

# The East Valley Kicker



"When you are content to be simply yourself and don't compare or compete, everybody will respect you." —Lao Tzu

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## JULY 2016

### DOJO LIBRARY

We have a dojo library where our karate families can borrow mostly martial arts-related materials, including Dr. Terrence Webster-Doyle's Parent's Guide to Martial Arts, a movie on bullying in VHS and DVD formats, and a DVD for kids about how to stay safe. The library materials also include non-fiction and novels. The policy is you sign out a book on the list, and bring it back within a month. If you lose it, we expect you to replace it or buy it.



### BE PREPARED

#### For every class:

- wear your uniform, including belt (cup & supporter- guys)
- remove watch, jewelry, etc.
- make sure nails are trimmed and filed
- remove gum, candy, etc.
- bring your mouthpiece
- please try to be on time!

*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

## GENERIC AMERICAN MARTIAL ARTS

By Jenifer Tull-Gauger

This post was published on our Facebook page by a thoughtful friend: *I would like someone like the Tull-Gaugers to develop an "American Martial Arts" - a generic Kung Fu or Karate that all Americans could know and practice at school or home.*

Here is my response: *I agree that people need to take responsibility in learning and practicing how to defend themselves, plus martial arts is a great way to get moving and working out while learning skills. However, we are too traditional and too morally driven to put martial arts out there for a faceless public to learn and practice without the guidance of a sensei. We teach things that can and do hurt both the practitioner and others on whom the techniques are used. There is a moral obligation for instructors like us: to get to know the heart of the student who is learning*

*how to injure others; to teach them how NOT to do so, or what other things can be done to prevent physical confrontation; and also, in the event that the student does need to use their physical skills, to teach them that there is still a level of respect, restraint and common sense that should always be present in one's actions. All Americans who are willing and able to take on those responsibilities CAN learn what we have to teach, but it needs to be in a face-to-face, heart-to-heart situation. Thank you for thinking of us! And thank you for promoting martial arts!*

The friend who posted the idea of a generic martial arts system is one who regularly thinks of the good of the whole, and wants to make the world a better place. I believe this friend came up with the idea because of seeing the need that our society has, to learn self defense, to learn to also pro-

tect others, to learn confidence and learn to be proactive, along with the side effect of getting exercise while practicing practical skills. But, it's true that in practicing our skills, students can get hurt, and they can hurt others.

We teach our students how to disable an attacker. There is an inherent level of danger in what we teach, no matter how safety-minded we are. Without a trained instructor, martial arts can become extremely dangerous. In short, we are developing destructive powers, so it is imperative that we also develop the peaceful side of the human being. Supervision by competent instructors is necessary for martial arts students. It is also important for all practicing martial artists to have a relationship with a higher up who is in a mentoring position. You won't get that without face-to-face learning.

July WEAPON: **Kama, Tan Bo**

(for Aug.: bo, jo)

FOCUS: **RESPECT**



# July 2016

RENSHIS' CELL: (480) 330-8886

New **BO** or **JO**  
**10% off**  
In-stock or order by Sat. 7/23.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month at 10:10am, but not on holidays. To receive your certificate, attend a ceremony at least a month after your test.</p>				<p>1 Dojo Closed, No Classes</p>	<p>2 Dojo Closed, No Classes</p>	
3	4 <i>Independence Day</i>	5	6	7	8 Black Belt Club for members 7:10p (no Adults class).	9
10	11	12	13	14	15	16 Black Belt Instructors Meeting 10:10 am
17	18	19	20	21	22	23 Last day to place Century orders for this month.
24 31	25	26	27	28	29	30 Certificate Ceremony* & Testing* 10:10a (no B.B. Wpns.)

\* = Wear full formal gi / uniform.