



The East Valley Kicker

“If you can find a path with no obstacles, it probably doesn’t lead anywhere.” – Frank A. Clark (born 1911)

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

FEBRUARY 2017

KARATE CAMP

The annual Spring Karate Camp is our biggest training and social event. Our instructor, Allan Amor Kaicho, comes out for it each year. We usually have other out-of-state visitors too. Training consists of weapons and empty-hand kata and other skills training, as well as *kanji*. We highly encourage all of our students in the Kids and Adults Programs to make this a priority.

This year: Camp starts at 6:30 pm on Friday, March 3rd, and continues all day Saturday, March 4th for all ranks. We will have a potluck dinner, including families, on Saturday evening. Sunday will be training for all black belts. Pay early by Wed. Feb. 15th to get special pricing of \$125/kyu ranks and \$105/black belts, family members discounted.

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

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

WORKING HARD OR HARDLY WORKING

by Jenifer Tull-Gauger

Young children may refer to class as “playing karate.” But they will also play at cleaning house, going to the office, and building things. Karate is hard work; all martial arts are, when done right.

Karate is physically challenging, not just in endurance or strength, but also in balance, coordination and agility. That’s good news; when you challenge those physical abilities, you improve them. Ryukyu Kempo is difficult mental work; there is a lot to learn, memorize, and put into practice. Martial arts are emotionally tricky. In training you learn about yourself and your own deepest ways of thinking, seeing, and feeling about other people, the world and your place in it. This is not always obvious, and maybe these emotions only bubble up occasionally for some karateka .

Karate is hugely satisfying, with the benefits of: a workout; a class where you learn applicable skills; being part of a positive, supportive group; the con-

fidence of knowing you can protect yourself and others; and the pride in accomplishments you have earned. Martial arts can be fun. But make no mistake, karate is difficult.

Parents telling their karateka offspring that if they don’t get their grades up, they will take them out of karate is like Marge Simpson telling Homer that if he does not take the trash out whenever it is full, then she will stop taking him to church with her. Homer would look at that ultimatum and see that not only does he have the chance to continue being lazy, he also will not have to get up early on Sunday, shave, dress up, or try to under-

stand or practice what is taught at church.

Karate children, as well as many adults, will easily take the path of relaxing and no longer attending the dojo. “Not having to turn off screens on karate days, change into a *gi*, or try to learn or practice Ryukyu Kempo? Less working out? No pressure to represent my dojo teachers and students? I won’t have to be reminded, outside of the home, to be a good person, be honest, persevere, use respect, or use restraint? I won’t have to work hard? Sign me up,” they say, “or better yet, I don’t have to do anything. Bring on the indolence!”

Bring this in for a free February class!

Traditional Karate for age 3 thru adult. Yoga for age 10 thru adult. Children under 18 must have a parent or legal guardian present. Limit: one free class.

Check website or call for class times. Call to RSVP for free class!

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Mesa, AZ 85204

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www.EVMA.net



FEB. WEAPON: *sai, tonfa*
 (Mar.: kama, tan bo)
 FOCUS: *Perseverance*



February 2017

RENSHIS' CELL: (480) 330-8886

**NEW Tan Bo or
 Kama 10% off**
 In-stock or order by Fri. 2/17

Sun	Mon	Tue	Wed	Thu	Fri	Sat
GUEST MONTH ALL MONTH & BUDDY DAY VALENTINE'S DAY Bring your friends to do a little karate (or yoga for age 10 and up). Make sure kids have a parent or legal guardian here too. Invite as many people as you can with our Valentines passes.			1	2	3	4
5	6	7	8	9	10 BBC 7:30 (No 7:30 Adults today)	11
12	13	14 Buddy Day 6:10 pm, bring your friends! (& parents of those under 18 y. o.) <i>Valentine's Day</i>	15 Early Bird Deadline to Register for Spring Camp, pay by today to save!	16	17 Last Day to place Century orders	18 Dojo closed for Presidents Day weekend, no classes.
19	20 <i>Presidents Day</i>	21	22	23	24	25 Certificate Ceremony & Test* 10:10am.
26	27	28			Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Every Saturday, class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.	

* = Wear full formal gi / uniform. + = Takes place at other location.