



The East Valley Kicker

“Self discipline isn’t just something that happens once and you’re done. It’s a practice.” - Emily Thompson

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

OCTOBER 2019

Welcome

- ♦ Kaden (Little Dragons)
- ♦ Vidhi (Adults Program)

USED GEAR SALE

Our annual Used Gear Sale will take place this month from Wed. Oct. 16 through Wed. Oct. 30. You can get used uniforms and karate gear at deep discounts. We are also accepting donations of used gear. Proceeds will help get new training gear for classes.

HALLOWEEN PARTY & COSTUME CONTEST

Thurs. 10/31, 4:00-5:30pm: Join us for some spooky games, a costume contest with prizes, treats, and healthy snacks. Feel free to bring your friends and family, and snacks or treats to share. Free, RSVP by Wed. 10/30.

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

Head Instructors:
Kirk Gauger,
Renshi, 6th Dan &
Jenifer Tull-Gauger,
Renshi, 6th Dan

HOW KARATE TEACHES FOCUS

By Jenifer Tull-Gauger (condensed from 9/24/19 blog)

Many parents report that karate teaches focus for their children. I started karate as an adult and it has helped me to develop my own focus as well. Here are some ways that karate improves focus.

STRUCTURED ENVIRONMENT

At our traditional dojo, each class has a structured, disciplined format. We follow traditional rules and etiquette, from lining up and bowing to begin and end each class, to standing and sitting in class as martial arts etiquette and discipline require. We expect students to respect others in class by keeping their hands to themselves until instructed otherwise. And when they do work with partners, they must follow the rules of conduct. Participation in this structured environment is one way that karate teaches focus.

GOAL SETTING

The belt ranking system has goals set out for each stu-

dent of progressing colored belts. More time and focus on learning the curriculum is needed to achieve higher ranks. Karate teaches focus with other goals as well such as stripes on belts, tickets in class for kids, and instruction in personal goal setting. When students learn to target specific goals, this helps them build a focused foundation.

KATAS & EXERCISES TEACH FOCUS

As a student successfully attends karate classes, they start to learn katas and exercises. These specific moves involve the whole body and require focus in order to perform them. Karate teaches focus incrementally through that whole process. Eventually, the student performs the kata or exercise individually, which requires a lot of focus.

CONSTRUCTIVE USE OF ENERGY

Kids can have an abundance of energy going all over the place. Let’s admit it, adults

can too, although they may feel and show it differently. Karate teaches focus by having students use energy in a wide variety of constructive, dynamic activities. Even though students are “giving it their all,” they are blowing off steam in a specific and practical way. Then this allows them to focus in on more calm and intricate activities as needed.

FOCUS AND SELF DISCIPLINE

In Dojo Kun number five we commit to restraining our physical abilities through spiritual attainment. We explain this to our youngest students as meaning, control myself. This Dojo Kun, or oath, is one way that we teach self discipline.

I like to think of focus as one of those superpowers that can be learned through karate. It is not always easy, but the challenges are not insurmountable and it is a lot of fun.

OCT. WEAPON: *Nunchaku, Chizikunbo*
 (Nov.: sai, tonfa)
 FOCUS: *Self Discipline*



October 2019

NEW Sai or Tonfa
10% off

In-stock or order by Sat. 10/19

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 No Ground Fighting today (classes condensed for break).	11	12
13	14	15	16 Used Gear Sale begins >>	17 >>	18 >> Black Belt Club for BBC members 7:30-8:40pm.	19 > Core Cards 10:30am. Assistants' & Instructors' Training 10:40am. (No B.B. Weapons) Last day for orders.
20	21	22 >> Used Gear Sale continues >>	23 >>	24 >>	25 >>	26 >> Certificate Ceremony* & Testing* 10:40 am. (No B.B. Weapons)
27	28	29 >> Used Gear Sale continues two more days>>	30 >> Last day for the Used Gear Sale. RSVP for the Halloween Party.	31 Halloween Party and Costume Contest 4:00-5:30pm. No classes today.	Certificate Ceremony & Testing takes place the last Saturday of the month at 10:40am, except holidays. Saturday class for Adults Program and Kids Program and is at 9:40am.	

* = Wear full formal gi / uniform.