



# Snapkick

Dojo student newsletter



West Valley Martial Arts

"The more relaxed you are, the better you are at everything: the better you are with your loved ones, the better you are with your enemies, the better you are at your job, the better you are with yourself." - Bill Murray

August, 2016

## The Mousetrap

A mouse looked through a crack in the wall to see the farmer and his wife open a package. "What food might this contain?", the mouse wondered. He was devastated to discover it was a mousetrap.

Retreating to the farmyard, the mouse announced the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked, scratched, and raised her head to say, "Mr. Mouse, I can tell this is a grave concern for you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said "I am so very sorry, Mr. Mouse, but there is nothing I can do about it. Be assured you are in my thoughts."

The mouse turned to the cow and said "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose."

So, the mouse returned to the house, head down dejected, to face the farmer's mousetrap alone.

That very night a sound was heard throughout the house - the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught, and in the darkness, she did not see it was a venomous snake whose tail the trap had caught. The snake bit the farmer's wife.

The farmer rushed her to the hospital and she returned home with a fever. Everyone knows you treat a fever with fresh chicken soup, so the farmer took his hatchet to the farmyard for the soup's main ingredient.

## 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



But his wife's sickness continued, so friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig. The farmer's wife did not get well; she died. So many people came for her funeral, the farmer had the cow slaughtered to provide enough meat for all of them.

The mouse looked down at it all from his crack in the wall with great sadness. So, the next time you hear someone is facing a problem and think it doesn't concern you, remember: when one of us is threatened, we are all at risk. We are all involved in this journey called life.

We must keep an eye out for one another and make an extra effort to encourage one another. Each of us is a vital thread in another person's tapestry.

-Author unknown

## A Few Bruce Lee Quotes!

*"Mistakes are always forgivable, if one has the courage to admit them."*

*"I'm not in this world to live up to your expectations and you're not in this world to live up to mine."*

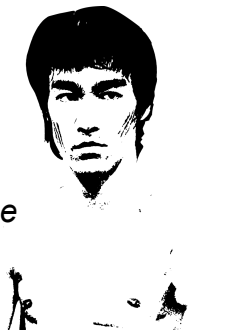
*"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."*

*"If you spend too much time thinking about a thing, you'll never get it done."*

*"Adapt what is useful, reject what is useless, and add what is specifically your own."*

*"If you love life, don't waste time, for time is what life is made up of."*

**-Bruce Lee**



REMEDIAL KARATE

Kanin



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.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2016

	1	2	3	4	5 Movie Night!	6
7	8	9	10	11	12	13
Summer Camp!						
14	15	16	17	18	19	20
21	22	23	24	25 <b>Testing</b> Regular Class times Thurs & Fri	26	27
28	29	30	31	Notes: wvmadojo.com (408) 871-8180		