



The East Valley Kicker

“The real things haven't changed. It is still best to be honest and truthful; to make the most of what we have; to be happy with simple pleasures; and have courage when things go wrong.” - Laura Ingalls Wilder

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

FEBRUARY 2018

Welcome

- ♦ Aiden (Little Dragons)
- ♦ Lluvia (transitioning from Little Dragons to Kids)
- ♦ Onyx (Adults)

CAMP HELP

We always appreciate volunteers to help at Spring Camp with setting up and cleaning up meals and drinks.

We are looking to borrow tables, chairs, shade canopies and ice chests.

Please sign up for camp help on the bulletin board.

VALENTINES

This year we are making special karate valentines that offer a free class this month. Take some to hand out to your friends, family, neighbors... even your whole class!

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

Head Instructors:

Kirk Gauger,

Renshi, 6th Dan &

Jenifer Tull-Gauger,

Renshi, 6th Dan

ADULT STUDENTS APPRECIATE...

By Jenifer Tull-Gauger

The adult students are an important part of any dojo. They may be a smaller demographic than youth, but they bring life experience and wisdom to the table. Adults set an example for younger students. And mature students get a lot out of their participation. Here are the top five reasons adults love training:

1) EXERCISE

Traditional karate provides an avenue to work out while having fun. Most of the time, you don't even think about the physical exertion. Instead, you focus on learning and practicing new martial arts skills and trying to improve each technique executed. The practice of etiquette and the cultural education included in this fitness regimen also make training more interesting for karate students.

2) SELF DEFENSE

Adult karate students want to know that they are investing in martial arts that really work for self-defense. Traditional karate was developed in Okinawa as a life protection art, which is a step further than defending oneself. Life protection means you can expand past just helping yourself, into protecting others as well. Our dojo consistently

carries on this tradition in our training. We work with natural body positioning and build defense habits using our strengths. Yes, Virginia, we really teach real karate.

3) RESPECT

Respect is a two-way street that is well-traveled in our dojo. As opposed to the martial arts instructor in Napoleon Dynamite who demands respect, we promote mutual respect. We are human beings first and martial artists second, teaching to the heart of each person. After a hard day at work and feeling taken-for-granted by others, adult karate students walk into the dojo and feel appreciated and respected. We just require that students return the appreciation and respect.

4) POSITIVE HAVEN

We diligently pursue safety policies and procedures at our dojo, to make it a safe place to train. All of our instructors and students are conscripted to use the Dojo Kun and we naturally focus on that more at the dojo. Adult karate students are expected to use their best positive attitude and behavior. The positivity goes around and comes around here. We step away from the media's news and other negativities and

leave them outside. We adult karate students love stepping into a safe, positive environment that encourages us to be our best.

5) STRESS RELIEF

Many adult karate students have extolled the virtues of kata practice as a meditation that helps them reset and relieve stress. Sometimes, though, respect, positivity, and focusing on other things are not enough. Sometimes you just have to punch and smash things to let go of stressors. Enter the heavy bag and partner-held targets. We can punch, elbow and kick this equipment with all our might. And the *kiai*: yelling while executing a strike also relieves stress.

For adult karate students, the tuition, the classes and the time put into training are an investment in themselves. But the returns on that investment include better fitness, life protection skills, respect, positive support and stress relief. Karate helps us to improve our own lives and be better family members, friends and community members. The return on investment is so vast that traditional martial arts training is priceless.

FEB. WEAPON: *Nunchaku*,
Chizikunbo
 (Mar.: sai, tonfa)
 FOCUS: *Honesty*



February 2018

NEW Sai or Tonfa

10% off

Order by Fri. 2/16

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.</p> 				1	2	3
4	5	6	7	8	9 Black Belt Club for BBC members 7:30 pm. (No 7:30 pm Adults)	10 Core Leadership Meeting 10:10 am.
11	12	13	14 Last Day to pay for Spring Camp for Early Bird Discount.	15	16 Last day to place Century orders. (Last order before Spring Camp, consider your weapons.)	17 No classes, Dojo closed for Presidents Day weekend.
18	19 Presidents Day	20	21	22	23	24 Certificate Ceremony* & Test* 10:10 am.
25	26	27	28	1 (Mar.)	2 (Mar.) Regular classes cancelled. Spring Camp 6:30p—8:30pm. Sleepover 8:30.	3 (Mar.) Regular classes cancelled. Spring Camp 9am. Family Potluck 7pm.

* = Wear full formal gi / uniform.