



The East Valley Kicker

“Good moral character is the first essential in a man.” - George Washington

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AUGUST 2018

Welcome

♦ Sophia N. Fuhrman
(Little Dragons)

SELF-DEFENSE SEMINAR For Adults & Teens

Sat. Aug. 18th
10:30am-12noon
\$20 per person

Learn personal safety smarts as well as practical physical techniques from the experts. Improve your skills to protect yourself and others. The moves are geared to non-martial-artists who want to improve their self-defense abilities. The knowledge can help anyone who wants to be more “street-safe.”

The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
Jenifer Tull-Gauger,
Renshi, 6th Dan

MY TOP 5 PERSONAL SAFETY TIPS

By Jenifer Tull-Gauger

All genders can benefit from using my top five personal safety tips. Women tend to be the smaller and thus weaker of the species, due to physics. That is why we offer periodic Women's Self-Defense classes. But any good citizen, male or female, will be proactive in their safety plan.

1: Have a Lock? Use It!

Anything that makes it more difficult for a criminal to get into your car or your house is good. Just locking the door exponentially raises the likelihood that an intruder will move on to look for an easier target. Remember, as you build this personal safety habit, to also build the habit of making sure you have your keys with you when you go out!

2: Be Smart

A law-abiding citizen is less likely to encounter violent crime. On the other hand, if you engage in illegal drug use, you are much more likely to be a victim of a home invasion or other crime. Even if you just hang out with people who do drugs, you are effectively putting yourself in danger – not only from their unpredictable behavior, but from their criminal associates. Alcohol can be used legally, but stay sober

unless you are willing to put your life into the hands of the people you are with. If a party is getting too rowdy, that's your cue to leave. Your personal safety is your responsibility.

3: Plan for Instant Response

In the case of a physical assault, immediate action is your best plan. Freezing in shock has resulted in women and children being kidnapped and worse. Chances are, you will get through today without an ill-meaning person attacking you. But what would you do if they did? Remember your most effective personal safety tools: The first priority is run to safety. If you cannot get away, your second and third options are fight back and yell. Without forgetting your first priority: run to safety as soon as you can. Bring attention to the situation and an attacker is less likely to follow through on a kidnapping or sexual assault.

4: Stay Aware and Look Determined

Looking like you are loitering around in a haze of inattention makes you an easy target for predators. When you are moving about in public, keep your eyes up (not on your phone), and look like you have some-

where to be. Make sure your body language puts forth a confident image. Look around often, in a relaxed manner. Notice the people around you and be aware of your level of physical safety at all times.

5: Train & Practice

Active karate students have this personal safety tip in the bag. If you are not actively training, it's important to get some physical training and person-to-person practice. I recommend having the supervision of a trained professional in order to prevent injuries. If you can, attend a self-defense class at least a couple times a year. That will help build your confidence and your physical muscle memory and shorten your reaction time in the event of an attack.

It is the responsibility of every adult to take care of themselves, including their personal safety. And it's important for teens to become aware of their own safety and to start taking on prevention measures as they grow into adulthood. Then we can look to helping others be safe too. Let us not be sheeple, but strengthen ourselves so that we can become good shepherds.

AUG. WEAPON: **Kama, Tan Bo**
 (Sept.: bo & jo)
 FOCUS: **Good Moral Character**



August 2018

NEW Bo or Jo
10% off

In-stock or order by Sat. 8/18

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing takes place the last Saturday of the month, except holidays. Saturday class is at 9:10am for All Ranks and Black Belts. 			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Self Defense Class 10:30am, \$20, open to the public, adults & teens. Last day to place orders.
19	20	21	22 Black Belt Club for BBC members 7:30pm	23	24	25 Certificates* & Test* 10:10 am.
26	27	28	29 Ongoing: 7:30pm Adults only class is now at 7:30pm on Wednesday as of today.	30	31 Ongoing: 7:30pm Adults only class will not be held on Fridays as of today.	

* = Wear full formal gi / uniform.