

EAST VALLEY MARTIAL ARTS EVENTS - MARCH 2006



Phone: (480) 892-4240
 Cell: (480) 330-8886
 Email: info@evma.net
 www.EVMA.net
 2401 E. Baseline Rd. Ste. 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Robert's Birth-day
5	6 Adult Self Defense 7 - 8 pm open to all \$10/person.	7	8 ** 5:00 - 5:55p Kids All Ranks. 6:00 - 6:55p Adults White - 2nd kyu. 7 - 7:55p Adults 1st kyu - black.	9 Last day to pre-register for Spring Camp for Kids for \$30 (\$50 after today) Star in a movie! 3/14 & 3/16.	10 ** 5:00 - 5:55p Kids White - Blue. 6 - 6:55 Kids Purple - Black. 7 - 7:55 Adults All Ranks Chase's B-day	11 ** 10:00 - 10:55am Adults All Ranks. 11:00 - 11:55 Kids All Ranks.
12	13 No Classes Today - Spring Holiday Monica's Birth-day	14 Spring Camp for Kids 9 am - 12 n Movie Making \$30 each pre-reg, \$50 late. (today & 3/16.)	15 Last day to place Century orders for this month.	16 Spring Camp 9 am - 12 n Movie Making (3/14 & today.) BBC 7:05 - 7:50 pm	17 Gauger Shihan's Bday St. Patrick's Day	18
19	20 New Spring Schedule Begins. Trenton's Birth-day	21	22 Nick Little's, Joshua's & Nora's Birthday	23	24 Tull-Gauger Shihan's & Jeff's BDay	25 All Ages & Ranks 10:30. No 11:30 class. Certificates* & Test* 12:00 n, followed by Teacher Mtg. Tyler M.'s BDay
26	27 Dallin's Birth-day	28	29 Christine's Birthday	30 Last day to pre-register for Movie Night for \$20 per person, dinner included (\$25 at the door.)	31 Movie Night 6:00 - 9:00 pm, open to all. \$25 per person at the door, dinner included.	** = Special Classes for Kaicho's Visit, replace regular classes this day. * = Wear full white gi.

INSIDE THIS ISSUE...

Health Kick:
Don't Be Average

Success Stories:
Why I Joined
Martial Arts

Kids Korner

MARTIAL ARTS

March 2006

MESSENGER

ARE YOU A COMPASSIONATE PERSON?

Compassion means caring about the needs of others. Just feeling sorry for someone else is only part of compassion. Having compassion means that you are also willing to help others by taking action. True Martial Artists are compassionate and will put others' needs before their own interests.



*Do you go
the extra mile
for others?*

Are you a compassionate person?

Let's review the following questions to find out if you are:

1. Do you donate your money when others need it?
2. Do you donate your time when others need it?
3. Do you talk to others when they are lonely?
4. Do you stand up for others who cannot stand up for themselves?
5. Do you give up your chair to someone standing when there are none left?
6. Do you put others' feelings before your own?
7. Do you let others go before you when waiting in line?
8. Do you go the extra mile for others even when you are not expected to?
9. Would you save someone if he or she was in danger?

By Joseph Galea

If you answered yes to these questions, then you are a compassionate person. Compassionate people go the extra mile even when not expected to do so. People who show generosity through kind gestures when no one is looking are extremely compassionate. The best part about being a compassionate person is the feeling that one experiences as a result of the unselfish actions.

There are many ways that you can be compassionate that are fun. You can bake cookies for a sick friend. You can draw a picture for an elderly person to brighten his or her day. Another fun way to show compassion is to invite a new person at your school or work to your home for a social gathering. There are endless possibilities of ways to show compassion.

Keep in mind you do not need to have a lot of money or to donate a lot of time in order to show your compassion. Simply sharing a smile with someone else and avoiding negative conversations about others when they are not around are ways to show that you care about others' feelings. If you want others to have compassion towards you, the best place to start is by showing compassion for others. If everyone would show more compassion each day then this world would be an even better place in which to live.

HEALTH KICK

Don't Be Average

By Jennifer G. Galea MS RD

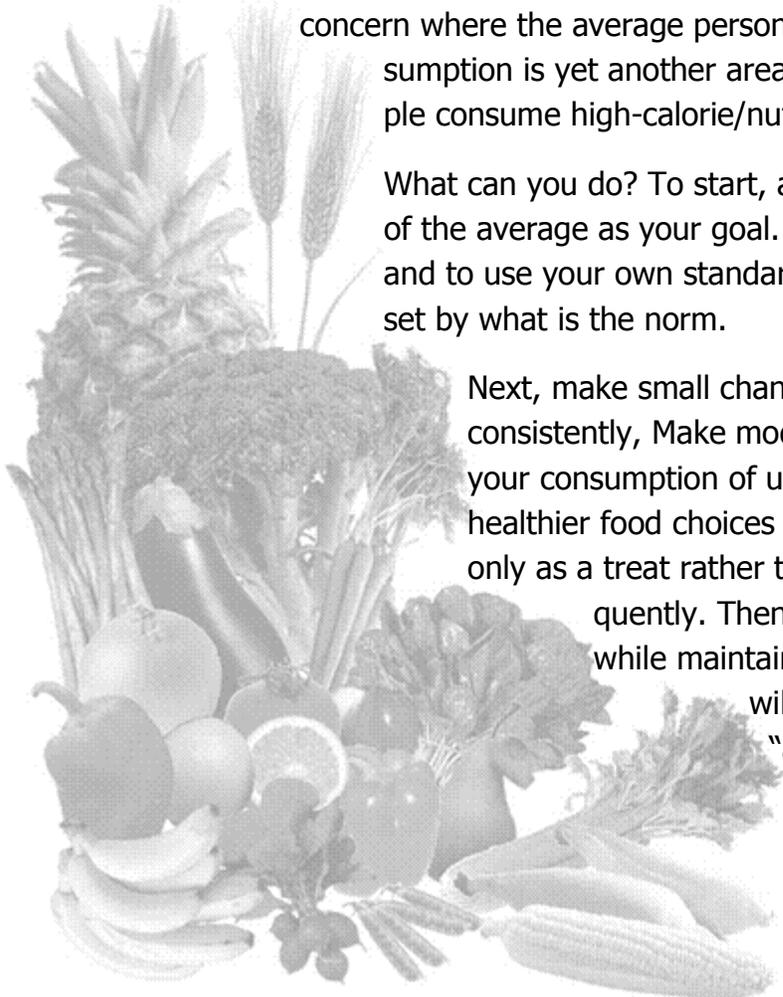
When it comes to following a healthy lifestyle, doing what the average person does is rarely “a good thing.” For example, the current recommendation is for individuals to exercise at least 30 minutes per day, at least five days per week. The *average* adult exercises far less than this desired minimum.

The average adult is overweight, as well. The average adult has risks for chronic diseases, such as cardiac disease and diabetes, due to unhealthy weight, lifestyle, and lack of exercise. Even looking at hours of sleep, another “lifestyle choice” that impacts significantly on overall health, the average adult falls far short of what would be considered acceptable.

As far as a diet is concerned, again the average adult’s choice is not the ideal for which to strive. Average intake of dairy or other appropriate calcium sources is significantly below needs across all age groups, regardless of sex. The recommendation for vegetables is to eat at least three servings per day, or a combination of fruit and vegetable servings totaling five per day. Again, the average person comes no where close. Limiting saturated fat and avoiding trans-fats are also areas of nutritional concern where the average person isn’t hitting the mark. And beverage consumption is yet another area in which to avoid being average: most people consume high-calorie/nutrient-poor beverages on a regular basis.

What can you do? To start, as with your Martial Arts training, don’t think of the average as your goal. You should always strive to be outstanding, and to use your own standards to set your goals, not those set by what is the norm.

Next, make small changes that you can stick with, and add to them consistently. Make modest changes to your daily diet: decrease your consumption of unhealthy foods or food types. Substitute healthier food choices and eat high calorie or high fat foods only as a treat rather than as a staple. Exercise longer or more frequently. Then continue to add new changes gradually, while maintaining the previous changes. Eventually, you will be at the top of your game and far beyond “above average,” you’ll be truly outstanding.



SUCCESS STORIES

Why I Joined Martial Arts By Michael Zewickit, Age 10

My name is Michael. I training in the Martial Arts for 6 years. The reason I started training was because I was very shy. I remember not leaving my Mom's lap whenever we went somewhere, even at family gatherings I wouldn't leave her side. My parents decided I should join Martial Arts hoping that I might get over my shyness. With the confidence that I have gained I am now a Junior Leader I my school's Little Dragon Class. I am able to do readings in Church and give book reports in front of my class without feeling shy and nervous. I feel Martial Arts keeps me focused and structured at home and at school. I enjoy going to class because I learn new forms, it gives me a good workout, its fun and you get to make new friends.

Martial Arts training has also helped me to set many goals, like to become a Black Belt. Through my years of I have worked very hard to accomplish many of my goals. My school is awesome and I am proud to be a student there!

Michael Zewickit is a student at Mark Weber's Lakeshore Tae Kwon Do in Manitowoc, WI.

Welcome to KidsKORNER, the mind-boggling, brain teasing section of Kid's Zone. If you score: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups.

KidsKORNER

martial arts cryptography

Martial Arts Cryptography: How it works – Each code letter below represents another letter. Guess Them all and you break the code! Each time the code letter appears in the text it will represent the same decoded letter. Hints: Each code has a key (the relationship between the code and decoded letters). Observe Punctuation. Work on short words first. Good luck!!!

Example: LZQSHZK ZQSR HR FQDZS

Solution: MARTIAL ARTS IS GREAT

EXAMPLE KEY

The code is two letters AFTER the decoded letter in the alphabet (L=N, H=J, etc)

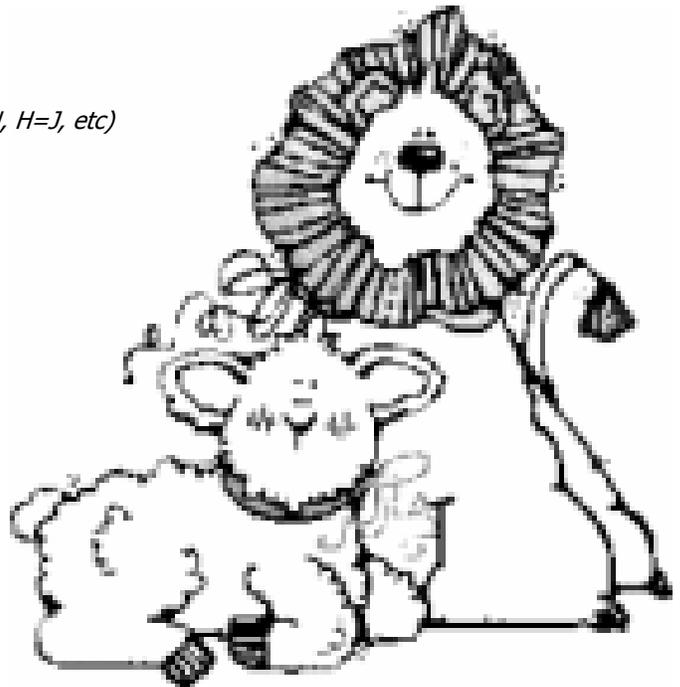
"QWT ITGCVGUV INQTA KU

PQVKP PGXGT HCNNKPI DWV

KP TKUKPI GXGTA VKOG

YG HCNN"

-EQPHWEKWU



Answer:

Our Greatest Glory Is Not In Never Falling, But In Rising Every Time We Fall - Confucius