



The East Valley Kicker

“The undisciplined are slaves to moods, appetites and passions.” - Stephen Covey

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Renshi's Cell: (480) 330-8886

APRIL 2019

Welcome

♦ Liam (Little Dragons)

SAVE THE DATE

Our Renshis started karate 20 years ago and we are celebrating!!

When: Sat. May 4th

11:00am to about 1:30pm

What: Seminars 11:00-11:45am, followed by a Potluck Lunch. Bring food to share, bring your family, bring your friends. It's free!

Parents Seminar: KEEPING KIDS AND TEENS SAFE ON SCREENS

Kids & Teens Seminar: SELF-DEFENSE WITH THE FORCE (for ages 6 and up. Star Wars t-shirt/costume encouraged.)

Childcare available.

RSVP by Sat. April 27th.

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 GROUND FIGHTING

By Jenifer Tull-Gauger (3/12/19 blog)

Our dojo offers ground fighting classes as enrichment to training. Not all traditional karate schools do. However, rolls, falls and take downs were part of many ancient Okinawan styles. We continue to preserve some of these basics in our curriculum of karate classes. Plus, many of our students appreciate rounding out their training with the option of more in-depth ground practice.

GROUND FIGHTING CLASSES

I usually tell new karate parents that ground fighting is like wrestling. It includes a lot of partner work on the mat. The drills and exercises center on getting comfortable with falling, rolling, and leveraging yourself, your partner and the mat. Submission grappling is a big part of many drills.

POPULAR WITH YOUTH

Another thing I've noticed is that the ground fighting class is popular among students around the ages of 11 to 16. Many boys tend to naturally want to wrestle and ply their physical skills. In our ground classes they can more safely and efficiently learn these skills that increase their life protection abilities. Qualified supervision is a huge bonus to any youth working on these skills. Plus, these youth find the classes a lot of fun.

GREAT WORKOUT

If you have ever worked on falls or rolls, you probably noticed what a dynamic exercise they are for muscle-building. (Evidence: sore muscles you didn't know you had the day or so afterwards.) With all of the partner work in ground fighting classes, you also get a cardio workout. Many of

the warm-ups and drills also build upon these physical skills which build the body. Our adult students love that about ground fighting.

SELF-DEFENSE

Just spending time working on the ground with various partners will help you improve your self-defense skills. The focus of ground fighting classes helps you become more efficient and proficient with submissions. You also learn to apply other karate skills from ground positions in addition to stand-up practice. Experience in ground classes helps you to improve your ability to defend yourself and others. Our dojo has developed this enrichment program as a benefit to our students' training. It helps improve life protection abilities, offers a great, unique workout, and it's fun!

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



April 2019

RENSHI'S CELL: (480) 330-8886

NEW **Bo or Jo**

10% off

In-stock or order by Wed. 4/17

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12 Black Belt Club for BBC members 7:30pm.	13 Core Leadership Meeting 10:40 am. (No Black Belt Weapons class today.)
14	15	16	17 Last day to place Century orders for this month.	18	19 Dojo closed, no classes	20 Dojo closed, no classes
21 <i>Easter</i>	22	23	24	25	26 Teen Game Night 7:30—9:00 pm, free, bring a game & snack to share. For ages 13 to 18.	27 Certificate Ceremony & Testing* 10:40 am. RSVP for May 4 th Celebration
28	29	30			Certificate Ceremony & Testing 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.	

* = Wear full formal gi / uniform.