



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Two things define you: Your patience when you have nothing. And your attitude when you have everything."

~ George Bernard Shaw

September, 2018

The Two Brothers

Once upon a time, two brothers who lived on adjoining farms fell into conflict. It was the first serious rift in 40 years of farming side by side, sharing machinery, and trading labour and goods as needed without a hitch. Then the long collaboration fell apart. It began with a small misunderstanding and it grew into a major difference, and finally it exploded into an exchange of bitter words followed by weeks of silence.

One morning there was a knock on John's door. He opened it to find a man with a carpenter's toolbox. "I'm looking for a few days work," he said. "Perhaps you would have a few small jobs here and there. Could I help you?" "Yes," said the older brother. "I do have a job for you. Look across the creek at that farm. That's my neighbor. In fact, it's my younger brother. Last week there was a meadow between us and he took his bulldozer to the river levee and now there is a creek between us. Well, he may have done this to spite me, but I'll go him one better. See that pile of lumber curing by the barn? I want you to build me a fence - an 8-foot fence - so I won't need to see his place anymore. Cool him down anyhow."

The carpenter said, "I think I understand the situation. Show me the nails and the post hole digger and I'll be able to do a job that pleases you." The older brother had to go to town for supplies, so he helped the carpenter get the materials ready and then he was off for the day.



The carpenter worked hard all that day measuring, sawing, and nailing. About sunset when the farmer returned, the carpenter had just finished his job. The farmer's eyes opened wide, his jaw dropped. There was no fence there at all. It was a bridge - a bridge stretching from one side of the creek to the other! A fine piece of work - handrails and all - and the neighbour, his younger brother, was coming across, his hand outstretched.

"You are quite a fellow to build this bridge after all I've said and done." The two brothers stood at each end of the bridge, and then they met in the middle, taking each other's hand.

They turned to see the carpenter hoist his toolbox on his shoulder. "No, wait! Stay a few days. I've a lot of other projects for you," said the older brother. "I'd love to stay on," the carpenter said, " but I have many more bridges to build."

Everyday we have the choice of building fences or bridges. One leads to isolation and the other to openness.

The Trouble Tree

The carpenter I hired to help me restore an old farmhouse had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit and now his ancient pickup truck refused to start.

While I drove him home, he sat in stony silence. On arriving he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. Upon opening the door he underwent an amazing transformation. His tan face was wreathed in smiles and he hugged his two small children and gave his wife a kiss.

Afterward he walked me to the car. We passed the tree and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree", he replied. "I know I can't help having troubles on the job, but one thing for sure, troubles don't belong in the house with my wife and children. So I just hang them up on the tree every night when I come home. Then in the morning I pick them up again." "Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before."

Theme of the Month: Jiu-Jitsu!!!



All month long in our classes we will be practicing Jiu Jitsu. What is Jiu Jitsu? Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Jiu Jitsu promotes the concept of a smaller, weaker person that can successfully defend against a bigger, stronger assailant by using leverage and proper technique.

**KEEP
CALM
AND
TRAIN
JIU JITSU**

Mat Chats

Trust your intuition


Week 1. Who to ask for help

Week 2. Boundary setting / be aware, but not on guard

Week 3. Good touch / bad touch - no secrets

Week 4. If in doubt... OUT

2018 SEPTEMBER (408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Practice at home!	3 Closed for Labor Day	4	5	6	7	8
9 Practice at home!	10 Leadership Class	11	12	13	14	15
16 Practice at home!	17 Adult Advanced Class	18	19	20 Testing Regular class times Thurs & Fri	21	22
23 Practice at home!	24 Leadership Class	25	26	27	28	29
30  (You know what to do!)	Adult Advanced Class					

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