



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself." ~ Tecumseh

November, 2017

Helping Hands

A mother, wishing to encourage her son's progress at the piano, bought tickets to a performance by the great Polish pianist Ignace Paderewski. When the evening arrived, they found their seats near the front of the concert hall and eyed the majestic Steinway piano waiting on the stage. Soon the mother found a friend to talk to, and the boy slipped away.

At eight o'clock, the lights in the auditorium began to dim, the spotlights came on, and only then did they notice the boy - up on the piano bench, innocently picking out "Twinkle, Twinkle Little Star." His mother gasped in shock and embarrassment but, before she could retrieve her son, the master himself appeared on the stage and quickly moved to the keyboard.

He whispered gently to the boy, "Don't quit. Keep playing." Leaning over, Paderewski reached down with his left hand and began filling in the bass part. Soon his right arm reached around the other side and improvised a delightful obligato. Together, the old master and the young novice held the crowd mesmerized with their blended and beautiful music.

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



In all our lives, we receive helping hands - some we notice, some we don't. Equally we ourselves have countless opportunities to provide helping hands - sometimes we would like our assistance to be noticed, sometimes we don't. Little of what we all achieve is without learning from others, or without support from others, and what we receive we should hand out in return.

The Starfish

Once a man was walking along a beach. The sun was shining and it was a beautiful day. Off in the distance, he could see a person going back and forth between the surf's edge and the beach. As the man approached, he could see that there were hundreds of starfish stranded on the sand as the result of the natural action of the tide.

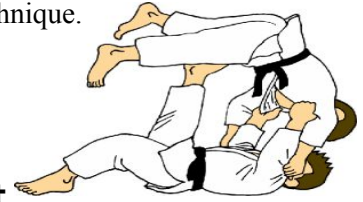
The man was struck by the the apparent futility of the task. There were far too many starfish. Many of them were sure to perish. As he approached, the person continued the task of picking up starfish one by one and throwing them into the surf.

As he came up to the person, he said: "You must be crazy. There are thousands of miles of beach covered with starfish. You can't possibly make a difference." The person looked at the man. He then stooped down and pick up one more starfish and threw it back into the ocean. He turned back to the man and said: "It sure made a difference to that one!"

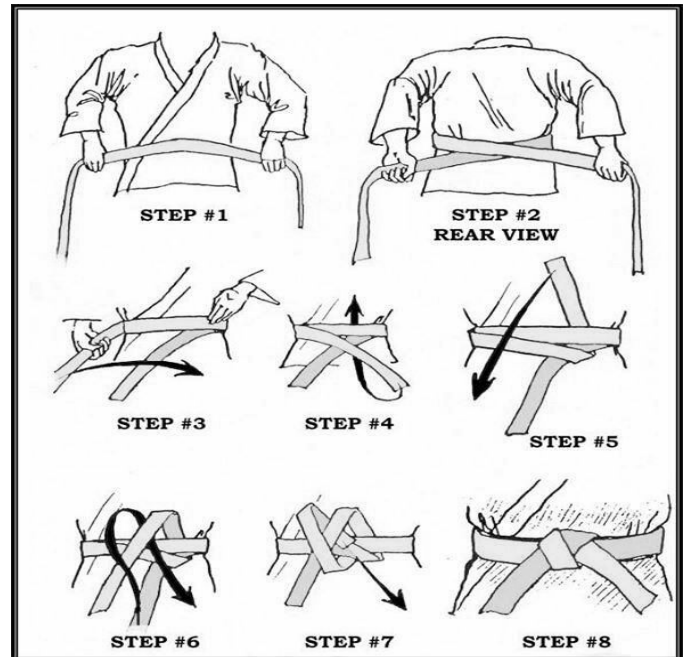


Theme of the Month: Jiu-Jitsu!!!

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



How to Tie Your Belt



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November 2017

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