



# The East Valley Kicker

“If you don’t know where you’re going, you might end up someplace else.” - Yogi Berra

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

## DECEMBER 2018 OUR TRADITIONS

### FAMILY HOLIDAY PARTY POTLUCK

**Sat. Dec. 8, 5:30-8:30pm**  
At the Schreibers’. RSVP and bring a dish to share. (Optional White Elephant Gift Exchange: bring a wrapped, new or gently used gift worth \$5 to \$10.)

### LAST CLASS OF THE YEAR

**Sat. Dec. 29, 9:10-10:00a**  
Little Dragons may join the first half; Kids and Adults stay the whole time. Class is followed by the Last Great Souji at 10am. This is a deep cleaning of the dojo. Please come help! Bring your lunch money for when we are done.

### FIRST CLASS OF THE YEAR

**Thurs. Jan. 3, 6-6:45pm**  
Little Dragons may join Kids and Adults. Followed by Japanese refreshments.

*The East Valley Kicker* is provided courtesy of East Valley Martial Arts—Kenshin Kan

Head Instructors:  
Kirk Gauger,  
Renshi, 6th Dan &  
Jenifer Tull-Gauger,  
Renshi, 6th Dan

## KARATE BUILDS PHYSICAL SKILLS

By Jenifer Tull-Gauger (condensed from 11/7/18 and 11/14/18 blogs)

I’ll focus here on how karate’s physical skills affect kids. In addition to the regular developmental skills that children learn, karate builds physical skills in unique ways. Children who don’t take martial arts will be hard-pressed to learn specific benefits like those gained in our kids’ karate programs. These skills help them in life-protection and in other areas.

### SKILLS THRU EXAMPLE

You are the average of the people you spend the most time with. For good or bad, this principle deeply affects developing children. When they spend regular time at the dojo, kids spend time around actively working people. It’s especially good for young children to see this example of other children, teens and adults training. They learn that calisthenics and physical activity are normal and fun for all ages.

### A MOVING ART

The living art of karate requires action in order to learn, to gain proficiency, and for the art to exist. Classes include active drills, practice and skill-building. We can only gain karate skill by actually moving our bod-

ies. We must step, turn, fall, roll, practice stances and move our arms, legs etc. to learn. Kids’ karate builds physical skills by requiring proficiency in many different moves. Children learn and practice how their bodies move through space and around objects and people.

### FIGHTING SKILLS

A person could learn to protect himself against an attacker in many ways. I recommend that he trains in traditional karate with caring, professional instructors, in a tradition taught and proven over centuries. To me that is the ultimate path for children, both boys and girls, to practice for the ability to handle themselves in physical confrontations. Here, they learn light-contact sparring under trained, watchful eyes, as well as partner work on self-defense. Not to mention wrestling and other competitions with rules and supervision to ensure safety. The many different multi-person activities designed and taught by skilled, experienced martial artists help kids build physical skills.

### AGILITY & DEXTERITY

In classes, we work on target-

ing skills, punching and kicking stationary as well as moving targets. We work on various techniques for moving our bodies around the mat. This improves our balance and gracefulness. The partner work, in addition to other drills, helps us improve our agility and dexterity. In karate, we are usually moving. For kids, this means that they constantly adjust to using their growing, taller bodies, and taller and longer limbs as they consistently grow and build skills.

I especially prefer traditional Okinawan karate to other martial arts. That’s because this type of karate is practical and can be pursued throughout life. For example, we don’t force children to do the splits or train in back flips. Those skills are not practical in life protection. Plus training like that can result in degraded physical abilities for the student just a decade or two later. Kids’ karate at our dojo builds physical skills such as stamina, muscle tone, balance, agility, eye-hand and eye-foot coordination, speed and shortened reaction time in a safe, healthy manner.

DEC. WEAPON: *Kama, Tan Bo*  
 (Jan.: bo & jo)  
 FOCUS: *Perseverance*



# December 2018

**NEW Bo or Jo**  
**10% off**

In-stock or order by Sat. 12/15

RENSHI'S CELL: (480) 330-8886

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Certificate Ceremony &amp; Testing</b> takes place the last Saturday of the month, except holidays. Saturday class is at 9:10am for All Ranks and Black Belts. is at 9:10am, when kyu ranks train separate						
		<i>To Consider:</i> <input type="checkbox"/> <i>RSVP for Holiday Party Potluck</i> <input type="checkbox"/> <i>Attend Last Class of the Year 12/29, 9:10am</i>		<input type="checkbox"/> <i>Attend First Class of the Year 1/3, 6pm</i> <input type="checkbox"/> <i>Ask jenifer@evma.net to email weekly dojo events</i> <input type="checkbox"/> <i>Sign up for Spring Camp</i>		1
2	3	4	5	6	7	8 Dojo Family Holiday Party & Potluck+ 5:30pm-8:30pm, sign up at dojo or with Renshi.
9	10	11	12	13	14 Black Belt Club for BBC members 7:30pm	15 Core Leadership Meeting 11:05 am. Last day to place orders.
16	17	18	19	20	21	22 Certificates* & Test* 10:10 am.
23	24 Christmas Eve.	25 No classes Christmas Day	26 No classes	27 No classes	28 Regular classes.	29 Last Class of the Year, all ages, 9:10am. Last Great Souji 10am.
30	31	1 (January) No classes.	2 (January) No classes.	3 (January) Class for all 6p.	4 (January) Regular schedule>	

\* = Wear full formal gi / uniform.