



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Character is the ability to carry out a good resolution long after the excitement of the moment has passed." - Cavett Robert

January, 2016

Testing for gossip

In ancient Greece, Socrates was reputed to hold knowledge in high esteem. One day an acquaintance met the great philosopher and said, "Do you know what I just heard about your friend?"

"Hold on a minute", Socrates replied. "Before telling me anything I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?"

"That's right", Socrates continued. "Before you talk to me about my friend, it might be a good idea to take a moment and filter what you're going to say. That's why I call it the triple filter test. The first filter is **Truth**. Have you made absolutely sure that what you are about to tell me is true?"

"No", the man said, "Actually I just heard about it and ..."

"All right", said Socrates. "So you don't really know if it's true or not. Now let's try the second filter, the filter of **Goodness**. Is what you are about to tell me about my friend something good?"

Mat Chats

Good Manners

Week 1. Polite Greeting

Week 2. Showing respect

Week 3. Playground manners

Week 4. The magic words and how to say them with meaning

"No, on the contrary."

"So", Socrates continued, "you want to tell me something bad about him, but you're not certain it's true. You may still pass the test though, because there's one filter left: the filter of **Usefulness**. Is what you want to tell me about my friend going to be useful to me?"

"No, not really."

"Well", concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

LESS

TALKING
 PLANNING
 SODA
 JUNK FOOD
 COMPLAINING
 WORRYING
 DOUBTING
 LAZING AROUND
 FROWNING
 INSECURITY
 WEAKNESS
 IGNORANCE
 HATE
 UNGRATEFULNESS

MORE

LISTENING
 DOING
 TEA
 SALADS
 ENCOURAGING
 HOPING
 BELIEVING
 WORKING OUT
 SMILING
 TRUST
 CONFIDENCE
 UNDERSTANDING
 LOVE
 GRATITUDE



**BACK OFF
 I KNOW KARATE**



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 that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique.

Dates and times to remember:

Jan. 7th & 8th: Chanbara Competition

Jan. 18th: Closed for Martin Luther King Jr. Day

Jan. 28th & 29th: Testing, regular class times

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

| | | | | | | |
|---------------------|--------------|----|----|---|---|----|
| January 2016 | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 <u>Chanbara Competition</u> Regular class times Thurs & Fri | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 Closed | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 <u>Testing</u> Regular Class times Thurs & Fri | 29 | 30 |

31 Notes:
wvmadojo.com (408) 871-8180