

# The East Valley Kicker

“*Kutubaa. Jin Chikee.*— Spend words as efficiently as money.” - Okinawan Proverb

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

## OCTOBER 2007

### Welcome to the Dojo Family:

- Priya Doane (kids)
- Jacque Linam (kids)

### Welcome to the Lil' Dragons Program:

- Sammy Doane
- Grant Reimer
- Phoenix Tull-Gauger
- Matthew Vickers

### Welcome Back:

- Sheila Doane (kids)
- Davydd Collier (kids)
- Rhys Collier (kids)

**KAICHO'S AIR FUND**  
Allan Amor Kaicho, the head of the United Ryukyu Kempo Alliance, would like to come visit in November. This means our students will get a chance to learn from Kaicho, a phenomenal martial artist, in our classes. We need your help to fly Kaicho out to Arizona. If each of our students' families donates \$10 to \$20 to Kaicho's air fund, we can make this possible.

**NOVEMBER RAFFLE**  
Next month we are raffling off a pair of in-stock nunchaku or a nunchaku case for \$2 per ticket. The proceeds will go to Kaicho's air fund. You can buy tickets anytime this month. The winner will be drawn Nov. 1st at the 5:50pm demo.

## Promise Keeping

by Melody Shuman

Martial Artit's Topic of the Month: Honesty



Promise keeping means making worthwhile promises that you are able to keep, and then actually following through on those promises.

We frequently find ourselves making promises, but for various reasons we cannot or do not keep those promises. To be a great person you must fully understand the importance of promise keeping and must realize those situations where making a promise is appropriate.

There are many types of promises that people make on a daily basis. We make silly promises, bad promises, good promises, and promises about situations that are beyond our control. If we understand the differences among the above types of promises, then we can improve our ability to keep promises.

Telling someone that you will give him or her \$1,000,000 for something when you really do not have that much money to give is an example of a silly promise. Bad promises include such things as making a promise to lie for a friend to keep him or her out of trouble, or helping someone cheat on a test. Good promises are those that you can follow-through on and that have an honorable or worthwhile objective, such as completing your chores when asked or paying back someone from whom you borrowed money. Promises about things that are beyond your control include such

things as promising someone that it will not rain next week, or that you will catch a home run ball for them. As you can see, we have all made promises that were good, silly, beyond our control, and sometimes bad.

It is important to practice promise keeping with common sense. You may find yourself making promises that you know are silly, bad, or beyond your control but you make them anyway. If you pay attention to the different types of promises that you make and reduce the number of silly, bad, and beyond your control promises until you have totally eliminated these types, then you will begin to master the act of good promise keeping.

The first step to good promise keeping is to have the desire to follow through on every single promise that you make. This is not always an easy goal to achieve right away. To get started, make a list of all of the good promises that you have made recently, but haven't kept. Then, try to follow through on those promises. From there, begin to make only good promises, and make sure you follow through on them. Before you know it, you'll become a master at promise keeping and you'll notice that your friends and family have greater respect for you and your actions.

## Shihan Notes

Jennifer Tull-Gauger, 3rd dan & Kirk Gauger, 3rd dan

I would like to thank you all for your support during the difficult time of my grandmother's passing. All of your e-mails and cards were helpful and appreciated. I shared them with my grandfather and family and they all appreciated your compassion. -Gauger Shihan

We would both like to congratulate and thank everyone who participated in

the tournament last month. All participants received a medal and they all did an awesome job in competing. We are sure that they all learned a lot too. It was successful only with the support and participation of you all, including the spectators. It seemed like everyone had a great time and we would like to make the food one of our dojo tournament traditions. -Gauger & Tull-Gauger Shihans

# OCTOBER 2007

Shihans' Cell: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Topic of the Month: HONESTY.</b> <b>Weapon of the Month: BO (single staff)</b>	1	2 <u>Parent Demo</u> 5:30pm, all kids, teens & families encouraged to participate, free.	3	4	5  James' B-Day	6 No Yoga. Other classes will take place.
7	8 Dojo Closed, no classes.  Columbus Day	9 Regular classes Resume & Kids may join 9am adult class.	10	11 Kids may join 9am class. Pay for CPR class by today, to dojo. Pre-pay Fun Fri. for only \$20.	12 Fun Friday, <u>Karate Factor B</u> 7 - 10pm, \$25 per person (like Fear Factor for karate students, inc. snack, drink, prize.)	13 <u>CPR (infant, child &amp; adult certification) &amp; First Aid</u> 1:00 until ~5:00pm, \$30 per person.
14  Michael Fultz Birthday	15 Shihans visit Houston Elementary (Ask for a letter for your teacher - we might visit you!)	16	17 <u>Newland Renshi's visit</u> during eve. classes, all students should attend.	18 Last day to place Century orders for this month.	19 <u>BBC</u> 7:10pm	20
21	22	23	24	25 BB Teacher Meeting 8:30pm during class. Last day to pre-pay for Ground Fighting for \$20.	26 <u>Ground Fighting Seminar</u> 7 - 9:30pm, \$25 per person, for our adult and child students.	27 <u>St. Jude's Fundraiser</u> during empty-hand classes. <u>Certificates* &amp; Testing*</u> 1:00pm.
28	29	30  Jodi's B-Day	31 <u>Dojo Halloween Party &amp; Costume Contest</u> 4 - 6pm, free, bring a prize.	1 ( <u>Nov.</u> ) <u>Parent Demo</u> 5:50pm, all kids, teens & families encouraged to participate, free.		* = Wear full white uniform.