

# The East Valley Kicker

"Peace is not something you wish for; it's something you make, something you do, something you are, and something you give away." -Robert Fulghum

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

## SEPTEMBER 2010

### Welcome

- Macy Hamel (Kids)
- Daniel Helderman (Adults)
- "Tony" Tanbir Kaler (Little Dragons)
- Heaven Robles (Kids)
- River Robles (Kids)
- Cody Tracy (Adults)

### Welcome Back

- Dallin Hamel (Adults)

### WEAPONS R OK!

Weapons classes are a unique enrichment program. If you have been invited in, be sure to purchase your own weapons (everyone needs a bo), and attend weapons classes regularly to enhance your karate training. Weapons katas are part of the advanced belt requirements.

### BE PREPARED

For every class:

- wear your uniform, including belt & cup & supporter- guys
- remove watch, jewelry, etc.
- make sure nails are trimmed and filed
- remove gum, candy, etc.
- bring your mouthpiece
- please try to be on time!

## SERENITY

by Jenifer Tull-Gauger Shihan, 4th Dan

Serenity is the state of being serene, calm, tranquil or peaceful. As the 12-step quote says: it is accepting the things you cannot change. One of our instructors requested serenity for our focus of the month. As a yogi, I associate serenity with Yoga, but is this really a focus in Karate training? After all, more than anything, Karate is what gets me reved up, and Yoga is what calms me down regularly.

Buddha summed up the Yoga principle when he said, "Peace comes from within. Do not seek it without." Does this have anything to do with Karate? Well, I know that a karate student, in her training, learns more about herself

than anything else. She learns things about herself that she cannot change, and learns to work with them, and she sees things about herself that she can work on. More important, she is given the tools to improve. Also, our students have said they find peace of mind through their training and through practicing the Dojo Kun. So, yes, serenity is an excellent suggestion from our beloved instructor.

Humbleness also has to do with serenity. Learning to be humble is a great antidote to excessive pride, but it should also be used in the opposite situation. Like when I started Karate, I could not do one proper push-up. I wanted to hide my weakness and hope

nobody noticed. Instead I had to be humble.

Like Teddy Roosevelt said, "Do what you can, with what you have, where you are." I had to train hard and seek help and instruction on push-ups, and do more hard work before I could do first one, and later a set, of proper push-ups. I had to be humble and just bring myself, as I was, to the mat, without dwelling on my weakness. Doing that is a form of peace. And in doing that I got stronger.

This quote from Fernanda Miramontes-Landeros sums up how serenity goes with karate: "Give thanks for what you are now, and keep fighting for what you want to be tomorrow."

### REFRAIN FROM SIDELINE COACHING

Parents, your support of your karate students is priceless. We appreciate your encouragement and involvement at the dojo. However, please do not coach or talk to your kids while they are in class.


The only exception is in the unlikely event that an otherwise undetected safety situation is imminent and your interference would prevent injury. In that case, by all means talk, yell or even come on the mat!

Normally, though, when you talk to or coach students in class, it distracts students and teachers, it does not let your child learn to be accountable for their own actions, and it can be, in itself a safety issue.



# September 2010

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW 'CHUCKS' 10% OFF in Sept.</b> By request when ordering.</p> 		<p><i>Nothing can bring you peace but yourself.</i></p> <p><i>-Ralph Waldo Emerson</i></p>	1	2	3	4
5	<p>6 Dojo closed, no classes</p> <p><i>Labor Day</i></p>	7	8	9	10	<p>11 Black Belt Club, for BBC members 9:55am, no weapons class today</p>
12	13	<p>14 New Schedule Begins (only changes: Tues. Kids 6:10p, Adults+ 7:10p)</p>	<p>15</p> <p><i>Matthew Edwards' &amp; James Phillips' Birthday</i></p>	<p>16 <sup>Petra's B-day</sup> Teen Meeting 6:35p (bring a pic of your pets). Early bird deadline for Gladiator's Night, save \$5</p>	<p>17 Gladiator's Night ^ 7:10pm-10pm, reg. \$20 each, our helping teen students get \$5 off</p>	<p>18 Last day to place Century orders this month</p>
19	20	21	22	23	<p>24 Certificates &amp; Testing 7:10pm*</p>	25
26	27	28	29	<p>30</p> <p><i>Andrew Hawkins' Birthday</i></p>	<p><i>Talent is God-given; be humble. Fame is man-given; be thankful. Conceit is self-given; be careful.</i></p> <p><i>- John Wooden</i></p>	<p>* = wear full formal gi. ^ = open to friends and family.</p>