



The East Valley Kicker

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.” - Roy T. Bennett

Mesa, AZ www.EVMA.net Renshi's Cell: (480) 330-8886

SEPTEMBER 2020

BO TRAINING

This month, all students in the weapons program will be training with the bo. All students need to learn two bo katas (one of them is long) before black belt. If you are at least eight years old, remember to bring your bo every Thursday in September.

TAN BO ONLINE

All online training students will start training in the tan bo kata on Fridays, starting Sept. 18th. They are encouraged to make their own safe training tan bo with cardboard tubes and paper.

PAYMENTS

We are now doing our own billing, and can take payments by cash (in person), check (in person or by mail), or Zelle (online banking) or Venmo (online app). Thank you for your patience as we get used to these payment methods.

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

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Renshi, 6th Dan &
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Why do I Love Karate

by Jenifer Tull-Gauger (condensed from 8/12/20 blog)

After over two decades of karate, here are the things I love:

20) Coolness Factor.

When people think karate, they think Chuck Norris and the cool Kung Fu Panda.

19) Common Ground.

When people hear that I do karate, it gives relatable conversation because most people know a martial artist.

18) Martial Arts Adventures.

Martial artists have the worlds of tournaments, seminars, camps, field trips and even world travels opened up by their art. That's true for me.

17) Seeing Others Improve.

I'm not always involved, but karate is. I've seen others quit smoking, leave abusive relationships, and improve their grades, because of the empowerment of karate.

16) Helping Others Improve.

Sometimes I help support students in improving their lives.

15) Striving for Excellence.

I, myself, strive for good choices. And I gain the benefits. This is 3/4 of the way down my list though: it is hard!

14) Fun Workout.

This was one of my first reasons I loved karate. It's a fun way to get exercise.

13) Strength Building.

This is different from above.

Karate gives other types of strength such as emotional, willpower, and a fighting spirit.

12) Ninja Challenges.

These happen in class as we improve eye-hand and eye-foot coordination. And they happen at home, like when I deftly caught the edges of the plastic holding orange peels, as it fell, before anything hit the floor.

11) Games with a Purpose.

We incorporate karate games into classes, especially when there are kids participating. Like them, I love the games.

10) Positive Support Group.

Most people at a dojo are improving themselves. And they encourage their dojo mates to do the same.

9) Positive Attitude.

My main martial arts mentors choose positive attitudes and encourage me to do the same.

8) Historical Tradition.

Traditional karate is a living art developed by the Ryukyuan people. In Okinawa, a native man expressed his appreciation that we are perpetrating his country's art.

7) Part of Something Bigger.

We are each part of a dojo which helps its members grow. Our dojo is a part of the URKA. And we are all a part of the martial arts community, which

brings good into the world.

6) Making the World Better. Karate does this by holding up values such as respect and peace. If someone is causing harm, karate was designed to stop them.

If more people did karate, the world would be a better place.

5) Traditional Values.

Our style teaches the values of good moral character, honesty, striving, respect and restraint. These values help make the world more peaceful, and they also help each person who uses them.

4) Self Defense Skills.

Karate was developed for self defense. I know that it works.

3) Goal Setting.

Karate training taught me to set, pursue and attain goals. That has changed my life.

2) Knowing my Family can Protect Themselves.

This gives me peace.

1) Confidence.

This is my number thing I love karate for.

Along the way, I have met other karate practitioners who have a similar passion for the art. I am privileged that some of them are my students. And others are my mentors. And I am grateful for all of them.

SEPT. WEAPON: **Bo**
 FOCUS: **Respect**



September 2020

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This Month's Testing</p> <p>will take place toward the end of the month, as needed, by appointment*+.</p>	1	2	3 First Thursday: bring your bo.	4	5	<p><i>No online class today, holiday weekend.</i></p>
6	7 <i>Labor Day</i>	8	9	10 Second Thursday: bring your bo.	11	12
13	14	15	16	17 Third Thursday: bring your bo.	18 Tan bo training in the online class.	19
20	21	22	23	24 Fourth Thursday: bring your bo.	25 Tan bo training in the online class.	26 BBC 9:00 am at Country-side Park at Southern and 32nd St. in Mesa: bring your bo.
27	28	29	30			

* = Wear full formal gi / uniform. + = Check location.