



The East Valley Kicker

“That you may retain your self-respect, it is better to displease the people by doing what you know is right, than to temporarily please them by doing what you know is wrong.” - William J. H. Boetcker

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APRIL 2018

REFERRALS & REVIEWS

The biggest compliment you can give the dojo is your referral to your family and friends. We appreciate your trust!

Please also refer us to other potential students by giving us a review online. East Valley Martial Arts is on most major website listings.

Thank you also for all of your social media comments and likes. You are supporting your dojo and its online ranking!



The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
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Renshi, 6th Dan

TOP 5 LESSONS FOR KARATE YOUTH

By Jenifer Tull-Gauger

Traditional Okinawan karate can be life changing for people of all ages. But it has great power when it's a consistent part of the life of a child. As they grow, children form their values, habits and ideals. Here are the top five lessons that karate youth learn in childhood training:

SELF-RESPONSIBILITY

Self-responsibility is essential for becoming a contributing member of society. We are talking about consequences, accountability, or the law of cause and effect. A prison guard once said the biggest reason adults end up in prison and repeatedly return there after release is because they didn't learn consequences in childhood. At the dojo we reinforce with karate youth that their actions have an effect – both on the positive and the negative end of the spectrum. This is most effective when karate parents allow their children to reap their consequences and also reinforce this at home.

POSITIVE ATTITUDE

One of the things I love about being in karate is the influence of the positive attitudes of my mentors and other practitioners. From their influences

and through my karate training I have improved my own attitude. And that has helped in my life and in my co-running of the dojo in numerous ways. We promote a positive attitude with our students, and strive to teach karate youth to master this skill. In situations where we have no control, we can always control our own attitude.

YOUTH AND RESPECT

At the dojo, respect is inherited, passed down, promoted and expected. We practice mutual consideration. Our instructors have respect and regard for every one of our students. And we expect all of them to return it. Karate youth learn from the examples around them to be respectful. We also appreciate and promote the powerful lesson of having respect for oneself.

SELF CONTROL

Karate youth learn about the principle of self-control at white belt, in Dojo Kun #5. But we don't just give it lip service. We expect students to practice self-control starting from the very first lesson when we line up and stand still to listen to the instructor. Restraint is reinforced when practicing partner drills. If you practice a habit regularly, it carries over into

other areas of life. When a teen learns self-control, it makes a big difference in their high-school years.

COMMUNITY

Michael Newland Renshi founded the special community of our dojo in the mid 1990's. Gauger Renshi and I became a part of it in the late 1990's. The dojo is a place where you work hard and make mistakes and instead of laughing at you, we support you to persevere. We welcome and value new students, and in turn the newcomers learn to value and support their dojo mates and community. This is where karate youth focus on their personal growth in a positive, supportive environment.

Our young people can be highly influenced during their formative years. The longer you are a part of the dojo community, the more benefits you will gain and the longer they will last. Karate youth who have grown up in the dojo reap the benefits of these five lessons, plus many more. This was well-articulated by the new wife of one of our former karate youth. She said, "Thank you. You are a big part of the person he is today."

APR. WEAPON: *Kama, Tan Bo*
 (May: bo & jo)
 FOCUS: *Respect*



April 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 <i>Easter</i>	2	3	4	5	6	7	
8	9	10	11	12	13 Black Belt Club for BBC members 7:30 —8:20 pm. (No 7:30 pm Adults.)	14 Core Leadership Meeting 10:10 am.	
15	16	17	18	19	20	21 Last day to place Century orders.	
22	23	24	25	26	27	28 Certificates* & Test* 10:10 am.	
29	30					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.	

* = Wear full formal gi / uniform.