

# The East Valley Kicker

“You cannot tailor make the situations in life, but you can tailor make the attitudes to fit those situations before they arise.” -Zig Ziglar

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

## FEBRUARY 2013

### Welcome

- Nathaniel Cummings - Kids Program

### Spring Camp Mar. 1 thru 3

-Register & Pay by Wed. 2/13 to get the Early Bird Discount.

-Allan Amor Kaicho will be here.

-Registration Forms were e-mailed 2/30. They are also available at the dojo.

-All students in the Adults & Kids programs are encouraged to attend our biggest event of the year!

-We are looking to borrow tables & chairs.

-Let us know if you can help with hosting out-of-state guests if needed.

-Volunteers are needed to help with set-up at camp.

## ETIQUETTE, MANNERS & DOJO KUN #4

-by Jenifer Tull-Gauger

Dojo Kun #4 is translated as “Develop a respectful attitude.” We tell the Little Dragons (3 to 5-year-old students) that it means “Be nice to others.”

When we want to go into more detail we talk about treating others the way you would like to be treated, and about taking care of things that belong to others or ourselves, as well as respecting ourselves.

We strive to do that and use respect at the dojo as well as all other areas of our lives. Following dojo etiquette is part of Dojo Kun #4. Traditional karate etiquette at times may seem foreign, but it is all built around respect.

When it comes to modern etiquette, I am more of a dunce than an expert. I know that generally you

use the utensils on the outside of your table setting first, but I love to put my forearms (and sometimes elbows!) on the table—it’s relaxing and just the right height for me. There are a lot of rules in etiquette that don’t make sense to me. It’s supposed to be a no-no to use your napkin for a bib. I say if you’re messy and want to prevent stains with your napkin, more power to you! As far as no elbows on the table, I think that’s a throwback from when tables were homemade and maybe just boards on sawhorses. In that case, please keep your elbows off and don’t lean, because you could end up with all the food in your lap. If your lucky enough to have one of the plentiful sturdy tables, enjoy it.

I wouldn’t mind ignoring many of the unnecessary etiquette and manners, but the majority of them stem from being respectful. I endorse those wholeheartedly. Unfortunately a lot of the ways of respect seem to be fading in the

same way as the quaint, inapplicable rules.

Showing respect with manners is just as important at the dojo as at home or wherever you go. If we implement basic manners, and teach them to our kids, the dojo and our corners of the world will be better. Here are some basics to remember:

-Greet people when you see them for the first time each day, by making eye contact, smiling and saying hello in a clear voice.

-Kids can learn to shake hands firmly (but not too tight) when they greet men or women who offer their hand.

-Be sure to say goodbye (and “thank you” when appropriate) when you leave someone’s home, class or event.

-If others are talking and you need to speak to them, either wait until they are done, or politely say “excuse me” when there is a pause in their conversation.

## BE PREPARED

### For every class:

- wear your uniform, including belt (& cup & supporter-guys)
- remove watch, jewelry, etc.

- make sure nails are trimmed and filed
- remove gum, candy, etc.
- bring your mouthpiece
- please try to be on time!



# February 2013

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW</b>  <b>Sai, Tonfa,</b>  <b>Tan Bo</b>  <b>10% off</b>                      (order by 2/16 &amp; mention discount)</p> 			<p><b>Testing</b> takes place the <u>last Saturday of each month</u>, except holidays. There will be no 10:10am or 11:10am classes then. All Ranks Adults &amp; Kids are welcome to come to class at 9:10am and train separate from Black Belts that day.</p>		1	2 Goal Sheets due!!
3	4	5	6	7	8	9 BBC 9:10am
10	11	12	13	14	15	16 Last day to place Century orders. Instructors' Meeting 9:10am (Ch. 24)
17	18 Dojo closed, no classes <i>Presidents Day</i>	19	20	21	22	23 Class only at 9:10am to-day. Certificates & Test 10:10am*
24	25	26	27	28	1 (Mar.) Classes cancelled. Spring Camp begins 6:30pm.	2 (Mar.) Classes cancelled. Spring Camp resumes 9:30am.