



Snapkick

Dojo student newsletter

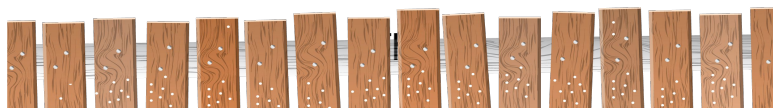


West Valley Martial Arts

"People won't have time for you if you are always angry or complaining." ~ Stephen Hawking

September, 2017

Holes In The Fence



A long time ago there was a boy. He was smart, talented and handsome. However, he was very selfish and his temper was so difficult, that nobody wanted to be friends with him. Often he got angry and said various hurtful things to people around him.

The boy's parents were very concerned about his bad temper. They considered what they could do and one day the father had an idea. He called his son and gave him a hammer and a bag of nails. The father said: "Every time you get angry, take a nail and drive it into that old fence as hard as you can."

The fence was very tough and the hammer was heavy, nevertheless the boy was so furious that during the first day he had driven 37 nails.

Day after day, week after week, the number of nails was gradually decreasing. After some time, the boy started to understand that holding his temper was easier than driving a nail into the fence.

After some time, there was an entire day that the boy didn't drive a single nail into the wall. He had learned how to hold back his anger.

Excited, he ran to his father to tell him of his achievement. In reply his father said: "Now every day that you are able to hold back your anger, pull out one nail."

Mat Chats

Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

a. Bribery lure b. Job lure

Week 3. What is a lure? (continued)

a. Assistance lure b. Directions lure

Week 4. What is a lure? (continued)

a. Internet lure b. Kids are strangers too.

Much time had passed. At last the boy could be proud of himself as all the nails were gone. "You did a good job, my son, but pay attention to the holes in the fence that were left from the nails. The fence will never be the same." As the boy looked at the fence, he was proud that there were no nails. However what he left were holes from the many times he got angry and hurt other people.

The same happens when you say hurtful things, as your words leave scars in their hearts like those holes in the fence. Remember, we need to treat everyone with love and respect. Sometimes, saying sorry may make the other person feel better but the hurtful things you did may never be taken away. Therefore whenever you feel selfish or angry, try not to hurt the people around you. The moment you drive the nail into the fence, you've left an everlasting mark.

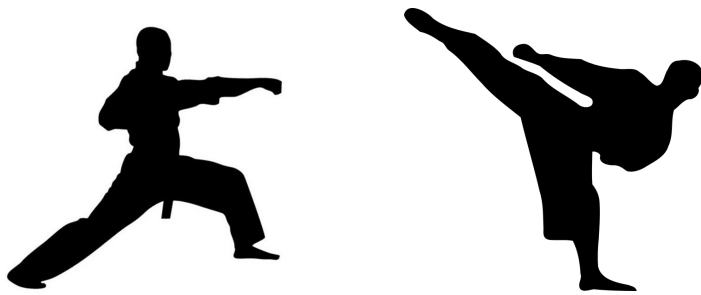
Kata Competition!!!

Saturday, September 23rd

10:00am

Location:

Rod Sanford's Traditional Martial Arts
4626 Soquel Drive, Soquel, CA 95073
831-475-9676



Competitors will be judged on all aspects of their kata. So, select your favorite kata and practice, practice, practice!

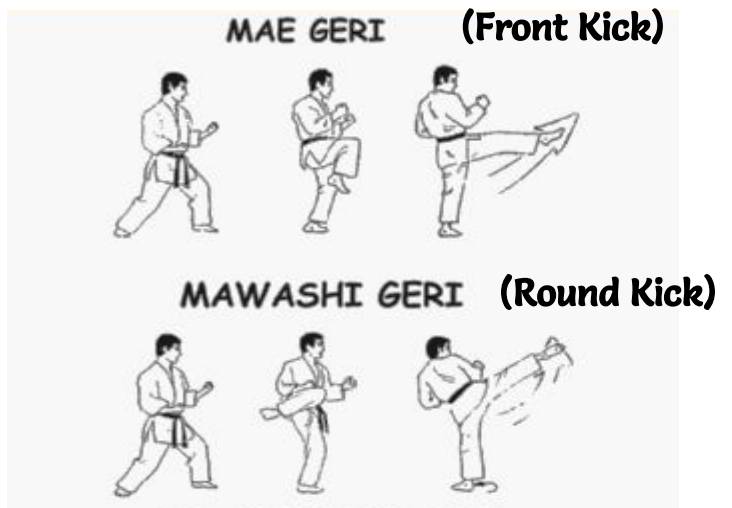
The cost to participate is \$20.00 for the first division, and \$5.00 each for any other divisions. All competitors will receive a trophy or a medal!

(Pay the day of the competition at Sanford's Martial Arts)

Theme of the Month: Body Dynamics - Power Development

This month we will start getting our students prepared for a kata competition that will be held in Soquel on September 23rd. Whether or not a student wishes to compete, this will be a great time to work on refining their techniques and work on details. We will focus on proper body dynamics and power development, with many exercises to develop these skills. We will be working on heavy bags and striking mitts to help get a true feeling of power and precision.

Basic (Kehon) Kicks (Geri):



September 2017



(408) 871-8180

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Closed	5	6	7	8	9
10	11 Adult Advanced Class	12	13	14	15	16
17	18 Leadership Class	19	20	21 <u>Testing</u> Regular class times Thurs & Fri	22	23 Kata competition in Soquel
24	25 Adult Advanced Class	26	27	28	29	30