

The East Valley Kicker

"Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power." -Clint Eastwood

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

OCTOBER 2010

FALL BREAK SCHEDULE

Regular classes will be replaced with a Special Fall Break Schedule during the week of Oct. 8—16th:

Fri. 8th - Sat 9th, no classes
Mon. 11th • 6:10—7pm Kids & Adults TEACHER'S CHOICE!
Tues. 12th • 5:00—5:30pm Lil' Dragons.
• 5:45—7:15pm Kids & Adults SPARRING EXTRAVAGANZA!
Wed. 13th • 7:10—8pm Kids & Adults GROUND FIGHTING!
Thurs. 14th • 9:10—10am Kids & Adults SELF DEFENSE!
• 6—6:30p Teen Meeting: (bring a pic of your pet).
• 6:35—8pm Kids & Adults KATA WITH THE BLACK BELTS!
Fri. 15th • 6:10—7pm Kids & Adults PADDED WEAPON SPARRING!
Sat. 16th • 9—9:50am B & B Teachers Meet (read ch. 11).
• 9:55-10:40am Kids & Adults WEAPON DISARMING,
• 10:45—11:15am Lil' Dragons & Kids & Adults OBSTACLE COURSE,
• 11:20am—12:05pm Kids & Adults SELF DEFENSE

All classes listed as Kids & Adults are for age 6 & up, all ranks, special focus is in ALL CAPS. Three days per week maximum still applies for the Kids Program.

JOHN THE SAMURAI (he could be a real person, he could be everyman)

by Jenifer Tull-Gauger Shihan, 4th Dan

John the Samurai had a hard life as a kid, but he had a mentor who taught him right and wrong. He made mistakes like we all do, but John was either smart enough or lucky enough to do the right thing in the end.

When John was a teenager he saw some of his friends going down the wrong path and getting into drinking and drugs. John stayed on the good samurai path and refused their offers of fun. He avoided those high people at parties and when possible, he just left. He did not want to put himself into a stupor with alcohol or drugs because, as a good samurai, he always kept his wits about him and kept his senses sharp,

especially when he was in public. He didn't even want to be around his friends if they were high, because he knew they were likely to do something stupid and he didn't want to have to hurt them, or to get in trouble because of them.

As an adult, the most John would have was one drink to toast a special occasion. Was John an uptight samurai? No, he was young at heart and the young don't need alcohol or drugs to relax or to have fun or to be themselves. John practiced his samurai meditation every day, so he was relaxed enough to be ready for life-protection action at any time.

John served his community with pride and taught his dojo *kohai* (lower

ranks) how living a clean life went hand-in-hand with the Dojo Kun. He would say things like, "Staying sober is a matter of moral character," "You can't be honest if you are on drugs," "Don't give up on yourself," "Have enough respect for yourself, your body, your mind, your spirit, and your family to live a clean life," and "Refraining from getting buzzed when all around you are overindulging, shows the highest restraint and spiritual attainment."

John the Samurai had ups and downs, but he did as he taught and was overall extremely happy!

(Your homework is to be like John the Samurai and to always be aware and play the Samurai Game.)

Okinawan Field Trip Fundraising

Our scholars are meeting 10/7 at 8pm for planning. If you are interested in joining the committee to raise funds for an Okinawan field trip, talk to Tull-Gauger Shihan or join the meeting. SUPPORT US & buy unique products by going to www.pamperedchef.biz/sharitrujillo, click "shop online" and enter "Okinawa Fundraiser" in #1. You are also invited to our get-together 10/22 at 7:30pm, see flyer.

Welcome

- Angela Dyer (Adults)
- Erin Dyer (Kids)
- Ella Kelly (Kids)
- Casey Woolhouse (Little Dragons)

October 2010



SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW SAIS 10% OFF in Oct. By request when ordering.</p>	<p>Feb. 28, 2010</p>				1	2
3	4 No Yoga	5	6 No Yoga. BBC for members 7:10pm. <i>Daniel's B-Day</i>	7 Okinawan Field Trip Fundraising Committee (short) Meeting 8pm	8 No 6:10pm class today, take a weekend break.	9 Dojo Closed, no classes. Fall Break SPECIAL CLASSES next week.
10 Regular Class Schedule replaced with SPECIAL CLASSES >>>	11 No Yoga. Kids & Adults 6:10-7pm TEACHER'S CHOICE!	12 Lil' Dragons 5-5:30pm. Kids & Adults 5:45-7:15pm SPARRING!	13 No Yoga. Kids & Adults 7:10-8pm GROUND-FIGHTING!	14 Teen Meeting 6pm. Kids & Adults 6:35-8pm KATA W/ THE BLACK BELTS!	15 No Yoga. Kids & Adults 6:10-7p PADDED WEAPON SPARRING!	Used Gear Sale 10am 16 Teachers Meet 9am (ch. 11). K & A WEAPON DISARMING 9:55, Lil' D, K+A 10:45, K & A DEF. 11:20a
17	18 Regular Fall Schedule Resumes. Used Gear Sale continues this week. >>>	19	20	21	22 Pampered Chef Party Fundraiser for Okinawan Field Trip 7:30p+	23 Last day to place Century orders this month. Used Gear Sale ends 12:15pm.
24	25	26	27	28	29 Certificates & Testing 7:10pm*	30 Halloween Party & Costume Contest ^ 2p—4:30p, free, sign-up. Pampered Chef orders due.
31	<p>Dec. 10, 2009</p>					<p>* = Wear full formal gi. ^ = Open to friends and family. + = Takes place at other location.</p>