

The East Valley Kicker

"Nothing can bring you peace but yourself." -Ralph Waldo Emerson

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

MAY 2013

WEAPONS R OK!

Weapons classes are a unique enrichment program. If you have been invited in, be sure to purchase your own weapons (everyone needs a bo), and attend weapons classes regularly to enhance your karate training. Weapons katas are part of the advanced belt requirements.

WEAPONS & GEAR 4 SALE

Your dojo needs your support! When you purchase weapons, sparring gear, uniforms, etc. please buy from us. The proceeds help keep the dojo around, and help us keep the dues at the low rates we have had for many years. Some of our gear may be a little more expensive, but it is high-quality, durable and long-lasting. Plus, we pay shipping, so you don't have to.



PRACTICE KARATE & DOJO KUN (RAFFLE)

by Jenifer Tull-Gauger Shihan, 4th Dan

To learn a skill, you need to practice. To get good at something, you need repetition. In order to remember and understand techniques and principles, they have to be put into action.

Kata practice can be fun:

Do them during commercial breaks;

Show a kata or two to a grandparent or someone you don't see daily;

Make a stuffed animal, doll or action figure do the kata;

Practice just the hand techniques or footwork;

Do naihanchi on a board, curb or line;

Practice kata standing in a pool;

Do a form in the sand and see the pattern of footprints;

Vary the style: eyes closed, slow motion, super fast, crazy kiais, etc.;

****Have someone take a picture of you doing a kata away from the dojo & share it!****

*If you use the last suggestion, it could win you a prize!! This summer, we have special incentives for practicing both your kata and your Dojo Kun. At our end of the summer Dojo Swim Party in August we will hold a raffle for fun prizes like Japanese candy, fancy chopsticks, nunchaku and ninja stars. The only way to be entered in this raffle is to perform a kata or Dojo Kun principle, and then share it with the dojo.

The Dojo Kun is the most important thing we

learn. *Koto* means do it, put it into action! When you perform a Dojo Kun, showing good moral character, honesty, perseverance, respect, and/or restraint, share that with us, and we'll give you a raffle ticket.

We encourage all students of all ages to participate!! You can get tickets all summer to enter the raffle. We will have a slip to fill out for ticket nominations for Dojo Kun actions.

There is a maximum number of raffle tickets each student can earn in each area. This will be posted at the dojo. Share hard copies of photos or slips, or post to me on Facebook, within one week of the performance. Keep practicing!!

REFRAIN FROM SIDELINE COACHING

Parents, your support of your karate students is priceless. We appreciate your encouragement and involvement at the dojo. However, please do not coach or talk to your kids while they are in class.

The only exception is in the unlikely event that an otherwise undetected safety situation is imminent and your interference would prevent injury. In that case, by all means talk, yell or even come on the mat!

Normally, though, when you talk to or coach students in class, it does not let your child learn to be accountable for their own actions, it distracts students and teachers, and it can be, in itself, a safety issue.



May 2013

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW 2-Part Weapons 10% OFF in May By request.</p>	<p>Certificate Ceremony & Testing takes place the last Saturday of each month, except holidays. (Class will be at 9:10am on testing Saturdays.)</p>		1	2	3	4
5	6	7	8	9	10	11
12	13	14 Black Belt Club, for BBC members 7:10pm, no Adults class today.	15	16	17	18 Last day to place Century orders this month.
19	20	21	22	23 Last Day to pre-pay for Sleepover for only \$35 [^]	24 Only class 6:10 to-day (no 7:10), Dojo Sleepover 7:15pm to 9:30am (\$45) [^]	25 Dojo Closed, no classes for Memorial Day weekend.
26	27 Dojo Closed, no classes <i>Memorial Day</i>	28 Certificates & Testing 7:10pm* (Regular 7:10 class cancelled)	29	30	31	* = wear full formal gi. [^] = open to friends and family.