

The East Valley Kicker

“We can do anything we want to do if we stick to it long enough.” -Helen Keller

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JULY 2012

THE PERFECT TRAINING SCHEDULE

Now that we are settled in to our new location, most of you are doing great with your attendance. Most students are in class at least two times a week. This is evident in the All-Ranks classes Tuesday, Wednesday and Thursday evenings. Lots of people, eager to learn, and the energy is great, even in the summer! If you are in at least two empty hand classes each week, great job! Keep it up! This helps you to retain what you have learned and to advance at a steady pace.

If you have not been in class that much, JUST GET HERE! I know schedules can be hectic, but each week we can recommit to attending a couple classes.

FALL SCHEDULE

If you are having trouble with the above because of scheduling difficulties, give us your input. We are currently planning our Fall Schedule, which will start Aug. 6th. We will be back to Monday thru Friday evenings & Tuesday, Thursday & Saturday mornings. We aim to keep changes to a minimum, but let us know any schedule suggestions that would help YOU by July 11th!

THE PERFECT TRAINING PARTNER

by Jenifer Tull-Gauger Shihan, 4th Dan

There is a place inside all of us that longs to feel connected, as to a twin.

Last year we had a teen-aged young lady start karate. She was a bright, positive student. She would have liked to see other beginner females her age at the dojo. I think that is why she lost interest in training and quit after a short time. She was looking for the perfect training partner. She wished for someone who was the same age, same gender, and a beginner like her. She wanted a BFF with whom she had a lot in common, someone who saw the world like she did.

Ironically, a few months later, another teenager joined us. She was more independent, and stuck with it longer. But she also wanted the perfect training partner, someone who fit her mold. She was soon gone.

We all long for the perfect training partner. The big guy with a black belt wants another advanced

man like him who loves kata. The older student wishes for a class filled with seniors. The second-grade kid comes to the dojo hoping to see other boys his age. Even I have fallen into this thinking-trap.

I have yearned for a friend or associate who would look at life from a similar perspective. (She would be close in rank, and also a dojo owner because that entails a unique point-of-view. She would have to be in Traditional martial arts, and have a similar set of values. After having all that in common, we would have to have compatible personalities.) That is a dangerous line of thought for a martial artist, because:

1) Dwelling on not having a perfect training partner is just another of hundreds of excuses for being lazy and quitting.

2) I have seen students with cookie-cutter training partners, and it's not all it's "cut out to be." When you notice differences in

your martial arts technique it's a headache. The training partner you identify with most has too much pull on you. If they criticize a dojo-mate, your opinion of them will also go down. If they quit, you will find it hard not to.

3) Each of us in martial arts is always on our own path. If the dojo were filled with your clones, it would be difficult, if not impossible, to stay on your path. We are each very unique and special creatures. We get our own lessons from our training. At the dojo we learn more about our inner selves than anything. A "perfect training partner" makes it hard to truly focus on your own training and growth.

Really, the perfect training partner is the one right in front of you who cares about your safety and works hard. I have learned that no matter our age or rank, we can learn from the youngest and lowest rank. We can learn without a partner too. We just have to train mindfully and regularly.



July 2012

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Dojo Closed, No classes on Mondays through Aug 4.	3 Holiday, Dojo Closed, No Classes.	4 Dojo Closed, No Classes, <i>Independence Day</i>	5	6	7
8	9	10	11	12 No Yoga.	13	14
15	16 <i>William Speiser Shihan's Birthday</i>	17	18	19 Early Bird Registration for Gladiator's Night: pre-pay price only \$20	20 Fun Friday: Gladiator's Night 7-10pm, \$25 ea. includes snack, drink, fun! (No B.B. Training.)	21 BBC 9:10am.
22	23	24	25	26	27	28 All Ranks Class 9:10a. Certificates* & Test* 10:10a. (No 11:10a class.)
29	30	31 <i>Austin Tefft's Birthday</i>		Testing will take place the <u>last Saturday of each month</u> , <i>except holidays</i> . There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids may come at 9:10am and train separate from Black Belts.		4 (Aug.) Live Stream Event Online (re: <i>joint lock techniques</i>) 9am

* = wear full formal gi.