



# The East Valley Kicker

“No one succeeds without effort... Those who succeed owe their success to perseverance.” -Ramana Maharshi

Mesa, AZ [www.EVMA.net](http://www.EVMA.net) Renshi's Cell: (480) 330-8886

## AUGUST 2020 WEAPONS

This month, each student who is eight or older and purple belt or higher will choose the weapon they would like to learn in in-person classes. Weapons days are listed on our calendar: bring your own weapon or weapons then.

Online training students are all building their own weapons (tan bo) with cardboard tubes and paper.

## TUITION BILLING

August is the final month that Member Solutions will be doing our billing. If you pay your tuition monthly, please be sure to set up systems to remember to pay us by your due date with cash, check Zelle or Venmo. The alternative is to pay each year in full, up-front. Thank you.

*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

## Confidence is Number One in Karate

by Jenifer Tull-Gauger (condensed from 6/9/20 blog)

There is one thing that really stands out that I love about karate. To put it into a single word, it's confidence. But for me there is so much more to this thing that I love most about karate.

You could say that it's confidence in the world. Or a removal of the fear of being out in the world. (Yes, even at this time.) When I was younger, I didn't realize I had that fear, but somewhere along the way, I had picked it up. Probably from my family's comments as I grew up. Such as, concerns about me driving alone for a long distance. I only recognized that fear after it was gone. It was after I had earned my black belt and after years of training in our traditional life protection art.

One day, I realized that I felt as if a weight had been removed from my shoulders. And I realized that I didn't have to be afraid anymore. I was practiced in self defense, had been through many different scenarios and learned practical techniques. I knew how to go into the world being aware of my surroundings

(making it less likely that I would encounter trouble). And I knew many things that I could do if attacked.

Here's another example of why I love my karate and why confidence is number one on my list of favorite things that I have earned through karate. A friend and I were visiting with my dad. She said that when she passes a male stranger, she frowns and uses body language to show that she is avoiding him and wants nothing to do with him. She said this is her rape prevention technique.

On the contrary, I said that my approach with strangers is different. I will make eye contact and smile (and continue standing up straight and going about my business with a strong posture). Granted, if a stranger is grumpy and frowny, I will not always smile. But the point is, I'm not afraid to smile and be friendly. I am not afraid of giving a simple, short smile. I simply recognize the presence of a fellow human being on this planet that we share. And then I continue to go about my business in the world.

I have never had my approach cause any problems. But if for some reason it did happen (or maybe not my actions but just an encounter with a predatory person did happen) I would know what to do to protect myself and those around me. I have practiced and built self defense habits for years. My life protection "toolbox" has many useful tried and true tools that will hold up when put to use.

I don't mean to come across as bragging. If you think I am, remember that you too, and your spouse, and your child, can learn skills for handling oneself. It does take time and ongoing effort. But the secret power of karate is a learned skill that is open to anyone willing to invest in themselves and/or their children.

For me, that confidence is number one on my list of my most favorite things that I love about karate. Now I am able to walk in faith and not fear. And I am happy to pass that ability on to others who are committed to learning too.

AUG. WEAPON: *Student's choice:*  
*bring your weapon which you'd*  
*like to work on.*  
 FOCUS: *Perseverance*



# August 2020

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>This Month's Testing</b>            will take place toward the end of the month, as needed, by appointment*+.</p>						1
2	3	4	5	6 First Thursday: bring your weapons (see above, left corner).	7	8
9	10	11	12	13	14	15 BBC meeting at Snowtime in Chandler, 2:30 pm (bring your own treat \$, about \$6-\$10 per person).
16	17	18	19	20 Third Thursday: bring your weapons (see above, left corner).	21	22
23	24	25	26	27	28	29
30	31					

\* = Wear full formal gi / uniform. + = Check location.