



The East Valley Kicker

“Almost any difficulty will move in the face of honesty. When I am honest I never feel stupid. And when I am honest I am automatically humble.” ~Hugh Prather

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

JULY 2013

Welcome

- Emily Piorkowski (Adults)
- Michael Piorkowski (Adults)

Summer Raffle

Prizes: Nunchaku, Ninja Stars, Chopstick/Bowl sets, Asian Candy, and more! Our students are entering 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 to post 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 list on EVMA FB page. Max of 2 self-nominations/week, & max of 2 nominations/month by each other person. Winners will be drawn at our End-of-Summer Dojo Swim Party (In August, date t.b.d.). You do not need to be present to win. You may want to be there to pick a prize!

BASIC EXERCISES

by Jenifer Tull-Gauger Renshi

Building upon the statement that everything springs from the basics, I would like to detail the Basic Exercises that we have introduced to the dojo in full. Basic Exercises 1 thru 10 were designed by Taika Oyata. They build a framework for learning katas and life protection skills. They also create a foundation for doing kata with skill, including the katas after black belt.

The Basic Exercises are numbered because they are sequential. They build upon each other and should be learned in order. Allan Amor Kaicho has said about the Exercises that it is our responsibility to preserve these shining lights, from Oyata, on our martial arts path.

Here is an overview of the 10 Basic Exercises, their basic descriptions, their target skills and the rank they are needed:

1: (13 sets of 10 in naihanchi stance) Structuring/Foundation w/ Basic Hand Moves. 8th kyu.

2: (Half: cat stance, half: seisan stance, single, high, double, punch) Footwork Covering 180° with Hands. 7th kyu.

3: (3 repetitions of single, double, single, double, face, triple, triple, etc. in naihanchi stance) Combinations with Hands. 6th kyu.

4: (Ready stance, guard, down, up, around, guard, fists) Circular Hand Motion. 5th kyu.

5: (Like 4 but moving feet, hands open and relaxed) Circular Motion with Footwork. 4th kyu.

6: (Right hand up, down, strike, strike, push, back, switch hands, ready stance) Wrist Movements/Alternative Strikes. 3rd kyu.

7: (Adding steps to hand

movements from number 6, first going forward, then backward) Wrist Movements/Alternative Strikes with Footwork. 2nd kyu.

8: (Footwork like first half of number 2; single, double, face, repeat) 360° Combination with Footwork. 1st kyu.

9: (Makidachi stance, hands open, switch, right hand around, switch, right hand pull, left hand push, set-up and repeat other side) Getting to the Backside of the Arm. Shodan.

10: (Ready stance, turn, top hand open, together, switch open hand, kick, switch hands, repeat on other side) Opening & Closing of the Hand. Shodan.

This list shows the target skills, and can serve as a study guide once you have learned any Basic Exercises. Practice, practice & practice!



July 2013

SHIHANS' CELL: (480) 330-8886

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-----|--|--|---|----------------------------------|---|
| <p>NEW Nunchaku 10% OFF in July By placing a Century order.</p> | 1 | 2 | 3 | <p>4 Dojo Closed, No Classes <i>Independence Day</i></p> | <p>5 Dojo Closed, No Classes</p> | <p>6 Dojo Closed, No Classes</p> |
| 7 | 8 | 9 | <p>10 Black Belt Club, for BBC members, 8:05 to 8:50p (Basic Exercises & Strobe Light Storming Gate)</p> | 11 | 12 | <p>13 Instructor & Helper Training 9:10am (class communication). Movie Camp early bird deadline, only \$75 paid by today)</p> |
| 14 | 15 | <p>16 Movie Camp 1-5pm \$90 regular price.</p> | <p>17 Movie Camp 1-5pm</p> | <p>18 Movie Camp 1-5pm</p> | 19 | <p>20 Last day to place Century orders this month.</p> |
| 21 | 22 | 23 | 24 | 25 | 26 | <p>27 Certificates & Testing 10:10am* (Class at 9:10 today)</p> |
| 28 | 29 | 30 | 31 | <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 class at 9:10am test days.</p> | | |



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* = Wear full formal gi (uniform).