



The East Valley Kicker

“To know what is right and not do it is the worst cowardice.” ~Confucius

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

JUNE 2013

Welcome

- Kristin Dennis (Adults)
- Matthew Harris (Kids)

Dress Code

CLEANLINESS: Your uniform and you should be clean, *including the bottom of your feet*. Please make sure fingernails and toenails are trimmed *and filed* regularly to remove sharp edges that can injure you and your classmates.

ABSENCE OF JEWELRY:

For your safety and others' safety, and to protect equipment: only band rings may be worn (nothing may stick out of the ring); earrings must be small so that they cannot catch on a finger; necklaces, bracelets, watches, anklets and other jewelry must be removed *prior to class*.

ADDENDUM - CLOTHES:

You may wear a t-shirt or tank top under your *gi* top, but *not* a shirt with a collar or buttons. You may wear bicycle-type shorts under *gi* pants, but not long pants, and no shorts with grommets. With the exception of a t-shirt at the “V” of your *gi* top, clothes must not hang out or show under *gi*.

EVERYTHING SPRINGS FROM THE BASICS

by Joe Kimberl Shidosha

At church the minister gave a sermon that I thought rang true with Ryukyu Kempo execution. He told a story of a young talented jazz musician whose dream was to play with jazz master John Coltrane. One day John Coltrane came to a club in his town and so he got to play with him.

Everything was great for the first minute or so and then he felt lost. He didn't know where they were in the song or what he should be playing. At the break he asked the master about it and Mr. Coltrane asked him if he knew

his scales. The young guy said, “Of course I know the scales.”

Mr. Coltrane said, “No - do you really know your scales, like they are a part of you? Like they are so engrained that they are something you do without even thinking about it?” He explained that in order to have greatness and creativity in your art, you have to know your basics. You have to know them inside and out.

This resonated with me regarding Ryukyu Kempo. Allan Amor Kaicho (of Headquarters) and Banks Shihan (of the United Ryukyu

Kempo Alliance dojo Okishin Kan, in Pensacola, Florida) have always preached knowing your basics and that it all comes down to your basic techniques. They have taught that without this foundation, your technique could be flawed.

Everything springs from the basics. I find that truth the more I study Kempo. I should also point out that though I had this inspiration, I was also paying attention to how the story related to the message the minister was trying to convey.

SUMMER RAFFLE HAS STARTED

Prizes: Nunchaku, Ninja Stars, Chopstick/Bowl sets, Asian Candy, and more! Our students can enter by doing:

-Kata: Share a picture of you doing a kata away from the dojo. Within 1 week: bring the picture to be posted at the dojo, or post it on Facebook (tagged with “Jenifer Tull-

Gauger”), or e-mail it to jenifer@evma.net & it will be posted on the EVMA Facebook page). Max of 2 pics/month.

-Dojo Kun: Put a Dojo Kun into action. Within 1 week: return slip(s) provided, or post on EVMA FB page. Max of 2 self-nominations/week, & max

of 2 nominations/month by another person. Winners will be drawn at our End-of-Summer Dojo Swim Party (date t.b.d.). You do not need to be present to win, but you may want to be present to pick a prize!





June 2013

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW BO or JO 10% OFF in June By request.</p>	<p>Certificate Ceremony & Testing takes place the last Saturday of each month, except holidays. There will be no 10:10am or 11:10am classes then; All Ranks Adults & Kids are welcome to come to class at 9:10am.</p>					1
2	3	4	5	6	7	8 No 9:10am Black Belt Class today.
9	10	11 No 9:30am Adults Class today.	12	13	14 Black Belt Club, for BBC members 7:10p No Adults class today.	15 Instructors & Assistant's Training 9:10am (class communication)
16	17	18	19	20	21	22 Last day to place Century orders this month.
23	24	25	26	27	28	29 Certificates & Testing 10:10am* (Class at 9:10 today)
30						* = wear full formal gi (uniform).