



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“My dear friend, clear your mind of can’t.”
~ Samuel Johnson

July, 2018

Tips for a beautiful life!

- Take a 10-30 minute walk every day, and while you walk, smile.
- Sit in silence for at least 10 minutes each day.
- Live with the 3 E’s: Energy, Enthusiasm, and Empathy.
- Spend more time with people over the age of 70 and under the age of 6.
- Dream more while you are awake.
- Try to make at least three people smile each day.
- Smile and laugh more. It will keep the energy vampires away.
- Life isn’t fair, but it’s still good.
- Life is too short to waste time hating anyone.
- Don’t take yourself so seriously. No one else does.
- You don’t have to win every argument. Agree to disagree.
- Make peace with your past, so it won’t mess up the present.
- Don’t compare your life with others. You have no idea what their journey is all about.
- Burn the candles, use the nice sheets. Don’t save it for a special occasion. Today is special.
- No one is in charge of your happiness except you.



Mat Chats

Four rules of personal safety

Week 1. Use your mind - Create safe habits

Week 2. Use your words - How to talk to a bully

Week 3. Use your legs - Chicken versus coward

Week 4. Ask for help - Tell a teacher/parent/friend

- Forgive everyone for everything.
- Time heals almost everything. Give time, time.
- However good or bad a situation is, it will change.
- Get rid of anything that isn’t useful, beautiful, or joyful.
- No matter how you feel, get up, dress up, and show up.
- Do the right thing!
- Call your family often.
- Before you go to bed, complete the following statements: “I am thankful for...” – “Today I accomplished...”
- Enjoy the ride. Remember that this is not Disney World and you certainly don’t want a fast pass. Make the most of it and enjoy the ride.

Author Unknown

Parents:

We have set our 2018 summer camp schedule!

These camps are available for students of *all skill levels* ages 7 and up.

All camps run from 9:00am - 3:00pm*

~~July 16 - 20 Special WEAPONS Kata: Sokon Nunchaku**~~

JULY CAMP IS FULL**

August 6 - 10 Special Black Belt Kata: Sochin

***3 spaces left in August!!!**

\$299.00 *Please note new-extended times this year

All camps will include: special camp t-shirt, snacks, and lunch on Friday.

- Camp sizes are limited.
- **This camp will include a set of foam Nunchaku

Sensei Dan Wakefield has been running youth summer karate camps for 20 years. These camps always prove to be a *fun, rewarding experience for kids.*

STORY FOR GROWTH:

A lovely little girl was holding two apples with both hands. Her mom came in and softly asked her little daughter with a smile: my sweetie, could you give your mom one of your two apples?

The girl looked up at her mom for some seconds, then she suddenly took a quick bite on one apple, and then quickly on the other. The mom felt the smile on her face freeze. She tried hard not to reveal her disappointment.

Then the little girl handed one of her bitten apples to her mom, and said: Mommy, here you are. This is the sweeter one.

No matter who you are, how experienced you are, and how knowledgeable you think you are, always delay judgement. Give others the privilege to explain themselves. What you see may not be the reality. Never conclude for others.


This month we will be focusing on the striking arts. We will work on all kinds of strikes, from punches and kicks to knees and elbows. Through proper practice, students will gain confidence, coordination and power! We will incorporate many drills, games and bag work exercises to help develop these skills

wvmadojo.com



July 2018

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 OPEN NO Leadership Class	3 OPEN	4 Closed	5 Closed	6 Closed	7
8 Practice at home!	9 Leadership Class	10	11	12	13	14
15 Practice at home!	16 Adult Advanced Class	17 _____ WVMA Summer Camp _____	18	19 Testing	20 Testing	21
22 Practice at home!	23 Leadership Class	24	25	26	27	28
29  (You know what to do!)	30 Adult Advanced Class	31				