

The East Valley Kicker

"Let every man be respected as an individual and no man idolized." - Albert Einstein

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

AUGUST 2012

CLASS UPDATES

Monday, Aug 6: No Classes

Monday Aug. 13:

Fall Schedule Begins, classes are mostly the same, plus Monday ongoing classes:

5:10p Kids All Ranks

6:10p Adults All Ranks

Saturday Sept. 1st thru

Monday Sept 3rd:

No Classes, Dojo closed for Labor Day.

SWIM PARTY

All students & their families and friends are invited to our annual Dojo Family Swim Party & Potluck!!

When: Sat. Aug 18th

Time: 5:00-8:00pm

Place: The Kinney Residence Backyard

Bring: A dish to share, towel, swimsuit, hat, etc.

Sign up at the dojo (bulletin board).

BUDDY DAY

Tuesday, Aug. 21st: Bring your friends, family & acquaintances to class this day for FREE. Kids under 18 must have a parent or guardian present. As long as your guest fits into the regular beginner's age group, you can attend their time slot (see calendar) with them (even if it is not your regular class)!

MARVELOUS MARTIAL ARTISTS' POINTERS

by Jenifer Tull-Gauger Shihan, 4th Dan

Traditional martial arts can have a huge positive life impact on a growing child. It can do the same for a full-grown adult.

The longer a person is actively involved, the more they will develop confidence, perseverance, respect (for self and others), discipline, moral character, positive attitude, strength, agility, fitness, and life protection skills. It doesn't stop there, the learning and benefits can expand to many more areas like teamwork, support and commitment just to name a few.

As martial artists and their families, go through different stages, it can at times be difficult for some students to continue in their training. But later in their lives, those who did not quit or take a break are so glad they didn't.

I'd like to share so students can benefit from my own training and experience as well as that of others I have learned from. Here are some things that can empower you &/or your karate kids:

1)Trust is a Must:

Trust your head instructors with your training. There must be a large degree of trust in a relationship between karate teacher and student. It develops over time. You should not be second-guessing your teacher.

2)Walk the Line: We have been given many time-tested rules and policies. Others were developed in-house based on experience, practicality, and input. Know & follow your dojo rules, policies and etiquette. This makes it easier on you and everyone at the dojo.

3)Work Hard: Do your best in class & attend classes regularly. Average at least two empty-hand karate classes per week.

4)Play Hard: Attend fun events with your dojo family & friends, at least several a year. The Dojo Family Swim Party & Potluck on the 18th is a good example. Join in and get to know your dojo family outside of classes.

5)Support your Dojo:

Doing #4 supports your dojo, so does helping with the A-frame sign, recommending classes to potential students, purchasing retail through us, helping with cleaning, and volunteering where you see help is needed.

6)Vary your Experience: Challenge yourself & use your karate skills in different areas. This could be a demonstration, tournament, special seminar or camp, etc. (Talk to a head instructor before going to another dojo. We are happy to give advice or insight on martial arts events.)

7)Ask: Communicate. Ask high ranks to help you review material before classes. If you give the teacher a request before class, we'll do our best to work it in.

8)Sakagawa Was Onto Something: He wrote the Dojo Kun so his students could put their karate lessons into use every day. Use the Dojo Kun values in your every day life. It will help you to improve many different areas of your life.



August 2012

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Testing will take place the <u>last Saturday of each month</u>, <i>except holidays</i>. There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids may come at 9:10am and train separate from Black Belts.</p>		<p>NEW Bo's 10% off (any in stock)</p>	1	2	3	4
5	6 No Classes, Dojo Closed	7	8	9	10	11 Teacher Meeting 9:10am (Ch. 21 Keep Score for Success)
12	13 Monday Night Classes Begin: 5:10pm Kids All Ranks, 6:10pm Adults All Ranks	14	15	16	17 BBC 7:10pm	18 Last Day to Place Century Orders! Dojo Family Swim Party Potluck 5-8pm
19	20 Monday Night Classes Continue	21 Buddy Day: 9:30a Adults, 10:30a Yoga, 5:30p 3 to 5y.o., 6:10p 6y.o. to Adults, 7:10p Adults.	22	23	24	25 All Ranks Class 9:10a. Certificates* & Test* 10:10a. (No 11:10a class.)
26	27	28	29	30	31	Sept. 1st thru 3rd Dojo Closed, No Classes, Labor Day Weekend

* = wear full formal gi.