



# Snapkick

Dojo student newsletter

**WEST VALLEY MARTIAL ARTS**



“Quality means doing it right when no one is looking.” ~ Henry Ford

*December, 2019*

## The Builder

An elderly carpenter was ready to retire. He told his employer-contractor of his plans to leave the house building business and live a more leisurely life with his wife enjoying his extended family. He would miss the paycheck, but he needed to retire. They could get by.

The contractor was sorry to see his good worker go and asked if he could build just one more house as a personal favor. The carpenter said yes, but in time it was easy to see that his heart was not in his work. He resorted to shoddy workmanship and used inferior materials. It was an unfortunate way to end his career.

When the carpenter finished his work and the builder came to inspect the house, the contractor handed the front-door key to the carpenter. "This is your house," he said, "my gift to you."

What a shock! What a shame! If he had only known he was building his own house, he would have done it all so differently. Now he had to live in the home he had built none too well.

So it is with us. We build our lives in a distracted way, reacting rather than acting, willing to put up less than the best. At important points we do not give the job our best effort.

## Mat Chats

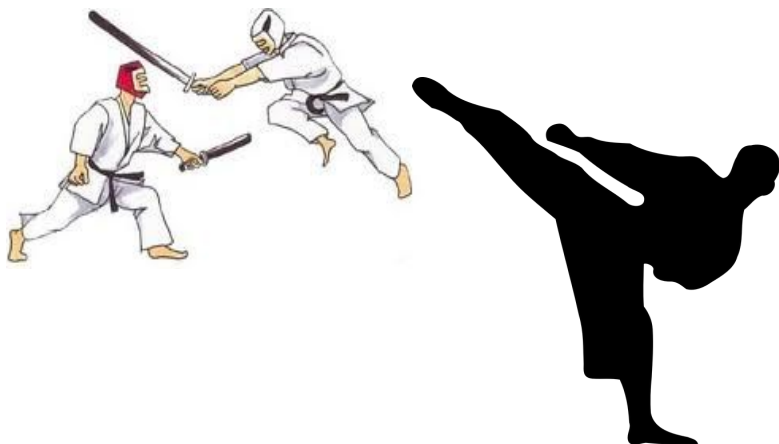
### Good Self Control

- Week 1. Mind over emotion
- Week 2. Body over emotion
- Week 3. Balance over emotion
- Week 4. Words over emotion

Then with a shock we look at the situation we have created and find that we are now living in the house we have built. If we had realized, we would have done it differently.

Think of yourself as the carpenter. Each day you hammer a nail, place a board, or erect a wall. Build wisely. It is the only life you will ever build. Even if you live it for only one day more, that day deserves to be lived graciously and with dignity. The plaque on the wall says, "Life is a do-it-yourself project."

Your life today is the result of your attitudes and choices in the past. Your life tomorrow will be the result of your attitudes and the choices you make today.



This month we will be teaching students chanbara. Chanbara, in simple terms, is padded weapons training. In deeper terms, chanbara is a fast paced martial art that helps students develop lightning-fast reflexes, distancing, and timing. Chanbara will also develop courage, self-control and good sportsmanship. Training at our dojo will allow students to learn these qualities in a safe environment without the fear of injury.

*We will hold a fun, low-key competition on Thursday and Friday, January 9th and 10th during regular class times. We will bring out the long swords as well as shields and make sure students have a great time!*

During the holiday season, my thoughts turn gratefully to those who have made our success at West Valley Martial Arts possible. I am so grateful to our students, parents and families for allowing me to follow my passion. I also want to express my deepest gratitude to our wonderful staff. Thank you for your dedication to quality and your ability to teach it! Best wishes for the holidays and New Year.  
*-Sensei Dan*

**Dates and times to remember:**

**Dec. 19th & 20th: TESTING**

**Dec. 23rd: OPEN**

**Dec. 24th - Jan 1st: CLOSED Happy Holidays!**

**Jan. 2nd & 3rd: OPEN**

# DECEMBER 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 IF IT	2 Adult Advanced Class	3	4	5	6	7
8 IS TO	9 Leadership Class	10	11	12	13	14
15 BE, IT	16 Adult Advanced Class	17	18	19 <b>Testing</b> Regular class times Thurs & Fri	20	21
22 IS UP	23 <b>OPEN</b>	24 <b>Closed</b>	25 <b>Closed</b>	26 <b>Closed</b>	27 <b>Closed</b>	28
29 TO ME!	30 <b>Closed</b>	31 <b>Closed</b>	1 <b>Closed</b>	2 <b>OPEN</b>	3 <b>OPEN</b>	4