



# The East Valley Kicker

“The greatest discovery of any generation is that a human can alter his life by altering his attitude.” - William James

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**MARCH 2019**

## Welcome

♦ Alex (Little Dragons)

## SOCIAL MEDIA SUPPORT

Thank you for all of your likes and comments on Facebook, Twitter and Instagram! You are helping us get noticed online. Here are links to recommend, like and support the dojo:

<https://www.facebook.com/EastValleyMartialArts>

[@EastValleyMartialArt](https://twitter.com/EastValleyMartialArt) EVMA Dojo

<http://yelp.com/biz/east-valley-martial-arts-mesa>

[www.instagram.com/eastvalleymartialarts/](http://www.instagram.com/eastvalleymartialarts/)

**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

## WHY WE SPAR LIGHT CONTACT

By Jenifer Tull-Gauger (condensed from 2/19/19 blog)

Our dojo inherited our light contact sparring from our Kobayashi Shorin Ryu roots. The main targets are the side of the head, chest, abdomen and sides of the body above the belt. In this type of sparring, we just touch with all of our strikes. Chest guards are not needed. Both partners wear sparring helmets, gloves, boots and mouthpieces and males wear groin cups. We don't hit to the face or below the belt and the back is not a target area.

### THE CONS

There is no perfect training drill. They all have their different risks and rewards. Not hitting to the face is a disadvantage. After years of going against sparring partners who don't go for your face, you can get in the habit of not protecting that area. And the face is a prime target for many attackers. Getting in the habit of “pulling punches” as required for light contact sparring can make your technique less effective. On the receiving end, taking light strikes doesn't

help condition you for the full contact you'll encounter on the street. Also, at over \$100, the gear has a moderate price.

For the instructor, negotiating loaner gear and getting students to purchase their own can be difficult. And from a teacher's point of view, it's often difficult to get the whole group involved because some students don't always have their gear. Plus, you must have competent, trained supervision available to referee the matches.

### THE PROS

With all of those disadvantages from all of those points of view, why do we bother with light contact sparring? In short, it's a safe way for students to practice real-time techniques. It has many other benefits too. It helps students practice distancing, speed and timing for blocks and strikes, with a variety of partner sizes. Our footwork, moving and stances can be put to a test. We can learn and practice different ways of getting around our partners' guards and to their targets.

While you learn to control your strikes in sparring, you build your physical as well as emotional control. If you practice full contact strikes on targets such as heavy bags, you will be able to execute them if ever needed on a life protection situation. Sparring helps build courage. And it develops thinking and acting on one's feet in a fluid situation. Plus, it's a great cardio workout.

### SAFE SPARRING

As mentioned, with the correct gear and competent, conscientious supervision, light contact sparring is a relatively safe way of training. These are just some of the systems we have in place that make sparring and our other activities less risky. Being able to spar on a mat like ours makes it even safer as the worst sparring injuries I've heard of involved falling and hitting one's head on a hard floor. When you weigh the pros and cons of our light contact sparring, it is a great avenue of training.

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



# March 2019

RENSHI'S CELL: (480) 330-8886

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month at 10:40am, except holidays. Saturday class for All Ranks and Black Belts, Kids and Adults is at 9:40am.					1	2
3	4	5	6	7	8	9 Core Leadership Meeting 10:40 am.
10	11	12	13	14	15	16 Black Belt Club for BBC members 11:40am.
17 <i>St. Patrick's Day</i>	18	19	20	21	22	23 Last day to place Century retail orders.
24 31	25	26	27	28	29	30 Certificate Ceremony & Testing* 10:40 am.

\* = Wear full formal gi / uniform.