

The East Valley Kicker

Yii kutoo isugi. / Do good things quickly. –Okinawan proverb

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

JUNE 2009

Welcome

- Jehrt Flitton (Kids)

Karate Summer Camp in Missouri

Karate Summer Camp will take place in Missouri June 5-7. We have over a dozen students attending, two testing for their first level black belts and a few testing for higher levels of black belt. If you have not attended before, you don't know how much fun, training and camaraderie you're missing out on! Kaicho usually has well over 100 people at his camps from Alliance dojos all over the world. It's a great experience. Due to the camp, we will not hold classes on Friday the 5th or Saturday the 6th. When one student is promoted, the whole dojo moves forward so we're all taking a big leap this camp!



Making the Best out of Your Summer

By Allie Alberigo

What are the HOTTEST weeks of the summer? Of course the ones that you are training at your Martial Arts school. Now I don't mean "hot" as in the definition of the word meaning heat; I mean HOT as in exciting. Why is summer so good for your training? It's simply because while others are thinking about taking off, you are pushing forward and persevering. Why will you be different? Quite simply, because you are the type of person that realizes that excellence takes time and effort.

The difference between being good and being great is taking that extra

step. What does an extra step equate to? In the months of summer when most people slow their training, you can take the time to push yours forward and turn up the heat. You can come to the same number of classes or you can do more, so when all the others return, they will see that you have progressed so much further along.

But as Martial Artists we don't train for anyone else: we do it for ourselves. We are constantly in the pursuit of perfection - this is called Shimbumi. As athletes we have two choices: work only to our comfort zone, or push past

the obstacles that may slow us down from creating the best training environment and personal development ever. You need to ask yourself the question: "Do I want it bad enough?" If you nod your head and say "Yes," then it is up to you and you only to push yourself to levels you never thought were possible.

If you are having struggles doing this on your own, remember that your instructors are there to mentor you and take you to heights unimaginable. **Here's to the hottest summer ever. WORK OUT HARD!**

JUNE GAME NIGHT

FUN FRIDAY 6/19, 7-10pm GAME TRY-OUT NIGHT

Two of our teens, Griffin and Michaela came up with this idea and are heading up this FUN KIDS' EVENT.

Join in the fun as we try out several ALL NEW GAMES, never before played at the dojo. You can bring your idea for an original game or modify a game we've played before. We will try out everyone's

game and then vote on the best one. If it's fun enough we'll even introduce your game in class. Drink and snack included, \$15 per kid. (\$10 pre-paid by Thursday.)

Weapon of the month: Nunchaku

June 2009



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Matthew Am-bagis' B-Day	3	4 no 5:50 class, All Ranks combined class at 6:35-8pm	5 Dojo closed, no classes	6 Dojo closed, no classes
7	8	9 Kids all ranks at 5:35p (no 6:20p class)	10	11	12 BBC 7pm	13 Used Gear Sale Begins 10am
14	15 Summer Weekly Schedule Begins	16 Kelly Salzman's Birthday	17 Acacia's B-Day	18 Last Day to Pre-pay Fun Fri. for \$10 ea. Last Day to place orders.	19 Fun Friday Game Try-out Night 7-10p, (\$15 reg., \$10 pre-paid by Th.)	20 Used Gear Sale Ends. Sahej's B-Day
21	22 Oki. Field Trip Fundraising Committee Meeting 7pm. Lizzie R-B's Bday	23	24	25 Teen Meeting (song) 6:35p. Teacher's Meeting 7:30p	26	27 Testing & Certificates 1p
28	29	30	1 (July)	2 (July)	3 (July)	4 (July) Dojo closed, no classes