

The East Valley Kicker

"If you get that feeling that something isn't quite right, most of the time it isn't." -Barry Tate

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

AUGUST 2010

Welcome

- Kamarrion Brown (Kids)
- Courtney Choate (Kids)
- Kyle Choate (Kids)
- Elijah Forbes (Kids)
- Grace Forbes (Kids)
- Andrew Phillips (Little Dragons)
- James Phillips (Little Dragons)
- Aric Trujillo (Little Dragons)

NEWSLETTER BY E-MAIL

If you are reading this online, thank you! You are helping conserve resources and heal the environment. If you would like to receive this monthly newsletter as an e-mail attachment, sign up at www.EVMA.net, or by request to: jenifer@evma.net.



DEALING WITH BULLIES

by Jenifer Tull-Gauger Shihan, 4th Dan

In last month's classes we talked about How to deal with bullying in schools as well as other places. We discussed how acting confident and being respectful can prevent bully situations. We talked about stepping in (in a smart manner) and helping victims if we should see bullying. We went over use of physical defense (as a last resort), and about many other ways to deal with bullies. We talked about how these techniques can help in the workplace and other places too. For review, here are the 12 Ways to Walk Away with Confidence from Dr. Terrence Webster-Doyle:

1. **MAKE FRIENDS**
Treat the bully as a friend instead of an enemy.
2. **USE HUMOR**
You can turn a threatening situation into a funny one.
3. **WALK AWAY**

Don't get into it—just walk away.

4. **USE CLEVERNESS**
Use your creative imagination to resolve conflict.

5. **AGREE WITH A BULLY**
Let insults go—without fighting back.

6. **REFUSE TO FIGHT**
The winner of a fight is the one who avoids it.

7. **STAND UP TO A BULLY**
Stick up for yourself. Just say NO! to bullying.

8. **SCREAM / YELL**
A powerful shout can end conflict before it starts.

9. **IGNORE THE THREAT**
Be like bamboo—bend in the wind.

10. **USE AUTHORITY**
Call a proper authority to help you "defeat the bully."

11. **REASON WITH THEM**
Use the most powerful tool you have—your brain.

12. **MARTIAL ARTS STANCE**

Be a victor—not a victim!
(MartialArtsForPeace.com)
You may also check out his book in our dojo library.

MORE TIDBITS:

-A staggering 160,000 children miss school each day because they're afraid of attack, intimidation, or bullying. (NEA)

-33% of special-needs kids have been targets of bullying. (aboutourkids.org)

-Children whose parents share ideas and talk often with them are 40% less likely to bully other kids, compared to children of parents who don't do those things regularly. (health.com)

-56% of mothers say they've ended a friendship because they thought someone's child was a bad influence. (cafemom.com)

DOJO LIBRARY We have a dojo library where our karate families can borrow mostly martial arts-related materials, including Dr. Terrence Webster-Doyle's Parent's Guide to Martial Arts, a movie on bullying in VHS and DVD formats, and a DVD for kids about staying safe from kidnapping and molestation. The library materials also include kids' novels and non-fiction. The policy is you sign out a book on the nearby list, and bring it back within a month. If you lose it, we expect you to replace it or buy it.

Aug. WEAPON: SAI (for Sept.: bo), FOCUS: Being Aware of your Surroundings



August 2010

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13 Black Belt Club, for BBC members 7:10pm	14 Brown & Black Belt Teachers' Meet 9:05am (read ch. 9-10)
15	16	17	18	19 Teen Meeting 6:35pm (bring one of your baby pictures)	20 Last day to place Century orders this month	21 Dojo Swim Party Potluck 12:30-3:30pm
22	23	24	25	26	27 Certificates & Testing 7:10pm*	28
29 <i>Tyler's Birthday</i>	30	31			<p>NEW BO's 10% OFF in AUG. By request when ordering.</p>	

* = wear full formal gi.
^ = open to friends and family.