

The East Valley Kicker

"Uya yushi kwa yushi./Parents and children teach one another." -Okinawan Proverb

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

SEPTEMBER 2008

Welcome

- Nicolas Ruppel - kids
- Jeff Salzman - Adults

Karate Photo Shoot

Sat. 9/20, 2008

Jake Watkins of J.W. Photography, a professional sports photographer, will be offering his services at our dojo on Saturday, September 20th. You can check out samples of his unique work at the dojo. His offerings go from a standard single pose to "magazine" covers, to very artistic dragon and Asian backgrounds with multiple poses of the same person. Karate photographs make great Christmas presents and grandparents (among others) love them. Sign up at the dojo to reserve your spot!



HOW TO BE A GOOD KARATE PARENT -by Jenifer Tull-Gauger

"I wish now that we didn't pull Anthony* out of karate when his grades went down. Now it seems we'll never get him interested in it again." -former karate parent.

"Stopping karate and starting again is much harder than starting out in the first place." -Newland Renshi, our instructor.

"I really wish we would have kept up with karate. We're going to get started again here really soon." - former karate family who has come to the dojo four times in the last five years to let us know they're re-starting (but haven't).

I share the above words from real people I have talked to over the years in the hopes that we all can learn from them.

We want the best for our kids. Sometimes we have to buckle down and persevere and get creative in order to really give our kids the best—whether it's a stable home, help with their education, or invaluable life skills learned through long-term karate training.

Being a successful karate parent and supporting your child in getting the most out of their training for the long run is an art. Parents catch on pretty quickly that they help their karate child when they provide a clean uniform,

timely arrival to class, proper gear and tuition. However, for most kids it takes more parental support than that to help them make martial arts a way of life.

The parents' attitude toward karate makes a world of difference. Know and reinforce (with gentle reminders) the dojo rules outside of class times. Insist on consistent attendance (averaging two times a week is critical to keeping students moving forward and interested). Making karate a two-time-per-week habit is easier on the student too. If they want to go a third day that's fine too, but not crucial to their training in our experience. Have your child (and family) participate in fun dojo events too. Aim for a minimum of one fun event per season (doesn't matter whether it's free or a paid event). This helps them get to know their dojo mates better and realize that karate involves fun too. Point out to your karate kid the benefits you see your child reaping (such as confidence, focus, fitness, strength, physical coordination, good friends, learning new skills) when and as you see them.

Help your child plan ahead and prioritize their activities. Remember, kids

need unstructured downtime a couple times a week just to relax and/or play. Sports are great activities but the benefits of karate for the whole person, for life, far outweigh those of any other sport.

Keep your child in karate even if they have problems with their grades, fighting, or behavior (we can help with these things and be a support for you). Have them continue even if they say it's boring or too hard. If they ever enjoyed karate, they can and will enjoy it again when they climb out of that "valley." You will have helped them learn not to quit on something they like which is good for them as soon as it gets a little challenging or repetitive.

It's very important for kids (and not a bad idea for adults) to continue karate through major life troubles & chaos like divorce or family health or other issues. At times when their world is turned upside down, they really need the stable, constant routine of attending classes and growing in a place where they are safe and respected.

We look forward to working with you to give your kids the best of karate. *Name has been changed.

September 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ryan's Birthday	2	3 5:30 pm Food for Health@ Guru Palace	4 Last day to pre-pay Accelerator/Make-up Camp for only \$50 per student	5	6 1-5 pm Accelerator/Make-up Camp \$60 per student
7	8	9	10	11	12	13 9:55 am BBC (no weapons today)
14	15 Matthew Edwards' Birthday	16	17 5:30pm Food for Health@ Guru Palace	18 Last Day to Prepay Gladiator's Night, Last Day to Order Century	19 7-10 pm Gladiator's Night	20
21 1-2:15 pm Bully Prevention Seminar @ Unity Church of Mesa	22	23	24	25 Team Leaders' Meeting 7:30 pm during class	26 Daniell's Birthday	27 1 pm Certificates & Testing (wear full white uniform)
28	29	30 Andrew's Birthday	BULLY PREVENTION SEMINAR! Sunday, Sept. 21, 1:00-2:15 pm Open to the public, at Unity Church of Mesa on the N.W. corner of Lindsay and Southern, on a donation basis. Join us and bring your school-aged family and friends. RSVP to Tull-Gauger Shihan (480) 330-8886.			