

The East Valley Kicker

Honesty is the first chapter in the book of wisdom. ~Thomas Jefferson

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

DECEMBER 2011

SPECIAL CLASSES

Wear full formal uniform & join us for our special all-ages classes for new years.

The Last Class of the Year is Thurs. Dec. 29 at 6:10pm. We will send out the old year, sharing its highlights. Then in the Japanese New Year tradition we will clean up the dojo - *souji*. Kids 9 & under need an adult partner to help with this, starting at 7pm.

The First Class of the Year is Tues. Jan. 3rd. It is an open-house format so drop in between 6 and 7:45. (See reverse for more info.)

FAMILY HOLIDAY PARTY POTLUCK

Calling all students! You and your family are invited!! Sunday 12/11 from 3:00 to 6:00pm. It's an outdoor Potluck. Bring a dish to share. Bring an all-ages gift in the range of \$5-\$10 to participate in the fun gift exchange. Do you like to tell jokes, play an instrument, sing, dance, or perform ninja stunts? Entertain us in the talent show—tryouts are at 12:15 on Sat. 12/3 & 12/10. Thanks go to the teens for their help with this event. Thank you also Pam and Ryan Forbes for hosting it at your home in Gilbert! Sign up at the dojo.

THE BEST GIFT EVER

Updated from 12/08 Kicker

I know a young woman who received a life-changing gift on her birthday in 1999. 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 follow, both in the martial arts and apart from it. (If you haven't worked toward a goal, you've got to try it!)

TELL YOUR FRIENDS!
GIFT CERTIFICATES AVAILABLE!!

START UP SPECIAL

>> 2 FOR \$220! <<

1st mo. of KARATE

includes reg. fee & 2 uniforms, for two people, including friends, starting together. Must be paid up front, regular pricing starts after 1st month. (new students only, offer ends 12/29/2011)

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 children. After training in traditional karate most of their lives, their kids will be better equipped for life than their parents ever were.

By the way, that woman is me. (By Jenifer Tull-Gauger Shihan, at 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." (from William H. Danforth's I Dare You!)

IT'S GOAL-SETTING TIME

As a new year approaches, our students fill out goal sheets. The aim is to create a positive goal in the areas of Karate, School &/or Career, and other Interests, for the short term, intermediate, and long term. Start thinking about your goals now so you will be ready to write them in class!



December 2011

SHIHANS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NEW Sai, Tonfa, Tan Bo 10% off (order by 12/10, mention discount)</p>	<p>FIRST CLASS OF THE YEAR! * Tuesday 1/3, special open house class for all ages, including Little Dragons, 6:00-7:45pm. Come, warm up, and participate in the fun activities. Each 45 minute block gives you credit for one class. Enjoy New Years refreshments outside, bring some to share! [Sparring, Sumo ball, Chikara bo, Okinawan sumo]</p>			1	2	3 Talent Show Tryouts (for Holiday Party Show) 12:15pm
4	5	6 T-G Shihan 9:10am.	7	8	9	10 Last day to place Century orders this month. Talent Show Tryouts 12:15pm
11 Dojo Family Holiday Potluck Party, 3pm-6pm @ Forbes' - talent show, gift exchange, sign up at dojo +	12	13 T-G Shihan 9:10am.	14	15 BBC for members 6:10-7p. (Weapons class takes place.)	16	17 Regular classes take place. Test 1pm* (no Certificate Ceremony).
18	19	20	21	22 Kids may join 9:10am class, T-G Shihan teach. Regular eve. Classes.	23 *No classes, Dojo closed.	24 *No classes, Dojo closed.
25	26 *Kids & Adults 5:30-6:30pm (only one class today).	27 Kids in 9:10am class, T-G Shihan teach. *All Ages at 6:10-7 inc. LD.	28 Regular eve. Classes. All students are welcome to join in Super Fun Groundfighting at 7:10pm.	No Yoga, Kids in 9:10am class. *Last Class of the Year* inc. LD 6:10pm, Last Great Souji 7pm.	30 *No classes, Dojo closed. Teens @ Dave & Busters 6pm	31 *No classes, Dojo closed 12/31 & 1/2. *First Class 1/3, Reg. Schedule resumes 1/4.

*Indicates Holiday Schedule Change in regular class(es). * = Wear full formal gi / uniform.