



The East Valley Kicker

“Happiness and moral duty are inseparably connected.” -George Washington

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

SEPTEMBER 2015

REFERRALS

The biggest compliment you can give the dojo is your referral to your family and friends.

Please also refer us to other potential students by giving us a review online. East Valley Martial Arts is on most major website listings.

Thank you!!

UPCOMING:

Autumn Schedule: Tuesday & Friday 7:10pm Adult Weekly Classes Re-start the week of Sept. 14th. Tues. will also include Kids who are at least 10 & green belt.

Halloween costume exchange at the dojo begins Mon. Sept. 28 & goes through October. Free to participate: take a costume & donate your old one(s) if you like.

The East Valley Kicker is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:

Kirk Gauger,

Renshi, 5th Dan &

Jenifer Tull-Gauger,

Renshi, 5th Dan

SOUJI

By Jenifer Tull-Gauger

I have been told that there are no janitors in Japan. Each family or person cleans up the sidewalk or common area in front of their house. A teacher in Japan verified for me that at the end of the day, all of the students and teachers spend time cleaning up the school.

When I visited Okinawa, I saw, as I'd been told, that there were no trash cans on the sidewalks—no public garbage cans. Stores and airports did have them, but depending on where you were going, you might not find a trash can. Yet litter is not a problem in the areas where people travel every day. Each person is responsible for taking care of their own garbage, even if that means holding on to it until they find the proper place to throw it out.

I saw that many of us American visitors had trouble with this concept, seeming to not be able to plan ahead and keep a small bag handy for personal trash. Or using the back of the car as a garbage can, and not thinking about emptying it once we had access to proper disposal.

We could learn a lot from the Okinawans. One, when you are done using something, the leftover trash does not just disappear. Two, it is rude to push your trash off on other people to deal with. Three, if you enjoy the use of an area, it is respectful and responsible to keep it clean.

Souji literally means “cleaning.” Our dojo practices the tradition of everyone pitching in to help clean up. It's respectful to do this at the end of each class. We did

have it down to an art of getting all the cleaning done at the end of the week. But with the dojo schedule and students' personal schedule changes, that would now fall on the shoulders of an unreasonably few people.

We all now need to get in the habit of cleaning up something each week, or even each time we go to the dojo. When I was a student coming up through the colored belts, we sometimes had to spend class time cleaning, because the dojo was falling into disarray. I would rather clean outside of normal class times.

Let's all lend a hand and take care of our dojo. See the board in the front room, or an instructor, if you're not sure what to do. Take pride in your dojo!

Sept. WEAPON: *nunchaku, chizi*
 (for Oct.: sai, tonfa)
 FOCUS: *Dojo Kun #1*



September 2015

RENSHIS' CELL: (480) 330-8886

New **TONFA** or
SAI 10% off

In-stock or order by Sat. 9/19.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Certificate Ceremony & Testing takes place the last Saturday of the month at 10:10am, but not on holidays. To receive your certificate, attend a ceremony at least a month after your test.		1	2	3 Little Dragons 5:30pm, before regular classes today	4 Dojo Closed, no classes	5 Dojo Closed, no classes
6	7 Dojo Closed, no classes	8 Regular class schedule resumes.	9	10	11 BBC 7:10 until 8:15pm	12 Used Gear Sale begins 9am (Karate gear donations appreciated)
13	14	15 Autumn Schedule begins—Adults & older, higher rank kids class at 7:10 on Tues	16	17	18 7:10pm Adults-only class resumes with Autumn Schedule.	19 Last Day to place Century orders. Used Gear Sale ends 11 am.
20	21	22	23	24	25	26 Certificate Ceremony* & Testing* 10:10a.
27	28 Halloween Costume Exchange begins—put together a free costume & donate an old one	29	30			

* = Wear full formal gi / uniform.