

# The East Valley Kicker

"It is our responsibilities, not ourselves, that we should take seriously." -Peter Ustinov

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

## DECEMBER 2010

### Welcome

- Hazma (Little Dragons)
- Patrick (Adults)
- Yonis (Kids)
- Yusuf (Kids)

### December Events

**Family & Friends Workout Class Thurs. 12/9, 5:50pm,** followed by **Goal Setting with Special Guest Joey O** at 6:30pm. Bring a friend, free, to one or both events! We'll burn off some calories before the holidays. (Guests under 18 must have a parent there.)

**Dojo Holiday Party & Potluck Sat. 12/11, 5:00pm,** at the Forbes', see you there!

**Last Great Souji Thurs. 12/23, 5-8pm,** drop by anytime to help clean get the dojo ready for the New Year. Kids under 10 need to bring an adult partner with them. If you wish, bring a snack to share.

**Last Class of the Year Thurs. 12/30, 6:30-8pm,** a special tradition for Kids and Adults to finish our karate year. Wear full formal uniform.

**First Class of the Year Mon. 1/3/2012!, 6:30-7:20pm,** a special tradition for Little Dragons, Kids & Adults. Wear full formal uniform. Followed by a potluck snack out front, bring some New Year's food to share!

## Do You Have A Dream Seed?

By Jenifer Tull-Gauger (reprinted from Dec. 2007)

Have you ever made a To Do list and then followed through on the tasks, crossing them out as you went? Didn't that feel great? That is a very small portion of the positive feeling you will get when you have a life goal and you work toward it.

I speak from experience. Through goal-setting at the dojo I found my first long-term life goal, and I started acting on it. When I am actively working on my goal I feel so elated and ALIVE, there is nothing

to compare with it. You have really got to try it!

There's no better time than now to get started, even if you have no idea what that goal might be. I started out that way - my first step on this path was basically to write down my goal of figuring out a goal. And it worked! The creative, intuitive side of my brain took over and figured it out. Later I looked back in my high school papers and saw that this was a goal I'd contrived years ago on a whim for a scholarship application. Do not un-



derestimate the wisdom of the young.

If you had asked me about my goals before I started filling out karate goal sheets, I would not have had an answer, even though that goal had been there all along. Writing my goals has been a map to my heart, my dreams, my right path and my innate talents. It can be yours too.

## Special Guest at our Dojo: Joey O

Our dojo was lucky to have Joey O visit three years ago. He will be back on December 9th! Joey O is a Golf Entertainer, Speaker and Author. This man can do a one-handed hand stand while hitting a golf ball with the other hand (for

me that says it all - if you want to know more read on!) He's also appeared on the Tonight Show and with Bob Hope. Joey's positive attitude is contagious. He has written several books, one is called The Dream Seed, which is Joey's term for a life

goal. He has wisdom to share on setting and attaining goals. To help us kick-off our annual goal-setting, Joey will be coming to our dojo speak and sign his books. Join us and bring friends on Thurs. 12/9 at 6:30pm! [www.JoeyOGolf.com](http://www.JoeyOGolf.com)


Dec. WEAPON: SAI (for Jan.: sai, tonfa, tan bo etc), FOCUS: Honesty

# December 2010



\* = Wear full formal gi.  
 + = Takes place at other location.  
 ^ = Open to friends and family.

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>NEW TAN-BOS OR TONFAS 10% OFF in Dec.</b>                      By request when ordering.</p> 			1	2	3	4
	5	6	7	8 Black Belt Club for members 7:10pm.	9 Family & Friends Workout Class 5:50pm <sup>^</sup> , Special Guest Joey O 6:30p <sup>^</sup>	10
12	13	14	15 Last day to place Century orders this month. (Last chance for Student Sparring Gear Special.)	16 Teen Meeting 6pm. Bring a salty snack to share & your calendar with open Fri/Sat's.	17	18
19 Holiday Schedule begins Wednesday>>	20	21 Additional Class for Kids & Adults at 9:10a. Regular Tues evening classes take place.	22 Holiday Schedule begins. Class for kids & adults at 5:30pm. Certificates & Test 6:30pm*	23 Class for Little Dragons, Kids & Adults at 9:10a. Last Great Souji 5-8pm, drop by & clean!	24 Dojo Closed, No Classes <i>Christmas Eve</i>	25 Dojo Closed, No Classes <i>Christmas Day</i>
26 Holiday Schedule this week—see classes here>>	27 Class for Little Dragons at 5:30-6p, Kids & Adults at 6:10-7p.	28 Class for Kids & Adults at 9:10a. No evening classes.	29 Class for Kids & Adults at 6:10-7pm.	30 Class for Little Dragons, Kids & Adults at 9:10a. Last Class of the Year (Kids & Adults) 6:30-8pm*	31 Dojo Closed, No Classes <i>New Years Eve</i>	<p>1 (Jan.)                      No Classes  <i>New Years Day</i></p> <p><i>Mon. Jan. 3rd</i>                      First Class 6:30p* (details other side)</p>
						Regular schedule Tues. 1/4/12