



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“Difficulties are just things to overcome, after all.” ~ Ernest Shackleton

December, 2017



**Attention Students and Parents:
We will be CLOSED from
Saturday, December 23rd to
Tuesday, January 2nd. We will
re-open on Wednesday, January
3rd. Have a wonderful Holiday!**

Face Difficulties Positively

This parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule praying or whatever mules do when they fall into wells.

After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together, told them what had happened, and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back, a thought struck him. It suddenly dawned on the mule that every time a shovel load of dirt landed on his back, HE WOULD SHAKE IT OFF AND STEP UP!

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

This he did, blow after blow. "Shake it off and step up... shake it off and step up... shake it off and step up!" He repeated to encourage himself.

No matter how painful the blows, or how distressing the situation seemed, the old mule fought panic and just kept right on SHAKING IT OFF AND STEPPING UP!

It wasn't long before the old mule, battered and exhausted, stepped triumphantly over the wall of that well! What seemed like it would bury him actually helped him ... all because of the manner in which he handled his adversity.

THAT'S LIFE! If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity we can overcome all obstacles.

Author Unknown

Everyone is important

During Mark's first month of college, the professor gave his students a pop quiz. Mark was a conscientious student and had breezed through the questions, until he read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. He had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would he know her name? He handed in his paper, leaving the last question blank.

Just before class ended, one student asked if the last question would count toward the quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They each deserve your attention and care, even if all you do is smile and say 'hello'." Mark never forgot that lesson. He also learned her name was Dorothy.

~Author unknown



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



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 a student 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 Chanbara competition in early January, stay tuned for the dates!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WVMADOJO.COM						
(408) 871-8180		2017 DECEMBER				
					1	2
3	4 Adult Advanced Class	5	6	7	8	9
10 Practice at home!	11 Leadership Class	12	13	14 <u>Testing</u> Regular class times Thurs & Fri	15	16
17 Practice at home!	18 Adult Advanced Class	19	20	21	22	23
24 Practice at home!	25 Closed	26 Closed	27 Closed	28 Closed	29 Closed	30
31  (You know what to do!)	1 Closed	2 Closed	3 OPEN	4 OPEN	5 OPEN	