

The East Valley Kicker



“Bullying is not a reflection of the victim’s character, but rather a clear sign of the bully’s lack of character.” -Tove Maren

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

JULY 2018

Welcome

- ♦ David Erhart (Adults)
- ♦ Arela Erhart (Adults)
- ♦ Davis Erhart (Kids)
- ♦ Kegan Erhart (Kids)

SUMMER RAFFLE

Prizes are on the foyer display case. Earn tickets by sharing a kata picture or using the Dojo Kun and filling out a yellow entry slip. See flyer for details.

BATTLE OF BELTS

This is a summer-long competition among belt groups. Get points for attendance and dojo help,



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

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
Jenifer Tull-Gauger,
Renshi, 6th Dan

BULLY PREVENTION

By Jenifer Tull-Gauger

I believe that there is no better bully prevention for kids than being a part of a dedicated, supportive traditional Okinawan karate dojo, such as ours. I have seen our child students successfully put on the armor of confidence, respect, humbleness and pride. Not to mention fighting spirit. And these all make them less likely bully targets. But some students have had to deal with bullies. And we have met others who don’t train but could use help with preventing and dealing with bully situations.

BULLY PREVENTION BODY LANGUAGE

Summer is a great time to reset; the new school year provides a new beginning. Have a strategy to make an impression of confidence (or more specifically strong, relaxed confidence) when you arrive at the first day of school. If your family says you don’t look confident in your posture and walk, practice walking into pretend classrooms. Keep your back straight, shoulders back and relaxed, chin up, and look

around you with a calm expression. If bullies see you as confident, strong and relaxed, they will not want to pick on you.

NONCHALANCE FOR BULLY PREVENTION & SITUATIONS

If a bully tests you with a comment let it go and act as if they did not bother you. They want to get a reaction from you, and the weaker, sadder, and more emotional they can make you seem, the more likely they will continue either in that moment or on another day to bully you. At the dojo we practice Dr. Terrence Webster-Doyle’s game of smiling and saying “thank you” to insults, in order to keep our cool and use bully prevention.

YOUR BULLY PREVENTION SMARTS

Use your most powerful weapon—your brain—for bully prevention. 1) Be aware of your surroundings. 2) Keep yourself safe physically. 3) Be confident in your abilities and grow your inner spirit by regular training (this can be karate and/or other physical activity).

4) Be respectful to your classmates and teachers. 5) Use the presence of adults to prevent or stop bully issues. 6) For cyber-bullying, report it to the site, block the troll, and get offline. Don’t rely on online interactions for social fulfillment. 7) Don’t let them get you down. And 8) if you are in the majority role of bystander, stand up for the victim. Then continue to strengthen your bully prevention techniques.

REPORTING FOR FUTURE BULLY PREVENTION

If you have problems with being picked on or bullied, you do not have to deal with this by yourself. Many times, bullies were successfully stopped when parents and authorities got involved. But that is not a fool-proof resolution. Tell an adult you trust that you are having troubles, and if that doesn’t help, tell another one. Bully issues vary hugely. You may have to get many different ideas from other wise, helpful people and try many solutions before you find the one that works. Don’t give up!

JUL. WEAPON: **Sai, Tonfa**
 (Aug.: kama, tan bo)
 FOCUS: **Bully Prevention**



July 2018

RENSHI'S CELL: (480) 330-8886

**NEW Tan Bo or
 Kama 10% off**
 Order by Sat. 7/21

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 No classes, Dojo closed <i>Independence Day</i>	5	6	7
8	9	10	11	12	13 BBC 7:30 pm (bring your own blindfold). (No 7:30 pm Adults)	14
15	16	17	18	19	20	21 Last day to place Cen- tury orders. Core Leader- ship Meeting 10:10 am.
22	23	24	25	26	27	28 Certifi- cate Cere- mony* & Test* 10:10 am.
29	30	31				Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class for All Ranks is at 9:10am, when kyu ranks train separate from black belts.

* = Wear full formal gi / uniform.