

THE EAST VALLEY KICKER

“The biggest room in the world is the room for improvement.” –Japanese Proverb

NOTES & TIDBITS

Parents of Karate kids, you are welcome to watch classes, but please leave the coaching, teaching, and reminders up to the Karate instructors during class time.

In martial arts, it is a matter of courtesy and respect, as well as a way to show your support and loyalty for your dojo – when you are interested in buying Karate retail (uniforms, sparring gear, etc.) please inquire with us first. We have or can order just about anything you need for your training. Plus, our retail sales help keep the dojo going.

WELCOME NEW STUDENTS

-Payton Tilus, L.D.

-Noah Smith, L.D.

Welcome back, Judith Feenstra!



RECENT PROMOTIONS

Congratulations to all who were recently promoted! In the kid's program:

Serena Bryant, Daniel Brasher, Lizzie Garn, Sam Garn and Tyler Miazga earned their yellow-striped belts.

Loren Boyle (L.D.) earned his yellow belt.

Matt Barr earned his purple belt.

In the adult program:

Brian Tefft earned his yellow-striped belt.

Ashley Simmons and William Speiser earned their yellow belts.

Keith Kagen earned his orange belt.

Christine Simmons earned her green belt.

Congratulations, and keep up the good work.

INSIDE THIS ISSUE

Karate Summer Camp & MI Road Trip.....2

Karate Checklist.....2

March Question.....2

Calendar of Events.....3

Coloring Page (at dojo, return for a ticket) from

www.karatecoloringbook.com.....4

MODERN MARTIAL ARTS

THIS FRIDAY, March 5th, is the day to wear your full white uniform to your evening class. You will have the chance to get your picture on our new website: evma.net.

Also, if you would like to receive this newsletter by e-mail, let us know.

STUDENTS OF THE MONTH

Congratulations to our March Students of the month! They are Beilee Kagen in Little Dragons, Judith Feenstra in Beginning Kids, and Andrew Greig in Advanced Kids. Keep striving for excellence!

MARCH BIRTHDAYS

3/9 – Jake Hall

3/24 – Ms. Jenifer

3/10 – Chase Owens

3/25 – Tyler Miazga

3/17 – Mr. Gauger

3/27 – Dallin Hamel

3/20 – Adam Schiferl

3/29 – Christine Simmons

3/24 – Jeff Veitch

3/30 – Richard Ceus

Last month's question

The three answers to last month's question: how does Karate begin and end with respect? Why is this important?

“Bowling. It's a promise to do your best.” -Sheila Doane

“Karate begins and ends with respect by bowing when we come and when we leave.” –Matthew E.

“Bowling, standing at attention, eye contact, no fidgeting or playing with belts and listening to the teacher. I can listen and learn from the teacher. – Adam Schiferl

Sensei Michael Newland

Sempai Rob Reimer

EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym

Gilbert, AZ 85234 Gym Ph: (480) 926-

4040

Cell: (480) 330-8886

Newsletter Editor: Jenifer Tull-Cannon

Considering buying or selling a home or know someone who is? Michael and Deborah Newland are Gilbert/Mesa specialists and get awesome results for their clients. Please call with your needs and referrals:
(480) 390-1161 or (480) 688-5358

SUMMER CAMP COUNTDOWN

Only three months left until Karate Summer Camp! This fun and informative event will be held this year in Oak Grove, Missouri on June 11, 12, and 13. Students in the kids and adults programs, all ranks, are invited to attend Summer Camp. Registration was less than \$200 last year, and included meals from Friday evening to Sunday afternoon, and lodging. Kids sleep over in the roomy dojo, and adults are hosted by one of many hospitable alliance members.

MISSOURI ROAD TRIP

See the great American countryside. Ms. Jenifer, Mr. Gauger, Justine Christoff and Griffin Tull-Gauger are planning a road trip out to Missouri for summer camp. You are welcome to join the fun! We'll share the costs of a rental vehicle (hopefully a van) and gas, and spend less than the price of airplane tickets. We plan to depart early Thursday morning (6/10) and return late Monday night (6/14.)

Let us know if you are interested or have any questions about the road trip or camp!!

Get fit,
feel great, look great!
AFFA and APEX Certified Personal Trainer, Kirk Gauger, can help you look & feel great by creating a personalized fitness program to fit your needs and goals. Kirk can custom design an exercise plan supplemented by the nutrition you need to obtain maximum results and better health.
Call Kirk today
(480) 926-4040
or (480) 330-8886

KARATE CHECKLIST

Don't just come; come prepared! It is your responsibility to have these things

in every Karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate tee-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear: headgear, gloves and boots in one of the Century brands
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

And please, please, *please* try to be on time!

MARCH QUESTION

Tell about a time you persevered, or didn't quit. Why was it a good thing to do?

Turn in by 3/27 to receive a ticket:

NAME:

