

The East Valley Kicker

“There isn’t a lack of knowledge, rather a lack of EXECUTION.” –Frank Silverman

2401 E. Baseline Rd. Ste. 98, Gilbert, AZ 85234 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans’ Cell: (480) 330-8886

AUGUST 2009

Welcome

- Ryan Sims (Little Dragons)

Upcoming Events GET INVOLVED!

Dojo Swim Party & Potluck
Sun. Aug. 9, 12:30-3:30p,
Flyers, sign up at the Dojo.

*Progressive Dinner Fund-
raiser - Gourmet Grill*
Sat. Aug. 29, evening, re-
serve your time slot, \$20
per ticket, buy by 8/22.

Mega Dodgeball Night
Sat. Aug 29, 6:00-10:00pm
Fun Games inc. the debut
of Dodgeball in the Dark,
Pizza, Side, Drink & Ice
Cream Cup. \$25 per child
reg. price, or pre-pay by
8/22 for only \$20 per kid.

Bring a Grandparent Day
Sat. Sept. 12, 11:20pm,
Free, we’ll learn from our
grandparents’ wisdom, fol-
lowed by a potluck. Family
Bingo (fundraiser) at 1:30p.

Child Crisis Ctr. Charity Event
Fri. Sept. 18, evening.
Event at dojo, seeking vol-
unteers and demonstrators.

Karate Photos by J. Watkins
Sat. Sept. 19, morning
Get your Karate pictures.

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

by Jenifer Tull-Gauger, Shihan

(Revised from the August, 2001 East Valley Kicker)

Nine years ago, my husband and I decided not to put our oldest son, Griffin, in pre-school. We put much thought into this decision – touring several preschools, and crunching our budget. We couldn’t afford both pre-school and a Little Dragons Karate program (even though Karate was much more affordable than pre-school.) 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 academics, like numbers and the alphabet, and when the time came for Kindergarten, Griffin was more than prepared for the big day.

Five-year-old 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.

Within a month of starting school I talked to Griffin’s kindergarten teacher and she was amazed that he hadn’t gone to preschool. He went on to many successes in elementary school and is still going strong in junior high.

Just imagine a student in any grade (or for that matter any employee or manager) who follows those basic rules learned in karate. This is an awesome basis for success.

We have openings in our Little Dragons program. Do you know anybody from three to five years old? Encourage them to reap the benefits of karate and get a head start in life!

BULLY BUSTERS

This month we will focus on Bully Prevention in classes. This goes for both kids and adults because bullies come in all shapes and ages. We will go over how to “bully-

proof” yourself (prevention), which is very important, as well as the physical techniques to protect yourself. Martial Arts is excellent bully prevention because it gives

us the confidence to walk tall and proud, plus the techniques to back up that confidence. Borrow the dojo’s bully video (geared to adults), and talk to your kids.

This month's WEAPON: Bo, TECHNIQUE: Complexes, FOCUS: Bully Prevention



August 2009

KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 Guests: Newland & Brooks, BBC 7:10p	8
9 Dojo Swim Party/Potluck 12:30p-3:30p +	10	11	12	13	14	15 BB In- structor's Meet- ing 9:55-11:15a BB Teens teach
16	17	18	19 Okinawan Fundraising Committee Meeting 5:30p	20 Deadline for Card Art- work (OFTFC)	21 Lizzy C. B-day	22 Deadline for Dinner tick- ers, pre-pay for Dodgeball \$20
23	24	25	26	27 Teen Meeting 6:35pm	28 Certifi- cates & Test 7:10p (wear full white uniform)	29 Dodgeball Night 6-10pm \$25 ea, Pro- gressive Dinner
30	31					