



The East Valley Kicker

“The man who moves a mountain begins by carrying away small stones.” -Confucius

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MARCH 2014

BE PREPARED

For every class:

- wear your uniform, including belt & cup & supporter- guys
- remove watch, jewelry, etc.
- make sure nails are trimmed and filed
- remove gum, candy, etc.
- bring your mouthpiece
- please try to be on time!

DOJO LIBRARY



We have a dojo library where our karate families can borrow mostly martial arts-related materials, including Dr. Terrence Webster-Doyle's Parent's Guide to Martial Arts, a movie on bullying in VHS and DVD formats, and a DVD for kids about how to stay safe. The library materials also include non-fiction and kids' novels. The policy is you sign out a book on the nearby list, and bring it back within a month. If you lose it, we expect you to replace it or buy it.

THE DOJO KUN

By Jenifer Tull-Gauger

I was first introduced to the Dojo Kun when our dojo became affiliated with the United Ryukyu Kempo Alliance. I liked it right away and couldn't help comparing it to the Dojo Creed which had hung in our dojo. The Dojo Kun was shorter and to-the-point in valuing some high principles. The five values: good moral character; honesty; perseverance; respect; and restraint, were obviously worth pursuing. I had no hesitation about promoting the Dojo Kun. My first task was memorizing it.

Research taught me that most traditional karate schools promote the Dojo Kun. (Unfortunately ours had lost it somewhere along the way, but fortunately Allan Amor and the URKA gave it back to us.) The martial arts master Shungo "Tode" Sakagawa created the Dojo Kun. He was the first person on Okinawa to have a dojo – meaning the first to teach martial arts to a group of many people outside of his family.

Sakagawa taught these people how to fight, maim and kill people. They could not and should not realistically practice those techniques daily. So he came up with the Dojo Kun so his students could have a part of their training to

practice every day in all of life's areas and situations.

I agree with Sakagawa and many current martial arts teachers that if we are going to teach our students to fight (even in self defense), and use techniques which can maim and kill, then it is our responsibility to teach them how to prevent and avoid fights, and how to use moral character concerning these situations. The Dojo Kun does this.

Our adult students have said that the Dojo Kun transformed their lives. They have used it while driving, at work, and even at the store, to keep their sanity and stay rational in difficult situations. A few kids say they followed the Dojo Kun to help them in a specific situation. Mostly, it becomes ingrained in our younger students, so they don't even realize they are using it. I shared a nice copy of the Dojo Kun with a hero I had read about, in appreciation. I also shared its principles with an assumed criminal (see my 2/19/14 blog, "The Free Lesson").

My favorite story about sharing the Dojo Kun is when it went to China. Over the years, a friend of mine had been around the dojo enough and loved words enough that she

had memorized the Dojo Kun, even though she was not a karate student. She went to China to teach English for several months. In her extensive training for this job, she was told not to teach, promote or even talk about anything religious as a guest teacher in that communist country.

In China, the students asked her questions about America. The discussion turned toward religion and beliefs. The students asked her, "What do you believe in?"

Being a very religious person, and being forbidden to speak of it, my friend replied, "Strive for a good moral character. Keep an honest and sincere way. Cultivate perseverance or a will for striving. Develop a respectful attitude. Restrain my physical abilities through spiritual attainment. That is what I believe."

It took me a while to realize how important it is. The Dojo Kun has helped my students make decisions, it has helped me guide them, and it has helped me on my own path. If I had to strip down our curriculum and pick only one thing to teach, it would be the Dojo Kun. The Dojo Kun is *the* most important thing we teach.

Mar. WEAPON: *Sai, Tan Bo, etc.* (for Apr.: Bo, etc.), FOCUS: Perseverance

March 2014



RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW Bo's 10% off In-stock or order by Sat. 3/22</p>	<p>Certificate Ceremony & Testing takes place the last Saturday of each month, except holidays. There will be no 10:10am or 11:10am classes then; All Ranks are welcome to come to class at 9:10am on test days and train separate from Black Belts.</p>					<p>1 Spring Camp begins 9:30am. Regular classes cancelled.</p>
2	3	4	5	6	7	8
<p>9 Spring Break Schedule >></p>	<p>10 Dojo Closed, no classes</p>	<p>11 All Ages & Ranks 9:30am, Yoga 10:30am, All Ages & Ranks 6:10pm, Groundftg 7:10</p>	<p>12 All Ranks Kids & Adults 6:10pm</p>	<p>13 (No am class.) Little Dragons 6:30p, Kids & Adults 7:10pm</p>	<p>14 Dojo Closed, no classes</p>	<p>15 Regular weekly schedule resumes</p>
16	17	<p>18 Little Dragons join 6:10pm class today.</p>	19	20	<p>21 BBC for members 7:10 to 8pm, (no 7:10p Adult class)</p>	<p>22 Last day to place Century orders for this month.</p>
23	24	25	26	27	28	<p>29 Class at 9:10am. Certificates* & Test* 10:10a. No 11:10 class.</p>
30	31					<p>* = Wear full formal gi / uniform.</p>