

The East Valley Kicker

“*Miinai chichi nai.* We learn by watching and listening.” –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 2009

Welcome

- Julian Dominguez (Kids)

Upcoming Events GET INVOLVED!

Bring a Grandparent Day

Sat. Sept. 12, 11:20pm,
Free, we'll learn from our grandparents' wisdom, followed by an all-dojo family Potluck in our elders' honor. Family Bingo (fundraiser), 1:30-2:30pm, with lots of prizes. Unlimited-use Bingo cards are \$5 each or 3 for \$10.

Child Crisis Ctr. Charity Event

Fri. Sept. 18, 6:010pm.
Doug Proce Shidosha is facilitating this event at the dojo with free food, video games, bouncer, police and fire dept. talks and an auction. Seeking volunteers to hand out flyers and help with the event and demonstrators, as well as donate items - see sign up sheets at dojo. (jdproce@hotmail.com)

Karate Photos by J. Watkins

Sat. Sept. 19, morning
Sign up to get your awesome, artistic Karate pictures. The all black belt group photo will be the last of the day, copies: \$15 ea.

THE INVASION OF THE ELECTRONIC SCREENS

by Jenifer Tull-Gauger, Shihan, 4th Dan

We handle summer in Arizona much how others handle winter in cold climates. We stay indoors as much as possible in climate-controlled air. DVD movies are a survival technique at this time, as well as internet, computer and video games for the kids.

This summer these electronic screens took over our home. We could easily have the TV, the computer and the Gameboy all going at the same time, with one of the guys waiting their turn on the TV to play video games. At least my older son read too, and I was able to get the younger one to do some crafts and read stories to him. But before school started, my husband and I could not kid ourselves any longer, things had gotten out of hand. The

boys' rooms were a mess even though we'd been asking them to clean them for months.

We went back to limiting them each to 2 hours of electronic screen time per day. You can probably guess what happened. They would play a computer game together, then one would choose a movie, then the other would choose a video game. They were still getting up to 4 hours a day. Then school started. My older son was swamped with homework and couldn't get 4 hours in if he wanted, but in every spare moment, his eyes were on one screen or another.

We had to be even more drastic. No electronic screens, period (except for homework) until rooms were clean, we told them. Both of us parents had to rein-

force this and stick to our guns. Within one day, we noticed differences. Our younger son was more active and social. He wanted to play Simon Says and move around. That evening I noticed our older son being antisocial when he could have been interacting with his friends. I found out he on his computer not for homework but for a game. After the hammer came down, he was more cooperative with our rule.

Now their rooms are clean and we are cautiously allowing limited screen time. The American Academy of Pediatrics recommends no more than 1 to 2 hours of TV time a day and I include all electronic screens in this. I'm convinced by the differences I saw at summer's end.

MMA PROGRAM KICKS OFF

Many prospective students ask if we teach MMA or Mixed Martial Arts. Our Traditional Karate is a mix of strikes and grappling, standing work and ground work,

weapons and empty-hand techniques, but when people say MMA they mean dynamic workouts and competing with partners to test your mixed fighting skills within competi-

tion rules for safety. We are proud to offer MMA starting 9/14, exclusive of our Traditional Karate program (adults & teens only). Ask about our start-up specials!

September 2009



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Get ink from Cartridge World (ongoing fundraiser, N of NW corner Stapley & Baseline. Save!)	2	3	4 Harjivan's Birthday	5 Armaan's Birthday
6 Zach's Birthday	7 No classes Dojo Closed. Eat at Rino D's (fundraiser, SE corner Gilb. & Bsln.) Labor Day	8	9	10	11	12 Bring a Grandparent 11:20am, Pot-luck noonish, Bingo 1:30pm.
13 Grandparents Day	14 Fall Schedule Begins. MMA Program Kicks off.	15 Neubert Sensei's class is now 7:40pm to 8:30pm. Matthew E. B-day	16 New! Adults All Ranks at 6:10pm.	17 Last day to place Century orders this month.	18 Child Crisis Center Fundraising Event & Demo 6pm-10pm.	19 Karate Photographs, Black Belt Group Pic Last.
20	21 Eat at Rino D's (take-out or delivery, fundraiser, SE corner of Gilbert & Baseline) Jeff B-day	22	23	24 Teen Meeting 6:35pm, bring a can of unique soda.	25 Guest Instructors Newland & Brooks. BBC 7:10-8:10pm.	26 Teacher Meeting 9:55a. Certs. & Test 1pm (wear full white gi).
27	28	29	30 Andrew's Birthday	<p><u>This month's</u> WEAPON: Sai, Tan Bo, Tonfa, FOCUS: Dojo Kun #1</p> <p>CALL RINO D's for pizza & wings! 9/7 & 9/21: (480) 545-2700 (@ Gilbert & Baseline, min. \$12)</p>		