

East Valley Martial Arts Events

August 2005

EAST VALLEY MARTIAL ARTS
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> WOMEN'S SELF DEFENSE SEMINAR 7:00 PM—8:00 PM \$10 EA.	<i>2</i>	<i>3</i> LITTLE DRAGONS STRIPE TESTING 4:30 DURING CLASS	<i>4</i>	<i>5</i>	<i>6</i> DOJO SWIM PARTY & POTLUCK AT VAL VISTA LAKES CLUBHOUSE 4:30 PM (DINNER & ANNOUNCEMENTS 6:00 PM) FREE
<i>7</i>	<i>8</i>	<i>9</i> LAST DAY TO PLACE CENTURY ORDERS FOR THE BEGINNING OF THE MONTH.	<i>10</i>	<i>11</i>	<i>12</i> FUN FRIDAY—MOVIE NIGHT <u>KARATE KID</u> 7:30—10:30 PM, \$10 EA.	<i>13</i>
<i>14</i> DOJO IMPROVEMENT 2 'TIL DINNER	<i>15</i> BBC 7:00—8:00 PM (FOR BBC MEMBERS) JACOB'S B-DAY	<i>16</i>	<i>17</i> LITTLE DRAGONS STRIPE TESTING 4:30 DURING CLASS	<i>18</i>	<i>19</i> LAST DAY TO PLACE CENTURY ORDERS THIS MONTH. FUN FRIDAY—ARCADE NIGHT 7:30—10:30 PM \$10 EA.	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i> BROWN & BLACK BELT CLASS 9:30 AM, ALL AGE & RANK CLASS 10:30 AM, CERTIFICATES* & TESTING* 12:00 NOON
<i>28</i>	<i>29</i> TEACHER'S MEETING 7:00 PM	<i>30</i>	<i>31</i>			<i>3 (Sept.)</i> Dojo Closed Sat. Sept 3 thru Mon. Sept. 5 for Labor Day. Classes resume Tues. Sept. 6

INSIDE THIS ISSUE...

Diet:

Is Supercharging a good thing?

Success Stories:

My Black Belt—
It's a Part of Me!

Kids Korner

EVMA School News

THE EAST VALLEY KICKER

Are You An "Honorable" Athlete?

By Joseph Galea

An "honorable athlete" is someone who can be coached, who accepts responsibility for his or her actions and who is willing to work hard to become better. An honorable athlete is a truly dedicated person who has the drive to overcome obstacles. An honorable athlete also is a great student—one who is ready, willing, and able to take direction from an instructor or coach. In the Martial Arts, true honorable athletes stand out from the rest.

Other athletes are not so honorable. They may be referred to as "selective participants," those who expect special treatment and take corrections as criticism. Selective participants do not give 100% in class every day. They may be inconsistent in their training and often expect to slide by during testing. The problem is, those selective participants who slide by at each belt level are not really getting any better, and sometimes they may actually be getting worse. To prevent that from happening to you, take a step back and look at your effort and attitude towards your training.

Are you an honorable athlete or not? Sometimes we may want to be honorable athletes, but our actions show that we are not doing all that

we can to achieve that objective. To correct the problem, you must recognize ways in which you are limiting yourself in your training. Do you come to class consistently or inconsistently? Consistency is the key to becoming a great and honorable athlete. You must be dedicated, especially when you feel like giving up or taking a break.

Next, look at your attitude during class. Are you putting forth 100% effort in class? Do you look at corrections as a way to improve, or do you look at corrections as criticism? The only way to get better is to pinpoint your weak spots and take the necessary steps to improve upon those weak areas. Honorable athletes rely on corrections to become better. They accept corrections as tools to improvement. Honorable athletes embrace opportunities each and every day and work to transform themselves into better performers.

To become better, more honorable athletes, you must be willing to step outside of the box. Ask your friends, family, and instructors if they feel that you are performing like an honorable athlete. Ask them to let you know when they feel as though you are not performing or behaving at your best level. Their feedback is valuable and will make a difference. If you have the desire to be an honorable athlete, you must act like one at all times. The rewards are endless and the feeling is priceless.



*Take a step back
and look at
your effort and
attitude towards
your training*

HEALTH KICK

Should You

SUPERCHARGE Your Diet?

By Jennifer G. Galea MS RD

Advertising for “Super Foods” can be found everywhere. Numerous companies, not to mention friends and family, tell you to eat this food or that, promising improved health or more. But do you really need to drink only “antioxidant-rich” grape juice or make tofu your primary protein? The current age of “Super Foods” has the potential of making people restrict their diets to encompass only these foods. Is this good or bad?

Leading researchers strongly recommend that you not focus your diet solely on these “Super Foods.” Instead researchers recommend steering clear of such restrictive behaviors. What specifically do they recommend? Instead of focusing on individual foods, you are advised to eat a wide variety of foods. Emphasis should be placed on fruits and vegetables, and whole grains. The less “processed” the foods, the better. While the “Super Foods” may be incorporated into your overall diet, it is important to ensure that you eat a variety of foods. The “powers” of “Super Foods” are realized only when they are part of a healthful, balanced diet. In fact, focusing on a single nutrient (or food or food group) will probably create nutritional imbalances and that will do you more harm than good.

Following is a list of “Super Foods” that you can incorporate into your well-rounded, balanced diet. Notice that most of them are food types and not specific foods. Try to select a wide variety of foods within each group, so that you can obtain the myriad benefits of the complete food. Experiment with some foods that you may not have sampled otherwise! Don’t worry if you don’t like some of the foods on the list; there are sure to be other foods within the “group” that will offer the same nutrients. The key is to eat a balanced diet, composed of real foods (unprocessed foods and whole grains). Don’t think that eating any “Super Food” is going to compensate for a day’s worth of junk food, any more than taking a multi-vitamin does. You are what you eat...so eat healthy foods and be healthy...eat whole foods and be a whole person!

Try these “Super Foods” as part of your balanced diet:

fish; soy milk, tofu, and other soy foods; cruciferous vegetables (broccoli, brussel sprouts, cabbage, cauliflower, kale) nuts; whole grains; dark-green, leafy vegetables; garlic, onions, and shallots; apricots, guavas, pink grapefruit, tomatoes, watermelon; blueberries and other berries; green or black tea; olive oil (as substitute for other more saturated fats).

SUCCESS STORIES

My Black Belt—It's a Part of Me!

I have been taking Martial Arts since I was five years old, and loved it from the start. It feels like forever since I joined and here I am going to test for my back belt.

Through the years of training at the Dojo, I met a lot of really nice people. When I was a purple belt, I got to a point where I wanted to quit. I felt that I wasn't learning anything new. My parents encouraged me to continue and told me that I am not a "quitter." I am so glad that I listened to them because I would not be where I am today!

Getting my black belt means so much more to me than just putting a belt around my waist. It means years of training, dedication, respect and something I can take with me wherever I go. No one can ever take it away from me - IT is a part of me!

Drew Tatzel is a 9-year-old black belt student at Renshi Allie Alberigo's Long Island Ninjutsu, Hanata Dojo

KIDSKORNER

martial arts match game

Welcome to Kids Korner, the mind boggling, brain teasing section of Martial Arts Messenger!

How it works. Match the martial arts items with their correct description by writing the corresponding item letter on the answer line.

If you score:

- 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.

Good luck!!!

- | | | |
|-------------|-------|---|
| A. Kama | _____ | 1. Wooden sword used in Aikido |
| B. Sai | _____ | 2. Wooden stick used in Filipino Martial Arts |
| C. Nunchaku | _____ | 3. Metal sickle with a wooden handle |
| D. Bo | _____ | 4. Fork like weapon used in pairs |
| E. Cane | _____ | 5. Weapon traditionally made of two pieces of wood attached by a chain |
| F. Bokken | _____ | 6. Okinawa weapon from which the modern police baton was created |
| G. Armor | _____ | 7. Wooden staff usually about 6 feet in length |
| H. Shinai | _____ | 8. Multiple point throwing star used in Chinese and Japanese martial arts |
| I. Shuriken | _____ | 9. Walking aid that can also be used as a weapon |
| J. Escrima | _____ | 10. A bamboo sword used in the Japanese Art of Kendo |
| K. Tonfa | _____ | BONUS. A Warriors protective device |

Answers: 1. Bokken, 2. Escrima, 3. Kama, 4. Sai, 5. Nunchaku, 6. Tonfa, 7. Bo, 8. Shuriken, 9. Cane, 10. Shinai
Bonus: Armor

take note...

CERTIFICATE CEREMONY 8/27

12:00 NOON

WEAR FULL WHITE UNIFORM

The following people have belt rank certificates waiting to be awarded to them:

Jacob Garn	Lizzie Garn
Robert Neeley	Sam Garn
Jordan Siegel	Tyler Miazga
Noah Smith	Matthew Bailey
Serena Bryant	Joe Scheissl
Nicholas Little	Victoria Dominguez
Daniell Little	Adam Schiferl
Jessica Neeley	Emily Neeley
William Speiser	

If your training and accomplishments are important to you, come to the next certificate ceremony in full white uniform so that we may award you your certificate. Some of these certificates are several months old, and we cannot hold onto them indefinitely.

CURRENT CERTIFICATES:

AMOR KAICHO AND WIFE LAURA TO VISIT (?)

This month we are collecting money to fly Allan Amor Kaicho out from headquarters in Missouri. We have been planning on a September visit from Kaicho for training and testing.

Mrs. Laura Amor has not been to Arizona, and she is an awesome support person for Kaicho and for the United Ryu-kyu Kempo Alliance (and a great cook—as those who have gone to summer camp know.) Whenever we see her, she is busy helping to run meals and events at headquarters. If we can raise enough money, we would like to do something nice for her and fly her out with her husband for a nice, relaxing visit.

If we could get each dojo family to contribute \$10 to the "Amor Flight Fund," this should be enough to fly both of them out for a fall visit. Please consider helping out this month. Thank you for your help!!

Q: Name one specific way you can be polite and show respect to other people at the dojo.

A: Bow to the teachers and instructors when you come to class. -Loren Boyle

upcoming events

EVENT DETAILS:

DOJO SWIM PARTY & POTLUCK 8/6—All dojo families are invited to join us for a fun, relaxing, free party at Val Vista Lakes. Swimming starts at 4:30, Dinner and Announcements start at 6:00. There will be door prizes. Please bring a dish to pass—sign up sheet is on the counter.

FUN FRIDAY 8/12—Movie Night—Join us for pictionary, popcorn/snack, a drink and The Karate Kid movie. 7:30—10:30 p.m. \$10 per person, please sign up by Thursday 8/11.

DOJO IMPROVEMENT 8/14 2:00 pm until dinner. We are looking for adults to come help revamp and finish up some "dojo beautification projects" - we'll reward you with pizza!

FUN FRIDAY 8/19—Arcade Night—Like Gamers night, join us for hours of video games, bop-it, snack and drink. 7:30—10:30 p.m. \$10 per person, please sign up by Thurs. 8/18.

ADVANCED TRAINING 8/27 Brown and Black Belts Only, 9:30 a.m. For our serious current and future black belts.

AUGUST QUESTION

Turn in by Aug 27 to receive a ticket.

(Based on Guiding Principle # 4)

Tell about how you have helped make the world more free and/or peaceful (weather it was/is a small or large act.)

NAME: