

THE EAST VALLEY KICKER

“Others can stop you temporarily – you are the only one who can do it permanently.” -Zig Ziglar

NOTES & TIDBITS

Thank you to everyone for bearing with us as we get ready to move into our new dojo. Most students are doing well with keeping up their training on the temporary schedule at DancEnergy. Remember, as long as you are averaging at least two classes a week, you will be able to retain what you've learned and move forward in karate.

We are guests at DancEnergy Studio, so best behavior is as important now as it has ever been.

Thank you, Brian Tefft, for keeping us updated with the website. Brian has been keeping the most current information on class schedules at: EVMA.NET. You can also download newsletters, sign up for the East Valley Kicker, and check for special events on our website.

Classes will be closed Thurs. Nov 25 through Mon. Nov. 29 for Thanksgiving weekend. Try to average two classes a week this month as best as you can, and have a GREAT Thanksgiving weekend with your families and friends.

STUDENTS OF THE MONTH

Congratulations to our November Students of the Month: Daniell Little in the Beginning Kids Program and Griffin Tull-Gauger in Advanced Kids. Keep showing respect and doing your best work!

WELCOME BACK

Welcome back to three brothers in the Beginning Kids Program: -Carson Rodgers, -Mason Rodgers, and -Zane Rodgers. We're glad to have you back in the dojo family!



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RECENT PROMOTIONS

Congratulations to everyone who recently moved up! In the kids program:

Yellow-striped belt: Emily Neeley & Jessica Neeley.

Orange belt: Brianna Homewood & Skylar Speiser.

Green Belt: Matthew Ambagis, Tylar Miazga & Isaac Vasquez.

Blue belt: Matthew Edwards, Sheila Doane & Matthew McCulley.

3rd Kyu Brown Belt: Matthew Barr & Michaela Wooldridge.

2nd Kyu Brown Belt: Andrew Greig.

1st Kyu Brown Belt: Griffin Tull-Gauger

In the Adult Program:

Yellow-striped belt: Robert Neeley.

Keep up the awesome work!

HAPPY BIRTHDAY TO:

- | | |
|-----------------------|---------------------------|
| 11/5 Sheila Doane | 11/18 Brian Tefft |
| 11/9 Joe Ambagis | 11/20 Victoria Dominguez |
| 11/11 Daniel Hines | 11/25 Mason Rodgers |
| 11/14 Victor Gonzalez | 11/26 Griffin Tull-Gauger |
| 11/16 Matt Barr | 11/27 Kameron Gilstrap |

NOVEMBER QUESTION

As per our Dojo tradition, the November Question is: What are you most thankful for? To receive a ticket, write down the ten (10) things you are most thankful for on a piece of paper and turn it in by 11/24 (the day before Thanksgiving) to receive a ticket.

Michael Newland, Shihan

Rob Reimer, Sensei

Kirk Gauger, Sensei

Jenifer Tull-Gauger, Sensei, Newsletter Editor

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DOJO IN TRANSITION

We sent out a letter to each of our dojo families to let you know about World Gym closing and what kind of help we need to get our own dojo ready. If you did not receive a copy, we have hard copies with us in class, or can e-mail it, if you request to: JDTULLGAUGER@WMCONNECT.COM

To update you, as of the printing of this newsletter, we are in lease negotiations for space in the same shopping center as DancEnergy.

We do have a few extra items to add to the Dojo Wishlist, if you find in good shape used or at a garage sale, and at a good price, please let us know:

- VCR/-DVD Player
- TV
- Vacuum
- Weight Bench

Give Thanks to Those Who Help Us Learn & Grow

By Joseph Galea

Martial arts instruction has evolved incredibly over the last two decades and has become an international phenomenon. Before the popularity and growth of the martial arts, instructors set their own standards for how information would be passed along to their students. Today's instructors, however, have a wealth of resources and education at their disposal to aid them in their field.

Our teachers are going to great lengths to become better educators for their students. From videos to seminars, this generation's martial arts instructors are becoming smarter by the day! These resources help them to consistently provide better services to the martial arts students, who are the ones who benefit tremendously from our instructor's desire to become the best educators possible.

Did you know that martial arts instructors and masters travel around the world to attend day-long and week-long seminars that are physically and mentally demanding? They learn everything from how to train a child with ADHD, to how to teach the best choke hold to adult students. Instructors are trained hard, and then they are trained some more. They come back year after year, attending seminars and events designed to improve their knowledge and education, helping them cope with this generation's demands in the martial arts school. Our

instructors work just as hard behind the scenes as they do on the training deck.

This holiday season is the perfect time to give thanks to the ones who inspire us. Martial arts instructors are often the unsung heroes in our world. They remind us of our strengths and how to use them properly. They provide us with constant encouragement and support as we conquer our challenges. They help us fulfill our goals and dreams one by one, day after day, week after week, and year after year. They are hard working and genuinely care about people and the community. Our instructors work hard for us, most likely harder than what we imagine. Now is a great time to let them know how much we care about them and appreciate their desire to help us be the best we can be. Let us say thanks to our heroes, mentors, and friends, the martial arts instructors!

LAST MONTH'S QUESTION

Last month's question was based on Guiding Principal #10, which says to ask questions freely of your karate instructors because you must strive to understand what you are learning.

Question from Maryana Ambagis, "This question is for Tull-Gauger Sensei: What did you expect out of Karate? Is it at all like you planned? What is your goal?"

Tull-Gauger Sensei's answer, "I started Karate with an open mind – I didn't know much about it, just wanted to check it out, and probably to be able to protect myself.

"It was much more than I could have ever imagined or planned for. I was hooked in my first intro lesson, and as the months and years go by, with the guidance of Karate, I have: learned to protect myself and others; attained better fitness; become part of a team and a dojo family; gained confidence; successfully pushed myself past what I thought I could do; learned how to set and attain goals; and learned what it is to live my dreams. I have gotten more out of Karate than I could have ever wished for.

"My goal is first to help get our dojo family an exclusive home – a dojo where we can have a nice clean floor that is not walked on by tennis shoes. Then I plan to help the dojo grow, not just in students, but to grow in integrity and in community influence. That way I myself and we, as a dojo family, can help more people improve their character and their lives through Karate as I have done, and as my husband and son have done."

Question from Sheila Doane, “What do you like most about teaching Karate?”

Gauger Sensei’s answer, “The thing I like the most about teaching Karate is that I need to lead by example so it forces me to be a better *karateka* (Karate student/practitioner) every day. (P.S. It’s lots of fun!)”

Question from Michael Fultz, “Why do some kids wear a red and black uniform?”

“In our school, if you see a kid or an adult wearing a red and black uniform that means they are in the Black Belt Club. Black Belt Club members are like an honor society of the dojo. They have shown dedication to the dojo, lots of hard work, and respect. They go the extra mile, strive to do their best, and have a burning desire to get to their black belt and beyond. Black Belt Club membership is an honor achieved by invitation only.”

Question from Matthew McCulley, “Why do you call the Karate center a Dojo?”

“*Dojo* is a Japanese word that literally means ‘way place’, or ‘place where one learns the way,’ meaning where you learn the path of martial arts, and the path of your life as martial arts teaches you so much about yourself.”

Question from Noah Smith, “Sensei’s, what is your favorite kata?”

Gauger Sensei’s answer, “My favorite kata is the one I perform with the most power and focus, *Naihanchi Shodan*.”

Tull-Gauger Sensei’s answer, “My favorite kata is one I learned after I got my black belt, *Gojushioh*. I like it because it is challenging. It is unique, has advanced techniques, and not everybody knows it.”

HealthKick: Teen Health

By Jennifer G. Galea MS RD

The teenage years are often when it’s most difficult to achieve and maintain optimal health, both physical and mental. Teens still have increased nutritional needs due to growth and maturation, and yet, due to predominantly social factors, they are less likely to meet their needs. This age span is a challenge, as adolescents are neither children whose actions and dietary intake can be controlled or impacted on by their parents, nor adults who are likely to have the knowledge and experience to make appropriate decisions. To positively impact on teenagers’ lifestyle decisions, parents need to start

early, constantly encouraging both physical activity and healthful diet choices.

For teenagers, who are heavily influenced by social atmosphere, martial arts is a perfect “athletic” choice. Participants engage in physical activity in a social and yet supportive “family” atmosphere. And according to recent studies, the mental health of this age group is dramatically affected by physical activity. So by participating in a martial arts program, teens can obtain all the physical benefits of exercise (improved caloric balance, heart and circulatory health, flexibility, balance, etc.) along with this important psychological benefit. And with martial arts, teens are more likely to “stick with it,” as there is a commitment to and investment in the program.

In terms of diet, the most difficult nutrients for this age group to consume appear to be those from dairy products. Needs for calcium remain high for teens, but this age group tends to reduce their liquid milk intake. If there is one food that you should encourage your teen to consume, it is milk. Skim milk, even when flavored, is an excellent source of both calcium and vitamin D, not to mention protein. And studies show that with higher dairy intake, even adults do not have higher overall intakes of fat or cholesterol. So for a nutritionally sound diet, encourage milk and dairy product consumption, and from a very young age.

Because you may not be present for most of your teen’s meals and snacks, be sure to always offer a nutritious meal in the evening. And remember that being nutritionally balanced doesn’t have to mean a laborious meal. In addition, keep an ample stock of healthful snack choices available in your home to encourage healthy between-meal snacks.

Don’t forget that you are your child’s most important role model. If you are regularly physically active and make healthful food choices for yourself and your family, your child or teen is more likely to mimic these behaviors, and in fact, see them as “the usual.”

DOJO HOLIDAY POTLUCK

Mark your calendar for the biggest dojo event of the year! The date for the annual Dojo Holiday Potluck Party will be Saturday, December 4, in the evening. All dojo families are invited, time & location t.b.a.

DOJO TEE-SHIRTS ARE IN

Just in time for the holidays, we have restocked our dojo tee-shirts. We re-ordered Gauger Sensei's *Goshin Kan* (spirit of strength) *tori* gate design. It is available in sizes Youth Small through Adult XL, in red, dark blue or black. Dojo tee-shirts are \$15 including tax (cash or check preferred.) If you would like to purchase dojo tee-shirts, let us know what color and size you need, and we'll bring them to class.

KARATE GIFT CERTIFICATES

East Valley Martial Arts Gift Certificates are available for **retail, private lessons, empty hand or weapons dues, and introductory lessons.**

Also, if you buy four private lessons, you get one free – a great gift idea for your Karate student.

SPARRING GEAR - SALE OF THE YEAR-

Sparring Gear is on sale for the holidays, and it's the best deal available all year. Through December only, you can get a complete set of Student Sparring Gear, plus extras, for only \$69.99 + tax. See flyer for details, and let us know when you're ready to order. Cash or check is preferred.

Personal Profile

By Scott Smith, Age 13

I started martial arts at age eleven with only one regret, that I didn't start sooner. In my martial arts experience I have become stronger, faster, and more flexible than I once was and for that I am proud. It has helped me face my fears and defend myself if I ever needed to. I learned that self-defense isn't just physical combat. It is learning how to avoid that and stay away from danger. Not only have I learned physically, but I've learned a lot mentally which has helped me with my own life. I am more confident than ever, and I have more patience with people that give me problems. I am loyal and faithful to family members and friends.

Martial arts has taught me how to stand out of the pack and I think everyone should stand out of the pack too. With martial arts I have learned how to go farther and become a leader with everything I do and I feel great about it. I am dedicated to martial arts and I think more people should try it and live better lives than what they currently have.

*Scott Smith is a student at James Theros' Level 10
Martial Arts*

DOJO KUN

- 1- STRIVE FOR A GOOD MORAL CHARACTER.
- 2- KEEP AN HONEST AND SINCERE WAY.
- 3- CULTIVATE PERSEVERANCE OR A WILL FOR STRIVING.
- 4- DEVELOP A RESPECTFUL ATTITUDE.
- 5- RESTRAIN MY PHYSICAL ABILITIES THROUGH SPIRITUAL ATTAINMENT.

TEMPORARY SCHEDULE

(For at least most of November, we will be on the temporary DancEngery schedule – exceptions are on the calendar of events, as usual. Classes are 45 minutes. The new dojo will have more classes!)

MONDAY – no classes

TUESDAY – 3:45 p.m. All Ages, All Ranks
- 7:30 p.m. All Ages, All Ranks

WEDNESDAY – 3:45 p.m. All Ages, All Ranks
- 7:30 p.m. All Ages, All Ranks

THURSDAY – no classes

FRIDAY – 4:30 p.m. Little Dragons (ages 3 to 5)
- 5:15 p.m. Beginning Kids (white to orange)
- 6:00 p.m. Advanced Kids (green to brown)
- 6:45 p.m. Beginning & Advanced Weapons
- 7:30 p.m. Adults All Ranks

SATURDAY – 12:00 a.m. All Kids & Little Dragons
- 12:45 a.m. Adults All Ranks