



# Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"It's not the situation, but whether we react negative or respond positive to the situation that is important." ~ Zig Ziglar

July, 2019

## Positive Thinking

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!"

He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation.

Seeing this style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?" Jerry replied, "Each morning I wake up and say to myself, 'Jerry, you have two choices today. You can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. You choose to be in a good mood or a bad mood. The bottom line is that it's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but often thought about him when I made a choice about life instead of reacting to it. Several years later, I heard that Jerry did something you are never supposed to do in a restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center.

## Parents:

### Summer camps are here!!!

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

**All camps run from 9:00am - 3:00pm\***

**July 15 - 19 Special WEAPONS Kata: Kama (sickle)\*\***

**August 12 - 16 Special Black Belt Kata: Matsumora Rohai**

**\$299.00 Camp sizes are limited.**

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

**\*Please note new-extended times this year**

**\*\*This camp will include a set of wooden sickle**

Sensei Dan Wakefield has been running youth summer karate camps for over 20 years. These camps always prove to be a **fun, rewarding experience for kids.**

After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better, I'd be twins. Wanna see my scars?"

I declined to see his wounds, but I did ask him what had gone through his mind as the robbery took place. "The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.



continued from front

Jerry continued, “The paramedics were great. They kept telling me I was going to be fine. But when they wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, ‘He’s a dead man.’ I knew I needed to take action.”

“What did you do?” I asked.

“Well, there was a big, burly nurse shouting questions at me,” said Jerry. “She asked if I was allergic to anything. ‘Yes,’ I replied. The doctors and nurses stopped working as they waited for my reply... I took a deep breath and yelled, ‘Bullets!’ Over their laughter, I told them, ‘I am choosing to live. Operate on me as if I am alive, not dead.’”

Jerry lived thanks to the skill of his doctors, but also because of his amazing attitude. I learned from him that every day we have the choice to live fully. Attitude, after all, is everything.

By Francie Baltazar-Schwartz

Let this really sink in -  
then choose how you start your day tomorrow.

Socialize WVMA on Yelp,  
Facebook, and Instagram  
Search: West Valley Martial Arts



## 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. c. Assistance lure        d. Directions lure

Week 4. e. Internet lure            f. Kids are strangers too

### Theme of the Month: Aiki-jūjutsu

This month we will be teaching many joint locks, pins and control holds, along with falling skills. (Ukemi)

“Aiki is to pull when you are pushed and to push when you are pulled. It is the spirit of slowness and speed, of harmonizing your movement with your opponent’s energy”

~Takeda Tokimune, master of Daito Ryu Aiki-jūjutsu

### Important Info:

There will be regular afternoon and evening classes during summer camps and all summer. Testing is on the 18th and 19th. Those attending the summer camp will NOT attend regular testing - instead they will test during the final day of camp (19th) at around 2:15 pm.



# JULY 2019

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 IF IT	1 Leadership Class	2	3	4 Closed	5 Closed	6
7 IS TO	8 Adult Advanced Class	9	10	11	12	13
14 BE, IT	15 Leadership Class	16-18 WVMA Summer Camp			19 Testing	20
21 IS UP	22 Adult Advanced Class	23	24	25	26	27
28 TO ME!	29	30	31	1	2	3
				wvmadojo.com		

Advanced Camp - Invitation only M-F 9am-2pm