

The East Valley Kicker



“Better a bitter truth than a sweet lie.” - Finnish Proverb

Mesa, AZ www.EVMA.net Renshi’s Cell: (480) 330-8886

JULY 2020 UPDATES

We are now a private martial arts training dojo. We focus on teaching our small group of dedicated students who have all shown perseverance and loyalty to their training, whether it is in person, and/or for the time being online. We are open to considering a few new students, but we have a different on-boarding process. It starts with a phone conversation, then in-person chat before we have them observe or join a class. If you know anyone interested, and you think they are a good fit, please share our number or ask for theirs and we will be happy to call them.



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

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Easy Karate & a Better Training Recipe

by Jenifer Tull-Gauger (condensed from 5/12/20 blog)

Some people aim for easy karate. But I have a better training recipe. Some people think they will have more time for karate on Spring Break or Winter Break. They will make up for missed classes while on vacation. Sometimes I talk to the parent who wants to put their kid in classes only during the summer. Or an adult student who wants to attend class on a holiday weekend.

This easy karate idea seems to be popular with people who are deficient in regular class attendance. They think they’ll make up for their lack of classes when schedules and life in general are just easier. But they have proven, time and again, this doesn’t work.

When they’re on break, family members visit and there is just so much other stuff to do. When summer comes, it brings more excuses: too hot; too tired; or “I’ll do it later.”

The motivational speaker Jim Rohn describes the dangers of putting something off, thinking you’ll

do it later. He also said, “You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.” The three monsters, Laziness, Procrastination and Quitting, love it when people say, “I’ll do it later.” I know that recipe doesn’t work; you need a better training recipe.

Karate is not easy. As Michael Newland Kyoshi used to tell us, “This is not easy. If it was, this place would be full.” He would go on to tell why karate is very much worth it.

In order to progress at a decent pace and succeed at karate, you need to use a better training recipe. Martial arts help us learn to fight against and to defeat the natural human tendency to be lazy. But the first requirement is showing up. Then the next requirements it doing your best on a regular basis. To get good at anything, you must practice. Karate is one of those things that takes weekly practice in

order to be proficient.

The better training recipe requires making your karate training a part of your daily life. You don’t just pursue it when things are easy and life is slow. You commit to a training regime, you follow through, and you keep at it. Sure, take a short break once in a while. But for the great majority of the weeks in any year, train consistently.

Putting on your gi should not be like putting on a tuxedo for a rare special occasion. If you want easy karate, go watch a martial arts movie.

However, if you want to have the skill of a martial artist, you must earn it, day after day, week after week, year after year. You must put in regular time training with skilled martial arts instructors, in order to retain the valuable lessons and to be able to apply them. You must fight against Laziness, Procrastination and Quitting, and you must let go of the notion of easy karate.

JULY WEAPON: *Tan Bo*,
Escrima
 (Aug: Bo, Jo)
 FOCUS: *Honesty*



July 2020

RENSHI'S CELL: (480) 330-8886



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This Month's Testing</p> <p>will take place toward the end of the month, as needed, by appointment*+.</p>		1	2 First Thursday: bring your escrima/tan bo.	3 No classes. Have a happy and safe holiday weekend.	4	Independence Day
5	6	7	8	9	10	11
12	13	14	15	16 Third Thursday: bring your escrima/tan bo.	17	18 Black Belt Club for BBC members 9:30-10:30 am+. Instructors' Meeting 10:40 am+.
19	20	21	22	23	24	25
26	27	28	29	30	31	

* = Wear full formal gi / uniform. + = Check location.