

The East Valley Kicker

"He who controls others may be powerful, but he who has mastered himself is mightier still." -Tao Te Ching

1829 S. Horne Ave. Ste. 8, Mesa, AZ 85204 www.EVMA.net Dojo Ph: (480) 892-4240, Shihans' Cell: (480) 330-8886

SEPTEMBER 2012

Welcome

- Brant Aringdale (Adults)
- Derek Juliano (Kids)
- Jonathan Juliano (Kids)
- Andrew Moreno (Kids)
- Heidi Seitz (Kids)
- Marlene Seitz (Adults)
- Sarah Seitz (Kids)
- Adrianna Varela (Kids)
- David Varela (Kids)
- Jose Varela (Kids)

GLADIATOR'S NIGHT

Friday, Sept. 21st,
7:00 to 10:00pm
Nerf Gun Fun! At the main event, teams play Capture the Flag. Snack & Drink included: \$25/same day or pre-pay by Thurs. Sept. 20th for only \$20. Family Member Discounts: 2nd immediate family member \$5 off, 3rd (or more) immediate family member \$10 off.

KAICHO'S VISIT

We are so excited about Allan Amor Kaicho visiting in October (see bottom of calendar). Kaicho is the founder of the United Ryukyu Kempo Alliance in Missouri, and an **AWESOME** lifetime martial artist. Be sure to attend the seminars!

RANK & RESPONSIBILITY

by Jenifer Tull-Gauger Shihan, 4th Dan

Each of the three brown belts in our ranking system is an invitation to black belt. These high ranks hold a lot of responsibility.

Maybe the most obvious responsibility for brown belts and up in both the Kids and Adults program is remembering a lot of katas and complexes. To remember them and keep them sharp, we must practice on our own regularly. An important responsibility is taking class at least twice a week. For adults there is also helping to teach at least once a week – giving back to the dojo that has given us so much.

Our own training is very important – not just to improve and get to the next level. Advanced students set the standard for how good a kata or complex should be. And advanced student's kata should be excellent – it should have focus, power, snap. It should show the expertise learned over the years.

In our traditional art, technique and kata are impor-

tant, but character is even more important. For high rank students that means acting and speaking with respect to instructors and lower ranks alike. It means setting a good example for lower ranks and younger people, not just by doing great in class, but by following the rules and leading by example.

These things apply to our students of every rank, and the responsibility gets higher as the rank goes up.

It takes about two years to get to black belt once you have earned your initial brown belt. That can be an arduous two years, and like any area in life it will have its peaks (high points) and valleys (hard times when you wonder if it's worth it.) Remember what Newland Renshi says, "It's in the valleys that the flowers grow." And yes, it is definitely worth it. It is worth every drop of sweat, every tear, every dollar, every bruise, every ounce of effort and then some. You get back so much more than you put in to your Karate.

BE PREPARED

Don't just come; come prepared! Remember for each Karate class:

- Karate uniform pants (*gi* pants)
 - Karate uniform top (*gi* top) or *dojo* tee-shirt.
 - Belt (*obi*) – don't wash your Karate belt because it won't get darker or turn black someday
 - Mouthpiece
 - Groin cup & supporter (for guys)
 - Sparring gear (check with Shihan if you're new or don't have any.)
 - Watch and jewelry off
 - Make sure nails are trimmed and filed.
 - No gum in your mouth
 - Positive attitude
- And please, please, *please* try to be on time!

DOJO LIBRARY

We have a dojo library where our karate families can borrow many excellent martial arts-related materials, including Dr. Terrence Webster-Doyle's Parent's Guide to Martial Arts, a movie on bullying in VHS and DVD formats, and a DVD for kids about staying safe. Just sign out a book or movie on the library list, and bring it back within a month. If you lose it, we expect you to replace it or buy it.



September 2012

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Testing will take place the <u>last Saturday of each month, except holidays</u>. There will be no 10:10am or 11:10am classes then. All Ranks Adults & Kids are welcome to come to class at 9:10am and train separate from Black Belts that day.</p>			<p>NEW Nunchaku 10% off (order by 9/22)</p>			1	
2	3 No Classes, Dojo Closed <i>Labor Day</i>	4	5	6	7	8	
9	10	11	12	13	14	15 BBC 9:10am	
16	17	18	19	20 Last Day to pre-pay for Gladiators' Night for \$20)	21 Gladiators' Night 7-10p (\$25 at the door inc. drink, snack, games.)	22 Last Day to Place Century Orders	
23	24	25	26	27	28	29 All Ranks Class 9:10a. Certs.* & Test* 10:10a. (No 11:10a class.) * = wear full gi.	
30	<p>Allan Amor Kaicho will be here Sat. Oct. 6th. Special Training Seminar for All Ranks Kids & Adults:</p>		<p>9am-Noon. Mark your calendars! Cost: \$20 pre-paid, or \$25 at the door.</p>		<p>Family member discounts available, see flyer. Also: Potluck Lunch 12:15-2:00pm. Bring family & friends!</p>		<p>Special Seminar w/ Kaicho, for Security & Law Enforcement Officers: 10/6, 3-5pm, \$25 (or \$20 by 10/4)</p>