

# THE EAST VALLEY KICKER

"Our character is what we do when we think no one is looking." – H. Jackson Brown, Jr.

## NOTES & TIDBITS

Saturday, August 2<sup>nd</sup> will be our Dojo sleepover! Join the fun – games, prizes, pizza & movies! See yellow flyer for details.

Saturday, August 9<sup>th</sup> is our St. Jude's Children's Hospital Fundraiser. We are asking all students to help out. We will have a Karate demonstration and raffle. Sempai will be our d.j. Sponsored students can earn prizes for raising money for St. Jude's. It will start at noon at the dojo. Bring your friends, family, & sponsors! Details are at the karate desk.

Thank you to the instructors who helped with the Women's Self Defense Seminar! Thank you to those who brought friends and family!

## STUDENTS OF THE MONTH

Congratulations to our August students of the month: Sheila Doane in Little Dragons and Zane Rodgers in Beginning Kids. Keep up the good work!

## RECENT PROMOTIONS

Congratulations to those who passed July's test!

In the Kids Programs:

- Judith Feenstra, Matthew McCulley (Little Dragons), Mitchell McCulley, Mason Rodgers (Little Dragons), & Zane Rodgers all earned their yellow-striped belts.
- Kristopher Watson (Little Dragons) earned his yellow belt.
- Michaela Wooldridge earned her green belt.
- Griffin Tull-Gauger earned his 3<sup>rd</sup> kyu brown belt.

In the Adults Program:

- Christine Simmons earned her yellow-striped belt.

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## RETAIL SALES

This month we have the following sales specials. Buy any complete uniform and get \$2 off. Get 10% off any bo or nunchakus. Sparring gear is \$2 off each piece or buy the complete set and save \$6! Order by Thursday, August 28<sup>th</sup> to take advantage of the August sales.

## NEED NEW SPARRING GEAR?

Have you outgrown your old gear? When you trade in your set of either Century or Macho gear, we'll give you a \$10 credit toward a new set. That means you could save up to \$16 due to the ongoing sale this month! Trade credit applies to complete sets (gloves, boots, & headgear) of Century or Macho gear only.

## DOJO SHIRTS COMING SOON

We will be getting some of the old dojo t-shirts, plus a new design!

THE FRONT of both shirts has a small design on the left side of the chest; the muln (symbol for Okinawa – where our Karate came from) is in the center with "East Valley Martial Arts" written in English and Kanji (Japanese.)

THE BACK of the old t-shirt has a large design; a half circle of curved bamboo symbolizing the strength in flexibility with the words "East Valley Martial Arts" completing the circle. The bow represents the importance of respect in our Karate. "Karate" and "weaponry" are written in Kanji on the back as well.

THE BACK of the new design has three large Japanese words: go shin kan. This translates as "spirit of strength". Go shin kan is also the name that Allan Amor (head of the United Ryukyu Kempo Alliance) gave to our dojo because we have persevered and shown strength through difficult times.

Both dojo t-shirts cost \$15 each and will be in soon.

Sensei Michael Newland  
Sempai Rob Reimer

### EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym  
Gilbert, AZ 85234  
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Newsletter Editor: Jenifer Tull-Gauger  
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## CURRENT STUDENT DUES STAY THE SAME

All of our current students' dues will be locked in at their current rate, but starting in August we will have a new pricing structure. If anyone asks you what Karate classes cost please refer him or her to an instructor for a price sheet. As for current students, you will be "grandfathered in" as long as you stay active or in case of absence you freeze your account.

## KARATEKA HIGHLIGHTS

By Susan Haddad

I recently had the opportunity to interview Ms. Jenifer Tull-Gauger. Ms. Jenifer is one of the head instructors at our dojo. She started her study of Karate in March of 1999 and is a Shodan (1<sup>st</sup> level) black belt.

Ms. Jenifer helps run the dojo business with her husband. She has two dogs whose names are Elizabeth, a toy rat terrier and Tasha, a dwarf German Shepard. Her interests include being the captain of the local Neighborhood Watch and doing yoga.

"My husband (Mr. Gauger) and I talked about trying a martial art for a long time." For her birthday, Mr. Gauger gave her lessons at the dojo. Her most memorable day was her first Saturday class. "It was bigger than I was used to and I had to spar with pretty much the whole class. The higher ranks were very nice, respectful, and encouraging, which I really appreciated." Since then she has been in one tournament, helped with other tournaments, and participated in several demonstrations.

As for advice to new Karate students, Ms. Jenifer offers these words of encouragement. "Do your own Karate. Do it for yourself and not for anyone else." She says that her favorite thing about Karate changes often, but is primarily having an "extended family," her dojo-mates. This is important since she doesn't have very much family in this area.

When I asked who her idol or hero is she responded with "Somebody who takes a really positive outlook on life. Optimistic. Wholesome. For instance, Jackie Chan's characters in the movies he's in and the cartoon he helps create."

Ms. Jenifer likes to read and says that her definition of a good book is one that has suspense, like those by Dean Koontz. Her other hobbies include writing, gardening, and artwork. Ms. Jenifer aspires to publish a book she's written. "Ultimately I'd like to have a children's picture book I've created published."

"One of my hopes or dreams for the future is to have a healthy baby around the end of January. After that I hope to get back in the swing of things at Karate, such as sparring, which I am not currently participating in because I am pregnant. Also, I hope and plan to help my family adjust smoothly to having a new little member."

I asked what she would do differently if she could go back in her study of Karate. "I would practice more because the stuff we're shown, people have dedicated their lives to show to us. And we should do our best to remember what we are taught instead of expecting the teacher to always remember it for us."

## WANTED: YOUR CREATIVITY

The East Valley Kicker accepts submissions - **pictures, poems, short stories, essays movie reviews, etc.** Karate, Martial Arts, Japanese and Asian subjects are preferred but not required. Please finish artwork in black pen, ¼ page or smaller. Turn submissions in to Sensei at any time. Karate kids will receive a "great job" ticket for contributions.

## KARATE STUDENT CHECKLIST

Don't just come; come prepared! Especially for new students, here is a list of things to have in each Karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate t-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear (We sell sparring gear & the proceeds help keep tuitions down - check with your instructor if you need gear - it's on sale!)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

**And please, please, please try to be on time!**

## MISSION STATEMENT

The United Ryukyu Kempo Alliance is an Organization formed to bring sincere martial artists together in brotherhood. A group of martial artists who believe in the traditional concept of one heart, one mind and one spirit who uplift each other with support and pride in friendship. An Alliance of Karate practitioners who unite together to represent and promote all that is good in traditional Karate.

**THE HEAT IS ON  
... and the swimsuits  
are coming out!**

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**QUESTION**

Turn in by 8/26 to receive a ticket:

**What pushes *you* to succeed in Karate?**

**NAME:**

**Last month's ANSWER**

We received two answers to the question: why is kata important?

First answer: Don't do kata sloppy or your kicks are going to be sloppy. If you do your kata more better then it helps you out. It gives you exercise to make you very strong. It helps you do your kick right, helps you do everything right.

By Theodore Simmons

Second answer: Kata is important because it helps teach how to put together moves.

By Michaela Wooldridge

Thank you for your participation and awesome answers!

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**DOJO KUN**

- 1- STRIVE FOR A GOOD MORAL CHARACTER.
- 2- KEEP AN HONEST AND SINCERE WAY.
- 3- CULTIVATE PERSEVERANCE OR A WILL FOR STRIVING.
- 4- DEVELOP A RESPECTFUL ATTITUDE.
- 5- RESTRAIN MY PHYSICAL ABILITIES THROUGH SPIRITUAL ATTAINMENT.