



The East Valley Kicker

"If you change the way you look at things, the things you look at change." - Wayne Dyer

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MAY 2017

SUMMER CAMP IN MO

Kaicho is hosting the biggest event of the year for the United Ryukyu Kempo Alliance, in Oak Grove, Missouri, Friday June 9th thru Sunday June 11th. \$275 includes the camp tuition, meals and t-shirt (there are discounts for additional family members). If we plan ahead, we may be able to find a HQ student to provide a place to sleep. Let a Renshi know right away if you are interested!! We need to reserve our spots and send in registration by Sat. May 6th. This is a nice time with many other karateka and a great learning opportunity!



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

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"IMASHI" HOW TO, PART TWO

by Jenifer Tull-Gauger

Welcome to the second part of a three-part series on using Dojo Kun #5. Last time, we looked at step number one in my formula for following Dojo Kun #5: Fire Hazard Prevention. I covered ways of daily living and attitudes that will keep "tinder" to a minimum. They prevent and help control the fire that, unchecked, can rage inside of us.

If you are following the first step in your daily life, you are cultivating contentment and a positive, grateful, joyful attitude. I don't have this all the time, but if I overall have and am intentionally working on that positive attitude, I am more aware if the fire rises. Anger feels different and at odds with my happy-medium state.

Recognition of anger rising gives you more control over it. *Imashi* is the part of Dojo Kun #5 that means to admonish, or be cautious of. By itself, *imashi* means "CAUTION." In the context of the Dojo Kun, it means, "Watch out for and admonish the fire of impetuous courage that can rage in your blood." We like to

say "Push down the fire that can rage within."

Step number two in my formula for following Dojo Kun #5 is: Pushing the Fire Down in the Moment/Fire Extinguishers. These help me control the anger when it rises up.

One is to breathe. You have probably heard it before, but breath control is easy to underestimate. Counting 10 breaths while slowing my breathing gives me a moment to consider my options, instead of responding rashly. Even better, take a little longer to feel your pulse or your heartbeat. Then inhale for five or six beats, and exhale for the same number of beats. Repeat 10 times. This will relax you and help control your emotions, and subsequently your actions. This is one of my tried and proven techniques.

Another is, if someone's doing something that bothers or inconveniences me, I give them the benefit of the doubt. I use this one for people who cut me off in traffic, or in dealing with someone who is less-than-polite (to put it nicely). I don't know what obstacles they have had in their

day. Maybe they are grieving or dealing with heavy issues. Maybe they are rushing or curt because they have diarrhea! We all have bad days and unfavorable moments, and we don't always deal with them in good stride. I know I have had my share of less-than-stellar times. And they were often forgiven. I pay forward that grace whenever I can.

Two techniques are particularly helpful for dealing with people I know when they are upset, not controlling their fire, and in danger of agitating me. One is trying to put myself in their shoes. Then I often realize that the thing upsetting them is something other than what they are fussing about. I can help them realize this and deal with this "root" problem. The other is to listen and bite my tongue, not to get pulled into an argument.

Later, if my thoughts return to the issue that sparked toward my tinder, I make sure to deal with that stress expediently, so I'm not just bottling up my anger. Next time, we'll go over how to do this.

MAY WEAPON:
nunchaku, chizi kun bo
 (June: Sai, Tonfa)
 FOCUS: **Good Attitude**

May 2017



RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NEW Sai or Tonfa 10% off By request, order by 5/19.	1	2	3	4	5	6 Reserve your spot for Summer Camp in Missouri.
7	8	9	10	11	12 BBC 7:30 pm (No 7:30 pm Adults today)	13
14 <i>Mother's Day</i>	15	16	17	18	19 Last Day to place Century orders for this month and before Summer Camp	20 Black Belt Leadership Meeting 10:50 am.
21	22	23	24 Test* 7:30 pm.	25	26 No classes, dojo closed for Memorial Day weekend	27 No classes, dojo closed for Memorial Day weekend
28	29 <i>Memorial Day</i>	30	31		Certificate Ceremony will not be held this month, be sure to attend next month if you need a certificate. Testing takes place on a Wednesday evening this month due to the holiday.	

* = Wear full formal gi / uniform.