

THE EAST VALLEY KICKER

NOTES & TIDBITS

Please try to make up a couple of classes as you can this week and next, as the gym will be closed for a week this month for tenant improvements. The dates we were given are the 19th through the 26th of October. We will update you on any changes.

Testing and the Certificate Ceremony are still planned for the 22nd of Oct. and the location will be announced.

The gym is going through changes, but our dojo is still going strong and growing. Change is a good thing.

STUDENTS OF THE MONTH

Congratulations to our October Students of the Month, Trenton Chalus in the Little Dragons Program, and Nick Little in the Kids Program! Keep up the great work and respectful attitudes!!

WELCOME NEW STUDENTS

-Victoria Dominguez (Kids)

-Jacob Garn (Adults)

-Victor Gonzalez (Kids)

-Max Hoffman (Little Dragons)

& Welcome, Quinn Reynolds, to the Weapons Program, and Quinn Reynolds and Jordan Siegel to the Adult Program!



OCTOBER BIRTHDAYS

10/14 Michael Fultz

10/15 Beilee Kagen

10/20 Ashley Simmons

Happy
Birthday!!!

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RECENT PROMOTIONS

Congratulations to everyone who tested recently. What a great test – both for the kids and the adults!

Kids who were promoted include:

Yellow-Striped belt: Trenton Chalus (L.D.)
Daniell Little and Nick Little.

Yellow belt: Maryana Ambagis, and Riley Wooldridge.

Orange belt: Serena Bryant, Lizzie Garn and Coltin Lohman.

Green belt: Daniel Brasher, Loren Boyle, Michael Fultz and Adam Schiferl.

Purple belt: Jeff Veitch.

2nd Kyu Brown belt: Dallin Hamel.

Adults who were promoted include:

Yellow-Striped belt: Glen Ingebretson.

Yellow belt: Joe Ambagis and Aaron Brower.

Orange belt: Sam Garn.

Green belt: Brian Tefft and Ashley Simmons.

Blue belt: Quinn Reynolds and Will Speiser.

Purple belt: Christine Simmons.

Martial Arts Empowers The Mind

By Joseph Galea

The benefits of martial arts training are innumerable. Whether you are six or sixty, a 10th degree black belt or a novice white belt, the physical benefits are widely publicized and accepted; increased cardiovascular fitness, reduced risk of many diseases, weight control, increased flexibility, enhanced functioning of the metabolic, endocrine and immune systems, and many others. But does martial arts training provide us with psychological benefits also?

Michael Newland, Shihan

Rob Reimer, Sensei

Kirk Gauger, Sensei

Jenifer Tull-Gauger, Sensei, Newsletter Editor

EAST VALLEY MARTIAL ARTS

3841 East Baseline Rd. – In World Gym

Gilbert, AZ 85234

Cell: (480) 330-8886, Gym: (480) 926-4040

WWW.EVMA.NET

(Martial Arts Empowers the Mind, continued...)

Many of the physical benefits of martial arts training have carry-over psychological effects. For example, by improving your health, martial arts increases your “sense” of well-being. Martial arts students are likely to report reduced tension or stress. The physical nature of martial arts can lower the risk of depression and increase self-esteem! Martial arts training is also an excellent avenue to release aggression in a controlled environment, giving students an increased feeling of power and self-control. Martial arts requires the physical movement of the entire body which helps develop self-awareness and an understanding of one’s own mind.

Probably the biggest psychological benefit of martial arts training stems from the fact that it is a form of self-defense. The knowledge that you can physically defend yourself increases self confidence. Self confidence is contagious and will spread to all areas of life. This is an empowering mental benefit that enables you to focus on challenges that come your way instead of allowing self doubt to rule your life.

Another interesting psychological benefit of martial arts training is the social element. Being engaged socially is well documented to be extremely beneficial to both physical and psychological well being. Martial arts offers the opportunity to meet and interact with others in a positive atmosphere with a common goal.

Martial arts training impacts the mind, body and spirit. These aspects are interconnected in a very complex way. Martial arts can pierce through our vulnerabilities and strengthen our mental character to make us feel our best. Think of martial arts training as your total mind and body workout!

Last month’s question

Several kids earned tickets for turning in answers to last month’s question: *How can you use your karate to bring peace to your family or community?*

“To show respect and to help out. Also by doing your work the best way you can!” -Maryana Ambagis

“1. Being nice and being good! 2. Listening to your parents. 3. First time obedience.” -Matthew Bailey

“By showing respect to my mom and dad and teacher.” -Michael Fultz

“I can use my karate to keep my family safe from scary animals.” -Noah Smith (Little Dragon)

“If someone is being attacked you can defend them to bring peace. Show respect to your parents.” -Griffin Tull-Gauger

“I can bring peace to my family by protecting them. I can bring peace to my community by being kind and respectful to others. Playing nicely with others (my brother or my friends) also brings peace.” -Anonymous

“Be quiet; listen to my parents; no bad words.” - Anonymous

HealthKick: What Are You Eating?

By Jennifer G. Galea MS RD

What are most adults eating these days? I can tell you only one thing for sure: most Americans are consuming too much unhealthy food. According to a recent study by the University of California, Berkley, nearly one-third of calories consumed by adults is derived from sweets, chips and sugary sodas! Almost twenty-five percent could be attributed to desserts, sweets, soft drinks, and alcoholic beverages only. Sugar-sweetened sodas alone were responsible for seven percent of these damaging empty calories. But the truly bad news is that healthful foods, such as vegetables and fruits, compose only ten percent of the calories consumed in the average diet.

Now I understand that vegetables and fruits are low calorie in general, so as a percentage of calories they would naturally appear lower. But calories are still calories, and so there are valuable insights to be gained from this study.

The first is to eliminate sugar-sweetened sodas. They contain an exorbitant number of calories with absolutely no nutritional benefits. If you want to drink sweetened beverages without using artificial sweeteners, possible alternatives are diluted fruit juice or iced tea that you sweeten yourself with table sugar.

The second food “group” to tackle is “sweets” and desserts. Here the goal is to obtain nutritional value from your choices, as well as to control the volume and frequency of consumption.

Fruits make wonderful choices for sweet “treats.” Try fresh, dried, and even canned (in their own juices). Even a fruit-based traditional dessert (such as a cobbler or fruit pie) has far more nutritional benefit than most other dessert choices.

The last food type to decrease, or even eliminate, is “salty snacks,” such as potato chips. A healthy alternative is a whole grain fat-free pretzel or air popped popcorn.

And of course, the most important dietary change needed, as indicated by this study, is to include more fruits and vegetables. The current recommendation for fruits and vegetables is five servings per day. Evaluate your daily diet. Are you eating this many servings each and every day? As martial artists, our overall eating habits will impact our training progress and our ultimate potential. Next month we’ll discuss the fruits and vegetables that pack the most punch!

Black Belt Attitude

By Joseph Galea

How do you define Black Belt Attitude? Some view it as the unwavering feeling from within that empowers self confidence. Others say it’s an optimistic outlook that influences the way they view the world around them. However, every future and current black belt student would agree that having a Black Belt Attitude is an intangible benefit, giving those bestowed happier and more fulfilled lives.

Martial arts training is about teaching us that we can accomplish great things. When you set your sites on becoming a black belt , it not only says, “Yes, I can achieve success,” but it also says, “I *will* achieve success.” Unfortunately, this “attitude” is a rare characteristic in people. It is more common to be uncertain than it is to be self assured and confident. One of our goals as instructors is to help you develop your Black Belt Attitude so that you may attain your potential.

Remember the old adage: “If at first you don’t succeed, try, try again.” This saying demonstrates part of the Black Belt attitude. The average person has been taught that failing is “bad,” rather than every “failure” being a learning experience. Therefore, some don’t try at all and many never try

more than once! Did you know that Abraham Lincoln lost every election, but one, prior to being elected president of the United States? How about Thomas Edison? He failed more than ten thousand times prior to inventing the light bulb.

As you learn your martial arts skills, your Black Belt Attitude will shape and develop special meaning for you. It will empower you with optimism, confidence, and maybe even simply happiness.

KARATE STUDENT CHECKLIST

Don’t just come; come prepared! For ALL karate students, here is a list of things to have in EVERY karate class:

- Karate uniform pants (*gi* pants)
- Karate uniform top (*gi* top) or Karate t-shirt (with sleeves, tucked in)
- Belt (*obi*)
- Mouthpiece
- Groin cup & supporter (for males)
- Sparring gear (We sell sparring gear & the proceeds help keep tuitions down - check with your instructor if you need gear!)
- Watch and jewelry off
- No gum in your mouth
- Positive attitude

And please, please, *please* try to be on time!

OCTOBER QUESTION

Turn in by 10/30 to receive a ticket:

Guiding Principal #10 says to ask questions freely of your karate instructors, you must strive to understand what you are learning.

What is one question you would like to ask us?

NAME:

