



The East Valley Kicker

“Sometimes even to live is an act of courage.” - Seneca (4 B.C. - 65 A.D.)

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MARCH 2018

CAMP HELP

We always appreciate volunteers helping 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.

POTLUCK

ALL dojo families are invited! Sat. March 3rd 7:00 (ish) pm. Bring: a dish to share and chairs to sit on. This fun social time will be the last thing on our Spring Camp agenda. All dojo families are welcome, even if not doing camp.



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

3 REASONS TO ENROLL KIDS IN KARATE

By Jenifer Tull-Gauger

At East Valley Martial Arts, our Kids Karate Program for ages six through 12 is our most popular program. Parents appreciate that our instructors reinforce traditional values for their children. I cannot speak to what other schools do, as my specialty is teaching here. However, with a little research, parents from other areas can determine if other traditional kids' karate programs are appropriate for their children.

1) RESPECT IN MARTIAL ARTS

While practicing physical self defense skills in class, respect is required in kids karate. It is used, upheld, and expected in every class. For example, kids bow to their partners and constantly work on helping their partner train and improve. If they are bigger or higher in rank, they are responsible for not taking advantage of their size or rank. We promote mutual respect among everyone at the dojo. We frequently discuss Dojo Kun number four and its value of respect. With plenty of practice and reinforcement at home, respect becomes second-nature to the young martial artist.

2) SELF DEFENSE IN KIDS' KARATE

When it comes to self defense, I focus on what we do here. (Parents whose children earned black belts in sport karate have told me that their children were unfortunately not able to protect themselves in subsequent physical incidents.) Karate was first developed as a life protection art. As a traditional school, we uphold and preserve that tradition. Everything we do, even in our kids' program, comes from a base of life protection. We build on the skills of defending ourselves, and with time that branches out into protecting others.

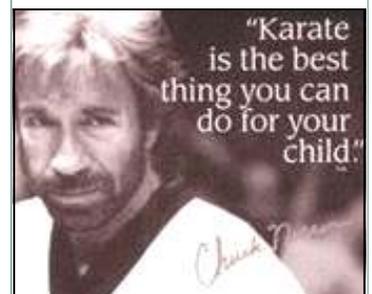
One way karate builds self confidence is through that self defense. Through years of training, you face-off with multiple partners. It might not always go as you want, but you survive and thrive, or at least learn. That allows you to go into the world with more confidence. Arming kids with the skills to protect themselves allows them to let go of fear and to feel more confident.

3) CONFIDENCE THROUGH KIDS' KARATE

Kids' karate promotes confidence in many other ways. It

gives them a positive, supportive group of peers and role models. They build their strength, stamina, agility, balance and fitness through the exercise provided in regular classes. Those physical improvements build self-belief. Kids have a chance to earn tickets, stripes and belts. These things are not given away here without effort. They are earned. And that builds confidence. Self-confidence built throughout the childhood years can be used throughout life.

I have seen the magic of karate working in the lives of countless students who have gone through our Kids Program. It has been proven time and again that a childhood of training creates a confident, respectful adult with leadership skills and the tools for a successful life. I agree wholeheartedly with this quote from Chuck Norris:



MAR. WEAPON: **Sai, Tonfa**
 (Apr.: kama, tan bo)
 FOCUS: **Perseverance**



March 2018

RENSHI'S CELL: (480) 330-8886

**NEW Tan Bo or
 Kama 10% off**
 Order by Wed. 3/14

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.			1	2 Regular classes cancelled. Spring Camp 6:30p—8:30pm. Sleep-over 8:30pm.	3 Regular classes cancelled. Spring Camp 9am. Family Potluck 7pm.	
4	5	6	7	8	9	10 Core Leadership Meeting 11:05 am.
11	12	13	14 Last day to place Century orders.	15	16 No classes, Dojo closed for a Spring Break	17 No classes, Dojo closed for a Spring Break
18	19	20	21	22	23 Black Belt Club for BBC members 7:30 pm. (No 7:30 pm Adults)	24 Certificate Ceremony* & Test* 10:10 am.
25	26	27	28	29 Little Dragons join Groundfighting class 6:10pm—6:40 pm	30 No classes, Dojo closed <i>Good Friday</i>	31 No classes, Dojo closed for Easter weekend.

* = Wear full formal gi / uniform.