

# THE EAST VALLEY KICKER

“When someone’s character is not clear to you, look at that person’s friends.” -Japanese Proverb

## NOTES & TIDBITS

Our thanks go to the Owens family for hosting last month’s Dojo Swim Party and Little Dragons Graduation. Their generous hospitality is greatly appreciated!

CPR – are you prepared for an emergency? We will be holding a CPR (adult and child) certification class at our dojo. We encourage all parents and instructors to attend. Please contact Jenifer Tull-Gauger Sensei if you are interested.

Kids could win a prize for doing karate homework (kata practice) this month. Parents, please help your karate kid keep track of how many times they practice their kata(s) and whether they had good behavior for each day in August. Please initial on the Kata Contest form for your child, sign, and have them return it by September 4<sup>th</sup>. The three top contestants will win a prize!

Classes will be cancelled on Saturday, September 4<sup>th</sup> for the Labor Day holiday.

Our special event this month is Gladiators Night (keep reading) on Saturday, August 7<sup>th</sup>.

## WELCOME NEW STUDENTS

- Daniell Little (Kids)
- Nick Little (Kids)
- Jordan Turpen (Kids)
- Welcome, Jeff Veitch, to the Weapons Program; and Chase Owens to Black Belt Club!



## HAPPY BIRTHDAY TO:

- 8/18 Daniel Brasher                      8/21 Seth Moore  
8/24 Kyle Gilstrap

## RECENT PROMOTIONS

Congratulations to everyone who recently moved up! In the kids program:

Yellow-striped belt: Maryana Ambagis

Yellow belt: Skylar Speiser and Payton Tilus (L.D.)

Orange belt: Matthew Ambagis.

Purple belt: Chase Owens.

In the Adult Program:

Yellow-striped belt: Tamra Thomas.

Orange belt: Brian Tefft.

Green Belt: William Speiser.

Keep up the awesome work!

## STUDENT OF THE MONTH

Congratulations to our August Student of the Month: Matthew Ambagis. Keep showing respect and doing your best work!

## GLADIATORS NIGHT

This is a great opportunity for a parent’s night out! Gladiators Night is this Saturday, August 7<sup>th</sup>, from 6 to 9 p.m. Kids may bring their soft dart or ball shooting weapons and join the games and contests at the dojo. Drinks and snacks will be provided. Cost is \$20 per child (\$10 for additional siblings) by Friday, Aug. 6<sup>th</sup>, \$5 more for each child at the door. Flyers and a sign up sheet are at the karate corner.

## CERTIFIED PERSONAL FITNESS TRAINING

BY KIRK GAUGER, CALL: 480-330-8886

OR 480-926-4040

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## BUSHIDO

-by Brandon LaBorde

*The instructors and students file in, rank by rank, forming the lines. The excited talk quiets to a hush and finally silence. Under the instructors' gaze, the students stand at attention. A moment later Kaicho enters and calls in a resonating voice "Bushido!" The Alliance thunders response, "BUSHIDO!!" And so begins our time together.*

As Kaicho calls and the dojo responds, I feel many things. To be among the teachers and students gathered at Summer Camp is humbling, and I am honored to be present with them. To be a part of the energy and intensity is invigorating, and I am most alive at that point. To be a part of the tradition, to practice *bushido*, the Way of the Warrior, to be a part of great history... that is beyond my ability to describe. It must be experienced to be known.

As it is with faith in God, so it is with karate in that it starts with the heart. It does not start when we step into the dojo or put on a *gi* or clench a fist. It does not start with confrontation or when we hit the bags. Karate begins and ends with respect: respect for the tradition we are fortunate to share, respect for our instructors who care enough to share with us, respect for our brethren in the art, and respect for others, including our opponents. For it is absolutely true that whatever comes of a relationship, friendship, confrontation or interaction, the respect with which we conduct ourselves determines our character. Respect defines *Bushido*!

One day, I hope to be far enough along the path to be considered a warrior. I can in turn pass the tradition on to others by teaching and example, as I have been shown. A warrior leads by example, living and teaching by living the teaching, by being a living testament. I can think of no greater honor than living *Bushido*!

*Brandon is a student at East Valley Martial Arts.*

## KIDS CORNER QUIZ

*Test Your Martial Arts IQ (Integrity Quotient). Answer True or False. Good luck!!!*

1. Practicing martial arts at home is important, so I should play-fight with my siblings.

2. Martial arts training will help me develop positive character traits.
3. If someone picks on me at school, I have the right to beat them up to make them stop.
4. Martial Arts training is great exercise and will help me maintain a healthy weight.
5. Kids can have stress too and my martial arts training will help me manage it.
6. It's ok to show off my martial arts techniques with my friends.
7. If a friend is interested in my training, it is ok to show them something cool I learned in class, as long as I do not make physical contact with them.
8. My martial arts training provides me with essential tools; such as self-confidence, the ability to focus, and determination, which will help improve my grades at school.
9. Consistently attending class is essential for optimal progress in the martial arts.
10. Breaking boards with my bare hands sounds really cool, so I should get some wood and try it sometime.

BONUS: It is a sign of respect to make sure my uniform is clean and neat when I come to class.

Answers: 1. False, 2. True, 3. False, 4. True, 5. True, 6. False, 7. True, 8. True, 9. True, 10. False, Bonus: True.

*If you scored: 9 or more, you are a Grandmaster; 7 or 8, a Master; 6, an Advanced Student; 5, an Intermediate Student; 4, a Beginner Student; 3, do 10 sit-ups; 2, do 10 push-ups; 1, do 10 sit-ups and 10 push-ups. Guess the Bonus and add +1 to your score.*

## AUGUST QUESTION

Turn in by 8/28 to receive a ticket:

**Name three ways that your karate can help you in school:**

1.)

2.)

3.)

**NAME:**

## HealthKick: Are Your Supplements Helping or Harming You?

By Jennifer G. Galea MS RD

As martial artists, we are often tempted to try herbal and/or “all natural” supplements to increase our athletic performance. Like many people, we might also try these types of supplements to cure or improve a variety of ailments as well. But because these supplements are not considered to be drugs by the government’s regulatory agencies, the ingredients aren’t well controlled. This means that potentially *and even proven* harmful ingredients can be included in the supplements. Products containing these ingredients can be readily found in stores and online, most without any hint on the label or packaging that they contain a potentially harmful substance. Consuming many of these can lead to major organ damage (kidney, heart, or liver) and some are potentially carcinogenic.

As with any substance that you put into your body, the most important aspect is to know what you are taking and what its effects are. Read labels carefully. Research any ingredients on which you do not have full information to make your decision.

The May 2004 issue of Consumer Reports has a full listing of the varied names under which each of the following substances may be listed. Do not use any supplements that contain any of the following ingredients: Aristolochic acid; Comfrey; Androstenedione; Chaparral; Germander; Kava; Bitter orange; Organ/glandular extracts; Lobelia; Pennyroyal oil; Scullcap; Yohimbe.

### ALL I REALLY NEED TO KNOW FOR KINDERGARTEN, I LEARNED IN KARATE

-by Jenifer Tull-Gauger

(Revised - reprinted from Aug. 2001 *Kicker*.)

It has been five years since Gauger Sensei and I decided not to put our son, Griffin, in preschool. We put much thought into this decision – touring several preschools, and crunching our budget. We couldn’t afford both preschool and a Little Dragons Karate program (even though Karate was more affordable than preschool.) We finally decided to put Griffin in the Little Dragons Karate program instead.

As it turned out, we never regretted our Little Dragons decision. I worked with our preschooler at home on the academic stuff, like numbers and the alphabet, and when

the time came for Kindergarten, Griffin was more than prepared for the big day.

Griffin and I talked about what he learned in Karate that would help him in school. Here are the things we came up with:

- Pay attention.
- Follow directions.
- Do your best.
- Cover your mouth when you yawn.
- When the teacher asks you a question, answer yes or no.
- If somebody hits you, block.
- Dress clean and neat to make a good impression.
- First hard work, and then some fun.
- Only hit to protect yourself.
- If you have a question, ask.
- Be on time.
- Don’t talk to your friends during class.

If you’ve read Robert Fulghum’s All I Really Need to Know... or have seen the poster that inspired this, you may know what’s coming next... If only everyone followed these basic lessons, the world would be a nicer place for us all. ☺

### LAST MONTH’S QUESTION

Several kids earned an extra ticket for turning in an answer to last month’s question: How do you show your best behavior at the dojo? How can this be used outside the dojo?

“No punching or hitting very hard. No fighting with my brother.” –Matthew Bailey (L.D.)

“Listening. Listening to my mom and dad.” – Mitchell Bailey

“(Standing with) feet together, hands at sides to show that I am listening. Listening and showing respect to my mommy and daddy.” –Sheila Doane

“Paying attention. Listening in school.” –Michael Fultz

“Be respectful and listen. Keeps me out of time out and trouble.” –Kameron Gilstrap (L.D.)

“Do your best work, show respect. By being good and treating others with respect.” –Kyle Gilstrap.

“I am respectful, I do my best and I follow instructions. Behave the same way at home by listening to my parents.” –Matthew McCulley

“By standing at attention, listening, no talking. In Kindergarten I will listen to my teacher.” –Adam Schiferl (L.D.)

“By working right. By listening right (doing my best.) Listening to parents. –Noah Smith (L.D.)