

# The East Valley Kicker

"Men are respectable only as they respect." -Ralph Waldo Emerson

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

## MAY 2010

### Welcome

- Martha Lopez (Adults)
- Jack Lewis (Little Dragons)

### CELEBRATE WITH ORIGAMI FRI. MAY 7TH

**FOR OUR STUDENTS AGE 8 AND UP, FREE, 7:10 - 8pm.** Learn to make Japanese folded paper creations for Japan's Children's Day and for Mother's Day!!

### BRING A MOM SAT. MAY 8TH

**FREE!** We are asking students of all ages to bring a mom or a woman you respect at 11:20am. (No push-ups or jumping jacks for our special guests!) Learn self defense and watch a special dojo movie made by Mr. Proce!

### CAR WASH SAT. MAY 22ND

**8AM-1PM, TELL YOUR FRIENDS!** Help needed! Lend a hand! Students going to Summer Camp in MO and working the Car Wash Fund-raiser will split the proceeds to help with travel costs.

## MY TWO GRANDMAS

by Jenifer Tull-Gauger Shihan, 4th Dan

The end of April, we drove to Southern California to celebrate both of my grandmother's birthdays. Grandma Laura turned 92 and Nana is turning 90.

Grandma Laura lives on her own, is clear mentally, and dances at weekly AARP meetings. She has always said, "you learn something new every day."

Nana is quick-witted, still has clear sight and hearing, and enjoys spending time with her family. Last year she took a stained-glass class with my aunt and cousin.

My grandmas are beating the odds. It is rare for Americans to live that long. Longevity

is not so rare in Okinawa, where they have the highest percentage, in the world, of people over 100 and even over 110 years old. I noticed that my grandmothers practice the principles which are attributed to the long life of the Okinawan elders.

Grandma Laura, for example, has used exercise for health, since she was in her twenties. Her employer sponsored a program which taught her how to exercise. She made that a part of her morning routine, in addition to dancing regularly. She still does these things and has always had agility past her age. Grandma Laura also implemented

healthy eating as a part of her lifestyle. Good diet and exercise are two of three main reasons Okinawan elders live long, healthy lives.

Nana practices the third Okinawan principle of *iki gai*. *Iki gai* is the concept of having a reason to live, having a purpose in life. It could be plants to tend, friends to support, a business to run, etc. As long as a person has a reason to get up in the morning, they have *iki gai*. Nana has her family, they want to do fun things with her like see movies and take classes and visit.

We can learn a lot from our elders, both here, and in Okinawa.

## "BE THE NEXT KARATE KID" END OF SCHOOL PARTY!

- CELEBRATE THE START OF SUMMER
- KARATE MOVIE
- LEARN MOVES FROM THE KARATE KID MOVIE
- HAVE A YUMMY JAPANESE SNACK

- BRING YOUR FRIENDS FREE AND JUDGE THEIR WHITE BELT TEST
- Each paying student may bring up to three friends for FREE! This is about starting out the summer,

preparing for the new Karate Kid movie (in theatres 6/11), bringing in your guests to help them earn their white belt and seeing who's the next KARATE KID! Age 6 & up, \$20 by Wed. 6/2, or \$25 later.



# May 2010

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>NEW BOs</b>  <b>10% OFF</b>  <b>THIS MONTH</b></p>					1
2	3	4	5	6	7 Celebrate w/ Origami 7:10 - 8:30pm, ages 8 & up, free. 1st Yoga class free^	8 Bring a Mom to Karate 11:20am, all ages, free^.
9 Happy Mother's Day!	10	11	12	13	14 Black Belt Club (BBC) for members only 7:10 - 8pm	15 Teachers & Assistants Meeting 9:05am (read ch. 8 & make mind-map)
16	17	18	19	20	21 Last Day to place Century Orders for this month & before camp	22 Car Wash for donations Fundraiser 8am-1pm^
23	24	25	26 Health Maintenance Class w/ Dr. Scott De La Fe, 7:10-8:10p free^	27	28 Certificates & Test 7:10pm*^	29 No Classes, Dojo Closed
30 No Classes, Dojo Closed	31 No Classes, Dojo Closed, Memorial Day	1 June	2 June Last Day to pre-pay Karate Party for only \$20	3 June	4 June "Be the Next Karate Kid" Party 7-10pm, \$25*^	* = wear full formal gi. ^ = open to the public, bring your friends.