

# The East Valley Kicker

"Be the change in the world you want." -Gandhi

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

## DECEMBER 2008

### End of Year & New Year Dojo Traditions

This will be the third year in a row that we will celebrate the new year thoughtfully and traditionally.

**LAST GREAT SOUJI OF THE YEAR Sat. 12/20, 12:30pm** Students and their families are invited to join us for a major cleaning of the dojo. This is a Japanese tradition for New Years to get out the dust and the stagnant energy. As a dojo tradition it shows respect and gratitude for your involvement. Students 7 years old and younger need a parent's supervision and help. If you're going to class first, bring your lunch for the 12:05-12:30pm break. We'll supply an afternoon snack when we're done.

**LAST CLASS OF THE YEAR Tues. 12/23, regular class times** Attend a special, fun class during your regular class time.

**FIRST CLASS OF THE YEAR Fri. 1/2, 6:10-7pm** Wear your full white uniform for this special all-ages class. It will be a mix of fun and tradition. Join the social hour afterwards with Asian new years treats.

## THE BEST GIFT

I know a young woman who received a life-changing gift on her birthday almost 10 years ago. It was her husband's gift of karate lessons for both of them to take together.

They loved traditional karate from the start. The teacher's contagious positive attitude and mutual respect flowed throughout the school. Karate provided a fun path to fitness and through the practices the woman gained confidence she'd never dreamed of. She learned goal-setting and found life goals to fol-

low, both in the martial arts and apart from it. (If you haven't worked toward a goal, you've got to try it!)

The couple devoted several days a week to working alongside others who strove to improve their own sincerity, perseverance, character and respect. Karate expanded past those classes, it became their way of life. It helped the woman learn more about her true self every day. To this day, karate's spirituality, magic and divinity are apparent to this woman and to others who look at the

details of the mundane activities with patience and an open mind.

Their teacher put the couple in charge of the karate program when he moved on, and they put their passion and spirit into the school. Now the couple passes the gift on to their students, including their 13-year-old son. After training in traditional karate most of his life, their son is better equipped for life than his parents ever were.

By the way, that woman is me. (By Jenifer Tull-Gauger Shihan, 3rd Dan)

## A BALANCED LIFE

"What are the hidden resources to look for? What are these sleeping giants within us? There are four of them—the physical, the mental, the social, and the spiritual. Life cannot be complete unless we develop all four sides. Each side that is developed in turn stimulates the other three sides." These words from William H. Danforth remind me of the Dojo Kun. Through Yoga I have learned that spirituality has to do with getting to know your true self. -T.-G. Shihan

# December 2008



KENSHIN KAN EVENTS

SHIHANS' CELL: (480) 330-8886

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

Weapon = Bo and one-part	1	2 Holiday Party Talent Show Try-outs 4:30p	3	4	5 <i>Michael Newland Renshi's B-day</i>	6 Dojo Holiday Party & Potluck 6p in the Owens' backyard.
7	8	9	10	11	12 BBC 7:05-8p	13 <i>Rob Reimer Sensei's Birthday</i>
14	15	16	17	18	19 Certificates & Testing 6p (wear full white gi)	20 Last Great Souji of the Year 12:30p (bring your own lunch @12:05p break)
21	22	23 Last Class of the Year Celebration during regular class times.	24 Dojo Closed, no classes thru 1/1. <i>Christmas Eve</i>	25 >> <i>Christmas</i>	26 >>	27 >> <i>Sven's Birthday</i>
28 >>	29 >>	30 >>	31 >> <i>New Year's Eve</i>	1 (Jan.) >>] <i>New Year's Day</i>	2 (Jan.) First Class of the Year 6:10p (all ages, full white gi) followed by refreshments.	3 (Jan.) Regular classes resume.