wear full white gi. (Adults join 5:10p class)	2  <i>Phoenix's &amp; Skylar's B-Day</i>
3	4	5	6  <i>Priya's Birthday</i>	7 Black Belt Candidate Meeting 7:30p (1st kyu & up.)	8 Adults join 5:10p class, Kamiza BB Cert Ceremony - All 7:15p (BB 6:30)	9
10	11	12	13	14 Last Day to Pre-Pay Fun Friday & Save	15 Fun Fri- day - Teen Fun (see flyer) 7p- 10p - 1 guest free**	16 BBC 9:05a (non- BBC adults join 11:20a class)
17	18 Dojo Closed, No Classes, Presidents' Day	19	20	21 Last Day to Order this Month. Teach- ers & Helpers Meeting 7:30p	22	23 Matsuri Festival in PHX <a href="http://www.matsuri.org">www.matsuri.org</a> . <i>Brianna's B-day</i>
24 Matsuri Festival in PHX <a href="http://www.matsuri.org">www.matsuri.org</a> . <i>Rhys' B-day</i>	25	26	27  <i>Alex's Birthday</i>	28	29	1 March  Certs. & Test 1:00p - full white gi