



The East Valley Kicker

“Many of life's failures are people who did not realize how close they were to success when they gave up.” — Thomas A. Edison

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MANY THANKS

To Roger Haeske, The 48-Year Old Teenager, for sharing his writing. Roger is an internationally recognized expert in the Raw Food Diet, Bodyweight Fitness and Infinite Potential Training. He's the author of the international best seller Lightning Speed Fitness Program that has sold thousands of copies in over 33 countries.

Roger publishes an inspiring e-letter, of which you can get a complimentary subscription on his website:

<http://RogerHaeske.com>

You can check out his new Push Up Blaster forum at:

<http://RogerHaeske.com/PUBlaster2.html>

YOGA

Stretching, balancing, breathing, relaxing: Wednesdays at 7:10-8:10pm. For age 10 through Adult. First class FREE! Then it's only \$5 per class for our students, and \$8 to \$10 per class for others.

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

Head Instructors:

Kirk Gauger,

Renshi, 5th Dan &

Jenifer Tull-Gauger,

Renshi, 5th Dan

WOMEN & PUSH-UPS

By Roger Haeske

I've come to realize something over the years. And that's this... most women don't like doing push-ups. That's a good thing. Really, I don't think women should be doing push-ups. Here's why.

1. They will get way too strong: Do you know how emasculating it is when your woman can carry 4 grocery bags in each hand up the steps? If my woman could do that then what need is there for me? What happened to the manly tasks like carrying a 50 to 100 pound bag? What good would it be to be a man if my woman could do those things?

2. They'd start looking too attractive: Do you know how sexy a woman looks when she has strong, athletic and yet feminine muscle tone? If my partner started looking so hot I'd be worrying all of the time that she'd be cheating on me. Better for her to look flabby, blah and always wearing a frown. That way she'll always be around to keep making me sammiches.

3. They'd have way too much energy: I don't know if you know this but doing a hard core push-up workout will give you a boost of energy. Just give it a try first thing in the morning. Do a workout of 50 to 100 push-ups and make sure in each set you're getting close to your maximum. You'll be sucking in oxygen like

crazy and oxygenating every cell in your body. And of course, with the extra oxygen comes extra energia. Better to have her tired and lazy and that way she'll let me keep on watching Tee Vee.

4. They lift a woman's boobs: Again I can't have anything making my partner look more sexy as I discussed in reason number two.

5. They improve posture: When your posture improves you become more confident. I don't need my woman developing spine when I'm telling her how things should be done around the house. Even if I'm wrong. Better to keep her confidence down so I can properly dominate.

6. They strengthen the heart and lungs: When you grow your heart and lungs you slow down the aging and disease process dramatically. You increase the amount of oxygen to your cells and you literally grow the size of your lungs preventing pneumonia and other lung problems. This is something good for me, yet I'd not want it for my woman. Why? I don't know why. I'm just a male chauvinist jerk and I don't want her to be happier than me.

7. Because doing push-ups saves her time and keeps her in the house: If she was working out like most women she'd be spending a good portion of her day in the gym doing one time consuming isolation exercise after an-

other. That gets her out of my hair for at least an hour or two. But with push-ups she can do her full workout at home in ten minutes. Then I won't have the house to myself anymore.

I hope you had a good laugh. You do know I've been pulling your leg right? It's quite obvious that women should be doing push-ups and lots of them. As a general rule women are naturally weaker in the upper body, so it's important for women to strengthen themselves so that they can handle some of the heavy lifting. I mean who really prefers being weak?

And no, doing lots of push-ups won't give you huge muscles. That's not gonna happen unless you start taking illegal substances. Push-ups will give you muscle tone and attractive muscles that are just the right size.

Me personally, I can't stand the skinny model that I can't see a single muscle on. Give me a girl with some strength and muscle tone any day. Then again, I don't like the look of female body builders either. Most of them start looking too much like a man. But that's not going to happen from doing push-ups. That happens from juicing up.

Don't let the men have all of the fun when it comes to being strong. I'm not a chauvinist pig. That was my buddy Al Bundy writing the first part of this. I want all women to be strong, energetic, happy and beautiful.

June WEAPON: **Sai, Tonfa**
 (for July: kama, tan bo)
 FOCUS: **PERSEVERANCE**

June 2016

RENSHIS' CELL: (480) 330-8886



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 No Ground-fighting for Summer. Yoga at 7:10-8:10pm (extra charge).	2	3	4 Black Belt Instructor's Meeting 10:10am.
5	6 No Monday classes for Summer.	7	8	9	10	11 Summer Karate Camp at HQ in Missouri.
12	13	14	15	16	17	18 Bring a dad to karate 9:10am, free. Black Belt Club 10:10 to 11am.
19 <i>We appreciate our karate dads Happy Father's Day!</i>	20	21	22	23	24	25 Certificate Ceremony* & Test* 10:10a.
26	27	28	29	30	 DOJO CLOSED for Independence Day weekend: FRIDAY JULY 1ST THRU MONDAY JULY 4TH. Have a happy & safe 4th!	

* = Wear full formal gi / uniform.