



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Mistakes are always forgivable, if one has the courage to admit them."
~Bruce Lee

January, 2019

Don't be afraid to make mistakes

This story is about a famous research scientist who had made several very important medical breakthroughs. He was being interviewed by a newspaper reporter who asked him why he thought he was able to be so much more creative than the average person. What set him so far apart from others?

He responded that, in his opinion, it all came from an experience with his mother that occurred when he was about two years old. He had been trying to remove a bottle of milk from the refrigerator when he lost his grip on the slippery bottle and it fell, spilling its contents all over the kitchen floor—a veritable sea of milk!

When his mother came into the kitchen, instead of yelling at him, giving him a lecture, or punishing him, she said, "Robert, what a great and wonderful mess you have made! I have rarely seen such a huge puddle of milk. Well, the damage has already been done. Would you like to get down and play in the milk for a few minutes before we clean it up?"

Indeed, he did. After a few minutes, his mother said, "You know, Robert, whenever you make a mess like this, eventually you have to clean it up and restore everything to its proper order. So, how would you like to do that? We could use a sponge, a towel, or a mop. Which do you prefer?" He chose the sponge and together they cleaned up the spilled milk.

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

His mother then said, "You know, what we have here is a failed experiment in how to effectively carry a big milk bottle with two tiny hands. Let's go out in the back yard and fill the bottle with water and see if you can discover a way to carry it without dropping it." The little boy learned that if he grasped the bottle at the top near the lip with both hands, he could carry it without dropping it. What a wonderful lesson!

This renowned scientist then remarked that it was at that moment that he knew he didn't need to be afraid to make mistakes. Instead, he learned that mistakes were just opportunities for learning something new, which is, after all, what scientific experiments are all about. Even if the experiment "doesn't work," we usually learn something valuable from it.

Author Unknown

Zen Bei Butoku-Kai

2019 Annual Registrations are due.

As you may know, the ZBBK is the international organization that our dojo and all of our students belong to. This is the *non-profit* organization that is committed to carrying on O'Sensei Kim's legacy and that certifies our curriculum, instructors and your ranking in the martial arts. Our long standing agreement with the Zen Bei Butoku-Kai is that all of our students and instructors maintain current membership with the organization.

Renewal fee for each student is:

\$10 for Pre-Karate students
\$20 for all other students
 (check or cash only please)

Please make your check out to: ZBBK

Please pay this amount by January 31st.

If you have any questions please contact me anytime.

Thank you very much!

Sensei Dan Wakefield



KICKING OFF THE NEW YEAR WITH...

KICKS!




All month long in our classes we will be practicing kicks. We will practice snap kicks, thrust kicks, round kicks, all kinds of kicks! The goal this month is to improve everyone's kicks on all levels; Speed, accuracy, power, and all around technique.

We will have many new and unique kicking drills and games to keep it fun and interesting.



JANUARY 2019

(408)
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 Closed	2	3	4	5
6 Practice at home!	7 Leadership Class	8	9	10 Chanbara competition	11 Chanbara competition	12
13 Practice at home!	14 Adult Advanced Class	15	16	17	18	19
20 Practice at home!	21 Closed	22	23	24 Testing Regular class times Thurs & Fri	25	26
27  (You know what to do!)	28 Leadership Class	29	30	31	1	2

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