



Snapkick

Dojo student newsletter



West Valley Martial Arts

*"Emotional self-control is the result of hard work, not an inherent skill."
~Travis Bradberry*

April, 2017



The Cookie Thief

A woman was waiting at an airport one night, with several long hours before her flight. She hunted for a book in the airport shops, bought a bag of cookies and found a place to drop.

She was engrossed in her book but happened to see, that the man sitting beside her, as bold as could be. . .grabbed a cookie or two from the bag in between, which she tried to ignore to avoid a scene.

So she munched the cookies and watched the clock, as the gutsy cookie thief diminished her stock. She was getting more irritated as the minutes ticked by, thinking, "If I wasn't so nice, I would blacken his eye."

With each cookie she took, he took one too, when only one was left, she wondered what he would do. With a smile on his face, and a nervous laugh, he took the last cookie and broke it in half.

He offered her half, as he ate the other, she snatched it from him and thought... ooh, brother. This guy has some nerve and he's also rude, why he didn't even show any gratitude!

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

She had never known when she had been so galled, and sighed with relief when her flight was called. She gathered her belongings and headed to the gate, refusing to look back at the thieving ingrate.

She boarded the plane, and sank in her seat, then she sought her book, which was almost complete. As she reached in her baggage, she gasped with surprise, there was her bag of cookies, in front of her eyes.

If mine are here, she moaned in despair, the others were his, and he tried to share. Too late to apologize, she realized with grief, that she was the rude one, the ingrate, the thief.

By Valerie Cox in "A Matter of Perspective"

Parents:

We have set our 2017 summer camp schedule!

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

All camps run from 9:00am - 2:00pm

June 19 - 23 Special Black Belt Kata: Chinte

July 17- 21 Special WEAPONS Kata: Sekkiun No Tanto**

August 7-11 Special Black Belt Kata: Jion

\$239.00 Sibling discount is \$30 off

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

*Camp sizes are limited to 22 students.

** This camp will include a short wooden practice sword.

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



**KEEP
CALM
AND
TRAIN
JIU JITSU**

This month we will continue with our Jiu Jitsu curriculum. We will teach more advanced techniques and drills in all of our classes. The goal is to help students feel more confident when dealing with an opponent on the ground.

Saturday April 22nd, there will be Zen Bei Butoku Kai (ZBBK) exams held in Soquel, CA at Sanford's Traditional Martial Arts. (4626 Soquel Dr. Soquel, CA 95073)

Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.

These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2017						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 ZBBK EXAMS
23	24	25	26	27 Testing Regular class times Thurs & Fri	28	29
30	Notes:					

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