



Snapkick

Dojo student newsletter



West Valley Martial Arts

The greatest weapon against stress is our ability to choose one thought over another. - William James

April, 2016

Let go of your Stresses!

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed - incapable of doing anything."

It's important to remember to let go of your stresses. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!

Author Unknown

Saturday April 16th, there will be ZBBK Exams held in Soquel CA at Sanford's Traditional Martial Arts. Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.

These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.

Parents:

We have set our 2016 summer camp schedule!

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

2016 Summer Camp Schedule All camps run from 9:00am - 2:00pm

June 20 - 24 *Special Black Belt Kata: Matsumura Lohai*

July 25 - 29 *Special Kata: Sokon Nunchaku (FULL)*

August 8-12 *Special Black Belt Kata: Ananku*

\$229.00 Sibling discount is \$30 off

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

*Camp sizes are limited to 22 students.

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.**

I wanted to change the world

When I was a young man, I wanted to change the world.

I found it was difficult to change the world, so I tried to change my nation.

When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation and I could indeed have changed the world.

Author: unknown monk around 1100 AD

Dates and times to remember:

April 16th: ZBBK Exams in Soquel
(4626 Soquel Dr. Soquel 95073) (831) 475-9676
April 28th & 29th: Testing, regular class times

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

This month we will be focusing on defenses against common attacks. We will practice techniques against chokes, grabs, swinging punches, headlocks, and so much more. I want our students to develop confidence in their skills, and be able to react correctly in an instant. Proper practice will develop a true belief in oneself!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2016					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16 ZBBK Exams
17	18	19	20	21	22	23
24	25	26	27	28 Testing Regular Class times Thurs & Fri	29	30

Notes:

wvmadojo.com (408) 871-8180