

East Valley Martial Arts Events

July 2005

EAST VALLEY MARTIAL ARTS
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 DOJO CLOSED—NO CLASSES
3	4 DOJO CLOSED—NO CLASSES INDEPEND- ENCE DAY AARON'S BIRTHDAY	5	6 LITTLE DRAGON STRIPE TEST- ING 4:30	7 <i>EDWARDS SENSEI'S BIRTHDAY</i>	8 FUN FRIDAY 7:30—10:30P MOVIE NIGHT \$10 APIECE <i>RILEY'S BIRTH- DAY</i>	9
10	11	12	13	14 NO YOGA (11:15 AM)	15 NO YOGA (6:15 PM) <i>TOM'S BIRTH- DAY</i>	16 <i>WILL-SAN'S BIRTHDAY</i>
17	18 <i>BRIANNA HOMEWOOD'S BIRTHDAY</i>	19 NO YOGA (11:15)	20 LITTLE DRAGON STRIPE TEST- ING 4:30	21	22 FUN FRI. 7:30—10:30 PM DODGEBALL TOURNAMENT (SEE FLYER) <i>LOREN'S & THEO'S B-DAY</i>	23 TEACHER'S MEETING 9:30 AM
24	25 BBC 7:00—8:00 PM	26 <i>NOAH'S BIRTH- DAY</i>	27	28	29	30 BR. & BLK BELT CLASS 9:30 AM. ALL AGE & RANK CLASS 10:30 A. CERTS.* & TEST* 12:00 N
31	1 (AUGUST) WOMEN'S SELF DEFENSE 7:00—8:00 PM \$10 APIECE					

THE EAST VALLEY KICKER

JULY 2005

INSIDE THIS ISSUE...

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Building Good Habits

By Joseph Galea

We all tend to fall off track from time to time. But when we make it a habit to pick ourselves up and get right back on track, then we increase our chances of success in everything we do.

It is not easy to be the best we can be on a day-to-day basis; it takes intense focus. Our problem is that we do not coach ourselves enough on how to stay focused. The solution is to make it a habit to coach ourselves, especially when we make mistakes.

Here are good habits that you can develop and practice every day:

Take responsibility for yourself. Responsibility is the recognition that in order to succeed you must make appropriate decisions about your priorities, your time, and your resources.

Center yourself around your values and principles. Don't let your friends dictate what you should consider important.

Put first things first. Follow up on the priorities you set for yourself. Don't let others, or others' interests, distract you from your goals.

Discover your key productivity periods and places. Utilize the times and places where you feel the most motivated to be productive with

studying, creativity, and work.

Consider yourself in a win-win situation. You win by doing your best in your class, at school, at work, and even at home. Whether you're working at your peak performance for yourself, your fellow students, teachers, or family, if you put your best effort forward then everyone involved becomes a winner.

First understand others, and then attempt to be understood. Put yourself in the other person's place when you disagree. How would you feel if you were on the other side? Then ask yourself how you can make the situation better.

Look continually to challenge yourself. Challenges are what make us grow, and open up new opportunities. If you make it a habit to keep yourself challenged, whether by learning a new instrument, taking up a new hobby, or even starting a new job, you will accomplish more than you would have believed possible.

We need to develop the habit of coaching ourselves every day so that we can be the best that we can be. By doing so we will enrich our lives, and will eventually reach the point where self-development comes naturally. Wanting to have good habits is the first step; taking action is the vital second step. You can accomplish more than you ever imagined as you consciously focus on



Sleep *Crucial for Good Health*

By Jennifer G. Galea MS RD

The foods you choose to consume contain nutrients that are metabolized by your body to give you energy and build tissue. But in addition to nutrients, your body requires sleep in order to be able to rebuild and repair muscles and to grow. In addition, being well rested enables your body to properly channel energy and your brain to function properly.

Beyond all this, did you know that sleep is also required to enable you to maintain an appropriate weight? You might say "of course" if you know that sleep is involved in metabolic function. But did you know that sleep has a direct impact on appetite? A recent study found that the less people slept, the more likely they were to be overweight. Another study found that ghrelin (an appetite-boosting

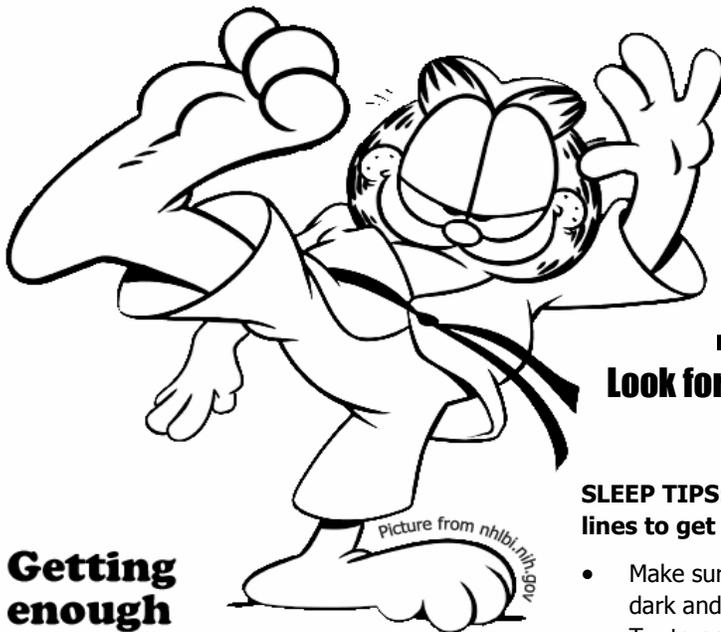
hormone) rose significantly when the study subjects slept only four hours per night, while leptin (a hunger quelling hormone) fell. This means that when you do not get enough sleep, your appetite naturally increases! Sleep-deprived study subjects also had more food cravings, especially for high-calorie sweets and other savory snacks. So in the absence of adequate sleep, you'll naturally crave more food than your body actually needs; and to satisfy this hunger you'll probably consume unhealthy, empty-calorie snacks!

So what is optimal sleep, and how can you effectively adjust yours? Eight hours of sleep per night is recommended for adults. But you might also want to evaluate if you are feeling tired during the day, as evidenced by such things as drifting off during meetings, dozing while watching TV, napping while on the train, etc. If you are not providing your body with the full recommendation of eight hours, or if you show signs of sleepiness, try going to bed 30 minutes earlier and monitor the results.

For children, the requirements are much more varied, based on age, napping, etc. If you think that your child is not sleeping enough at night, try making bedtime earlier in 15-minute increments. This slow change helps a child adjust to the new time, fall asleep easier, and gradually modify morning wake up time.

The goal is to fall asleep easily at night, sleep soundly through the night, and wake up naturally in the morning (not to an alarm or other wake up call). If you or your child has trouble dozing off at night, aim to keep a regular sleep schedule, avoid drinking anything an hour before bed, and avoid caffeine beverages at least six hours before bedtime.

As a martial artist, you must always treat sleep like a nutrient, ensuring that you provide your body with adequate "nutritious" sleep, the same as you ensure that you consume adequate water, vitamins, proteins, etc. For



Getting enough sleep helps you do your best in whatever you do.

Look for these and other tips at sleepfoundation.org, sleepforkids.org and nhbi.nih.gov

SLEEP TIPS: Follow these guidelines to get to sleep on time!

- Make sure your bedroom is cool, dark and quiet.
- Try to go to bed the same time every night.
- Don't drink sodas with caffeine.
- Exercise during the day.
- Avoid big meals before bedtime.
- Have a bedtime routine.

SLEEP TRAPS: Here are some things that can keep you awake!

- Watching TV or playing video games within an hour of bedtime.
- Too much light; too much or too little cold, heat or noise.
- Sodas that contain caffeine and chocolate.
- Sirens, loud music and even your hamster running on its wheel!

A lot more energy to use in positive ways

My name is Cameron McDaniel. I am 9 years old and have been a Tae Kwon Do student for over 3 years. Taking martial arts is a lot of fun, and it has been good for me for many reasons. I have learned to become more disciplined, and when my parents tell me to do something that I may not want to do, like chores, I understand that I have to do it anyway. I also have more self-control, and a lot more energy that I use in positive ways.

*By Cameron McDaniel,
Age 9*

The lessons that I have learned in the martial arts have allowed my parents to trust me being by myself at an activity or at school.

Martial arts has also given me more self confidence. I recently performed a demo in front of my whole school, and at a meeting for the planning department of my town. Because I train and get a lot of exercise, my body is stronger and my skills and technique are much better.

I am grateful for my instructor because I have learned many mental and physical skills.

Cameron is a student at Big Island Martial Arts in Kiho HI, owned by Scott Provost

KidsKORNER

martial arts word

**Welcome to Kids Korner,
the mind boggling, brain
teasing section of
Martial Arts Messenger!**



1. K I ___ I
 2. K ___ T ___
 3. ___ O C ___ S
 4. ___ N I F ___ R ___
 5. ___ I ___ E ___ I ___ K
 6. H I ___ H ___ L ___ C K
 7. ___ N ___ T ___ U ___ O R
 8. ___ H ___ T ___ - B ___ L T
 9. ___ I S ___ I P ___ I N ___
 10. R E ___ E ___ E - ___ U N ___ H
- Bonus: H ___ R ___ E - S ___ A ___ C

How it works. Guess each word by filling in the missing letters. Hint: Each word is martial arts related and there's one random letter for each blank. **Guess the Bonus and add +1 to your score. Good luck!!!**

If you score:

- 9 or more, you are a grandmaster;
- 7 or 8, a master;
- 6, an advanced student;
- 5, an intermediate student;
- 4, a beginner student
- 3, do 10 sit-ups;
- 2, do 10 push-ups;
- 1, do 10 sit-ups and 10 push-ups.

Good luck!!!

RECENT PROMOTEEES

9TH KYU: Brent Riley (L.D.) & Danyella Smith (AD)

8TH KYU: Tom Schlangen (AD)

7TH KYU: Emily Neely, Jessica Neeley, John Schlangen, Joe Schiessl (AD) & Heather Tilus (AD)

6TH KYU: Victor Gonzalez

3RD KYU: William Speiser (AD)

2ND KYU: Chase Owens

Congratulations to you all, you are improving steadily. Keep working hard!!

take note...

As of the publishing of this newsletter, the following people have belt rank certificates waiting to be awarded to them :

Jacob Garn	Lizzie Garn
Robert Neeley	Sam Garn
Glen Ingebretson	Jordan Siegel
Noah Smith	Trenton Chalus
Matthew Bailey	Matthew Barr
Victoria Dominguez	Coltin Lohman
Tyler Miazga	Brianna Veitch
Theodore Simmons	Brianna Homewood
Serena Bryant	Dallin Hamel
Nicholas Little	Daniel Hines
Daniell Little	Adam Schiferl

If your training and accomplishments are important to you, come to the next certificate ceremony in full white uniform so that we may award you your certificate. Some of these certificate are several months old, and we cannot hold onto them indefinitely. (June '05 certificates coming soon.)

upcoming events

Check the event calendar on the front page for class closings this month & other special events.

FUN FRIDAY 7/8 Movie Night—Join us for pictionary, a movie, popcorn/snack and a drink. 7:30—10:30 p.m. \$10 per person, please sign up by Thursday 7/7. All ages welcome.

FUN FRIDAY 7/22 Dodgeball Tournament—Form a team of five people in order to sign up (this event is for all ages, karate students and their family members, so you might want to have a couple of adults on your team.) This night will consist of a Dodgeball championship, with prizes for the winning teams. Drinks and snack will be included in the entry fee of \$10 per person. We need a minimum of four teams in order to hold this event—sign up as soon as possible! This will be a fun and exciting event!

We will have a special Brown and Black Belt Only Class this month on Saturday 7/30 at 9:30 a.m. Kids and Adults, if you are a brown or black belt you are invited to join us for some serious advanced training—no goofing off.

JULY QUESTION

Turn in by July 28 to receive a ticket.

(Based on Guiding Principle #2)

Name one specific way you can be polite and show respect to other people at the dojo. When should you do this?