



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Be happy with what you have and are, be generous with both, and you won't have to hunt for happiness." William E. Gladstone

November, 2016

Coffee On The Wall

I sat with my friend in a well-known coffee shop in a neighboring town west of Venice, Italy, the city of lights and water.

As we enjoyed our coffee, a man entered and sat at an empty table beside us. He called the waiter and placed his order saying, "Two cups of coffee, one of them there on the wall."

We heard this order and became interested. We observed that he was served one cup of coffee, even though he paid for two.

When he left, the waiter put a piece of paper on the wall saying "A Cup of Coffee".

While we were still there, two other men entered and ordered three cups of coffee, two on the table and one on the wall. They had two cups of coffee but paid for three and left. This time also, the waiter did the same; he put a piece of paper on the wall saying, "A Cup of Coffee".

It was something unique and perplexing to us. We finished our coffee, paid the bill and left.

After a few days, we had a chance to go to this coffee shop again. While we were enjoying our coffee, a poorly dressed man entered. As he seated himself, he looked at the wall and said, "One cup of coffee from the wall."

The waiter served coffee to this man with the customary respect and dignity. The man had his coffee and left without paying.



Mat Chats

Good Attitude

- Week 1. Having a whatever it takes attitude
- Week 2. Attitude of gratitude
- Week 3. Being a good finder
- Week 4. Being loyal to those not present

We were amazed to watch all this, as the waiter took off a piece of paper from the wall and threw it in the trash bin.

Now it was no surprise for us – the matter was very clear. The great respect for the needy shown by the inhabitants of this town made our eyes well up in tears.

Ponder upon the need of what this man wanted. He enters the coffee shop without having to lower his self-esteem... he has no need to ask for a free cup of coffee... without asking or knowing about the one who is giving this cup of coffee to him... he only looked at the wall, placed an order for himself, enjoyed his coffee and left.

A truly beautiful thought. Probably the most beautiful wall you may ever see anywhere!

Author Unknown
Submitted by H H Chanchani

The child and his mother

A curious child asked his mother: "Mommy, why are some of your hairs turning grey?"

The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!"

The child replied innocently: "Now I know why grandmother has only grey hairs on her head."



"Have you got any throws that don't hurt?"

An Effective Self-Defense Seminar for Women - (16 yrs+)

When:

Saturday, November 19th
10:00 am to noon

Fee is \$30

**Space is limited. Register
in class or by phone!**



- Recognize and avoid dangerous situations.
- Do not be a victim.
- Fight off an assailant if you have to.

This month, we will be working on many different skills. First, we will work on kata details to ensure that our competitors are more than ready. Second, we will work on building our striking skills, including the palm-heel technique. We will also work on realistic self defense scenarios.

After testing, we will start our Chanbara month early! Starting on the 21st, we will begin teaching Chanbara techniques and tactics. It should be a great month of training!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 <u>Kata Competition in Soquel</u>
6	7	8	9	10	11	12
13	14	15	16	17 <u>Testing</u> Regular Class times Thurs & Fri	18	19 
20	21	22	23	24 Closed	25 Closed	26
27	28	29	30	Notes: wvmadojo.com (408) 871-8180		