



# The East Valley Kicker

“It always seems impossible until it's done.” -Nelson Mandela

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

## DECEMBER 2013 Welcome

- Ethan Arthur (Kids)
- Adele Schreiber (Kids)

## Karate Photos

Remember to go to [www.kane-photos.com](http://www.kane-photos.com) to view and order your karate pictures! You'll see a code to use so the pics will be dropped off at the dojo, saving you shipping charges on photos. For specialty items, you pay postage and they come direct to you.

Karate pics make great Christmas presents, and are a family & friends favorite.

## Spring Camp

Coming soon! The dates for our 2014 annual Karate Spring Camp are Friday Feb. 28 thru Sunday Mar. 2. Camp favorites are: training and visiting with Kaicho; learning new weapons or katas; having out-of-state karate visitors; the kids' sleepover; a new, custom t-shirt; and meals at the dojo!

Do you have suggestions for next camp? Any workshops you'd like to see? We are open to input!

## NEW YEARS TRADITIONS

This will be the eighth year that our dojo will celebrate the new year thoughtfully and in the spirit of Japanese tradition. Join the fun! (Regular class uniform is appropriate.)

### LAST CLASS OF THE YEAR Sat. 12/28, 10:10am

A special, fun class for Kids & Adults, giving tribute to the four directions (in the Japanese style) and to 2013, followed by...

### LAST GREAT SOUJI OF THE YEAR Sat. 12/28,

11:00am Students and their families are invited to join us for a major cleaning of the dojo. This is a Japanese tradi-

tion to get out the dust and the stagnant energy of the old year. As a dojo tradition, it shows respect and gratitude for your training. Students nine-years-old and younger need a parent partner's help. When the dojo is sufficiently clean, all helpers are invited to stay for free pizza and wings! (Wear regular clothes for cleaning.)

### FIRST CLASS OF THE YEAR Sat. 1/4, 11:10am

This special all-ages class will be a mix of fun and tradition. We plan to go out to eat afterward (Asian buffet? Location TBD.) Bring money for your meal, families are welcome to join us for lunch!

## Family Holiday Potluck

Calling all students! You and your family are invited!! Sunday 12/15 at 4:00pm. It's an outdoor Potluck. Bring a dish to share & dress warm. Every kid & adult is invited to play the "Who Wants to be Santa?" game—to participate, bring two small, inexpensive gifts (wrapped or not, your choice). Do you like to tell jokes, play an instrument, sing, dance, or perform ninja stunts? Entertain us in the talent show—tryouts are at noon on Sat. 12/7 & 12/14. Thank you, Pam and Ryan Forbes, for hosting it again! Sign up at the dojo.

## 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!

## Holiday Training

It can be difficult to keep training regularly during the holidays, but do your best. This season is an important time to keep up the exercise, stress relief and focus you'll find in classes. Please stay up-to-date on the holiday schedule (see calendar). Try to make an average of at least two empty-hand karate training classes per week.

## NEW YEAR, NEW STUDENTS

Be sure to tell your friends about our **New Years Special!**

For **only \$100** they will get **four weeks of classes, registration fee and a free student uniform!**

**Expires Jan. 31, 2014** (must start by that day)

This is a one-time special, only for students new to our dojo, cash or check only, may not be combined.



# December 2013

RENSHIS' CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Talent Show Tryouts 12 noon (show @ Holiday Party, @ 4:45pm)
8	9	10	11	12	13	14 Talent Show Tryouts 12 noon (show @ Holiday Party, @ 4:45pm)
15 Dojo Family Holiday Potluck 4:00pm + @ Forbes'	16 Black Belt Club for members 6:10 to 7pm, bring sparring gear. (6:10p class will also take place.)	17	18	19	20	21 Class for All Ranks at 9:10am. (No 11:10 class.) Certificates* & Test* 10:10a.
22	23 Regular Class, 6:10pm	24 Dojo Closed, no classes <i>Christmas Eve</i>	25 Dojo Closed, no classes <i>Christmas</i>	26 No a.m., 5:30pm or 7:10pm classes. Special sparring class 6:10pm for all Adults, Kids & Little Dragons.	27 Dojo Closed, no classes	28 (No 9:10a class.) Last Class of the Year 10:10am, followed by Last Great Souji (under 10 y.o. w/ adult)
29	30 Dojo Closed, no classes	31 Dojo Closed, no classes <i>New Years Eve</i>	1 <sup>st</sup> thru 3 <sup>rd</sup> of Jan. Dojo Closed, no classes (Wed. thru Fri.) First Class of the Year, Sat. Jan. 4th 11:10am for all Adults, Kids & Little Dragons, followed by lunch out, bring \$.		Regular class schedule resumes Monday, Jan. 6th, 6:10pm.	NEW <b>Bo's &amp; Single sticks</b> <b>10% off</b> this month, choose from in-stock

+ = Takes place at other location. \* = Wear full formal gi / uniform.