



# The East Valley Kicker

Self-respect is the root of discipline: The sense of dignity grows with the ability to say no to oneself." -Abraham Joshua Heschel

1829 S. Home Ave. Ste. 8, Mesa, AZ 85204 [www.EVMA.net](http://www.EVMA.net) Dojo Ph: (480) 892-4240, Renshis' Cell: (480) 330-8886

## FEBRUARY 2016

### Welcome

- Ariel Besenhofer (Little Dragons)
- Rylan Kohls (Little Dragons)
- Gavin Mack (Kids)

### 2016 Karate Camp March 4-6

We hope all of our students 7-years-old and up will join us! Registration forms are available at the dojo or by e-mail.

Volunteers Needed (teens & adults): Sat. 3/5 late morning through lunch, and dinner time, Sun. 3/6 breakfast and lunch time, and after the pot-luck to help clean up.

We are looking to borrow: large electric griddle for pancakes, chairs and tables.

Please sign up at the dojo.

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

Head Instructors:  
Kirk Gauger,  
Renshi, 5th Dan &  
Jenifer Tull-Gauger,



## WANTED: KARATE KIDS

### For the Demo Team

To do Nahihanchi Shodan, and blue belt or up to attack on one or two sui ken do's. Practices Fri. 2/5, 7:10-8 pm & Sat. 2/6, 10:10 am. DEMO Sat. 2/6, 5:45 pm at Franklin at Brimhall Jr. High. Sign up at the dojo!

## VIRTUAL TRIP TO OKINAWA

Now you can get a feel for what



the birthplace of karate is like, without the jetlag, heat or humidity. Tull-Gauger Renshi has shared the beginning of last year's trip on our blog, with pictures and links to videos. There will be more each week. Check it out at [evma.net/blog](http://evma.net/blog)

## INTRODUCTORY KARATE SERIES

We are looking for new students, and to that end, we will be holding FREE, NO-STRINGS-ATTACHED Introductory Karate Classes in February and March, from 11:30 am until 12:15 pm on these dates:

February 13, 20 & 27 &

March 12 & 19

These special classes are for adults and kids ages 6 and up. Kids under 18 MUST have their parent or legal guardian here during the class.

No uniforms, no belts, just learning what traditional Okinawan karate is about, practicing the basics, and getting a fun workout. Wear comfortable workout clothes and be prepared to go barefoot.

## SPECIAL VALENTINES

Please help us hand out special Karate Valentines. This year, they will tell about the free classes above. You can hand them out instead of, or in addition to other valentines. Please e-mail [jenifer@evma.net](mailto:jenifer@evma.net) or tell Tull-Gauger Renshi how many valentines you need, so she can have enough printed for everyone's classmates. Thank you!!!



Feb. WEAPON: **Sai, Tonfa**  
 (for Mar.: kama, tan bo)  
 FOCUS: **RESPECT**

# February 2016




KENSHIN KAN

New TAN BO or  
**KAMA 10% off**

In-stock or order by Sat. 2/20.

RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Demo practice 7:10-8 pm. Adult 7:10 class takes place.	6 Demo practice 10:10 am. Demo* 5:45 pm at Franklin at Brimhall Jr. High School.
7	8	9	10	11	12 Assistant Instructors Meeting 7:10 pm (kids brown belt & up, adults green belt & up)	13 Black Belt Club for members 10:10 to 11am. BB Instructors Meeting 11:05 am.
14 <i>Valentine's Day</i>	15 <i>Presidents Day</i>	16	17 Early Bird Registration Deadline to get discount on Spring Karate Camp.	18	19	20 Last day to place Century orders for this month.
21	22	23	24	25	26	27 Certificate Ceremony* & Testing* 10:10a.
28	29	Certificate Ceremony & Testing takes place the last Saturday of the month at 10:10am, but not on holidays. To receive your certificate, attend a ceremony at least a month after your test.		<b>Spring Karate Camp: March 4, 5 &amp; 6</b> (Regular classes will not take place during our biggest event of the year.) Register to join the fun and training with U.R.K.A. members. Camp goes Fri. evening, all day Sat. and Sun. morning. All dojo families are invited to the Potluck Lunch Sunday 3/6 around 12:30 pm.		

\* = Wear full formal gi / uniform.