



The East Valley Kicker

“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands—your own.” -Mark Victor Hansen

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DECEMBER 2019

Dojo Holiday Party & Potluck
Fri. Dec. 6,
6:00pm

ALL DOJO FAMILIES ARE INVITED!

Bring your whole family and join us for a potluck dinner. Please bring a dish to share.

Casual, fun dojo family time.

Optional: Santa's Treat Game. If you would like to play, please bring three small treats (retail value about \$1 each). They can be candy bars, organic apples, cookies, Asian pears, etc. Think of special treats that you might share as small gifts.

Bring chairs if you can. Sign up at the dojo.

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

DOJO NEW YEAR TRADITIONS

GOAL-SETTING

We use the SMART goal system and we also promote the option of system (ongoing) goals as well as singular goals. All of our students in the Kids and Adults Programs will fill out their choice of a goal sheet focusing on 2020.

Students are welcome to attend goal-setting sessions on Fridays at 6:00pm before class to focus on writing their goals (12/13, 12/20 & 12/27). Alternatively, students may spend time in some classes this month to write goals.



HOLIDAY SCHEDULE

Be sure to check the calendar toward the end of the month for the holiday class schedule.

If you can plan ahead and get in a third weekly class (or more for Adults Program), that will help you keep moving forward in your training.

LITTLE DRAGONS TRAINING

Students in our Little Dragons Program are welcome to attend the all ages classes listed on the December calendar (Fri. 12/27, Sat. 12/28, & Fri. 1/3). They will be dismissed at an age-appropriate and attention-span-fitting time. (Ages 3, 4 & 5 after a half-hour, age 6 after 50 minutes.)

LAST CLASS OF THE YEAR TRADITIONS

Our special Last Class of the Year for all students will be on Sat. 12/28 at 9:00am. For all students.

It will be followed by our traditional Last Great Souji. This is our traditional deep cleaning of the dojo to prepare for the New Year. Kids nine-years-old and under should have a parent partner to supervise and help clean. Kids 10 and up who participate need to know that they are there to clean (as we all are). For all students and families.

We plan to go to lunch on Sat. 12/28, when we finish cleaning, around noon. We'll go to a nearby restaurant. Be sure to bring your lunch money. For all students & families.

FIRST CLASS OF THE YEAR

Our special First Class of the Year for all students will be on Fri. 1/3 at 6:35pm. Enjoy free Asian refreshments after class to celebrate the New Year.

Our regular weekly class schedule will resume on Sat. 1/4/20.

FUTURE EVENTS IN 2020

Sat. Feb. 15th, 10:00-10:45am: Karate with Your Dog & Book Launch Party.

Fri. Mar. 6 (evening) & Sat. Mar. 7 (all day): AZ Karate Spring Camp at our dojo.

Fri. Jun. 12 (evening) thru Sun Jun. 14 (noon): Karate Summer Camp in Missouri.

DEC. WEAPON: *Kama, Tan Bo*

(Jan.: bo, jo)

FOCUS: *Goal-Setting*



December 2019

RENSHI'S CELL: (480) 330-8886

NEW Bo or Jo

10% off

In-stock or order by Sat. 12/14

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 Dojo Holiday Party & Potluck at the dojo, all families invited, 6pm (no classes)	7
8	9	10	11	12	13 Goal-Setting 6pm. Black Belt Club for BBC members 7:30-8:20 p.m.	14 Last Day to place Century orders this month.
15	16	17	18	19	20 Goal-Setting 6pm.	21 Certificate Ceremony* & Testing* 10:40 am.
22	23	24 Dojo closed, no classes <i>Christmas Eve</i>	25 Dojo closed, no classes <i>Christmas Day</i>	26 Dojo closed, no classes	27 Goal Setting 6pm. Class for all ages: Adults, Kids, & Little Dragons 6:35pm	28 Last Class of the Year, all ages, 9am. Last Great Souji (dojo deep cleaning) 10am
29	30	31 Dojo closed, no classes <i>New Years Eve</i>	1 (Jan.) Dojo closed, no classes <i>New Years Day</i>	2 (Jan.) Dojo closed, no classes	3 (Jan.) First Class of the Year, all ages, 6:35pm followed by free refreshments.	4 (Jan.) We're back to our regular weekly class schedule.

* = Wear full formal gi / uni-