



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Tell me and I forget. Teach me and I remember. Involve me and I learn" ~Benjamin Franklin

October, 2015

This month's article is written by **Senpai Vinh Ngo**. Vinh recently passed his 2nd level Jr. Black Belt test and, as part of that test, was required to write an essay. His essay subject is:

"What I Have Learned From Teaching Martial Arts." by Senpai Vinh Ngo

Teaching and helping kids has been such a blast. I love interacting with students each and every day that I'm at the dojo. Whenever the kids say "Hi Senpai Vinh!" or "Vinh style", it just makes me smile and feel warm inside.

I still remember my first time teaching, an absolute trainwreck. I was so nervous that I was stuttering, shaking, and sweating. I have learned so much throughout my first (and about to become my second) year of teaching, and I want to share with you some of the lessons I've learned.

Confidence

Confidence is something that takes time to develop. Growing up I was always the quiet and awkward one. I never volunteered to answer questions; never interacted with others, I was just that kid that you never knew the name of. By teaching and actually talking to students, my confidence skyrocketed. Watching students grow and improve in their martial arts skills somehow gave me more confidence as a teacher. It's gotten to a point where I love going up to them to see how they're doing. You really can't teach that overnight. This hasn't just affected me in martial arts, but also my everyday life. I love talking to new people now, and I am no longer so shy.

Patience

Patience is a very useful skill in life. Whether you are waiting for food, waiting for kids to stop crying, or even just waiting for something to happen. Patience is used everyday. I'll just come out and say it, I didn't have any patience when I was younger. I didn't have the patience for patience. My mindset was, if there was a quick way to get something done, I would take that opportunity, no matter how sloppy it was. You really can't lose your patience with kids. Kids need time and lots of practice so that they can be good at something. They need a calm, supportive instructor. Honestly, I can say that I have been frustrated with kids from time to time. But slowly, I have started to relax and really help kids break things down. I have a lot more success with kids when I am more calm and having fun with them. I have found that taking my time and being patient has really helped my day to day life as well.

Self Discovery

Another thing that I've learned, is that you should just be yourself. This dojo is full of friendly and loving people. No one here is going to judge you. We all love you for you and you shouldn't change you. I think that's really awesome, because for me anyways, I was never myself at school. At home I was upbeat and a family man, when I came to school I was just quiet.

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The more martial arts I did, the more I discovered who I really was; a quirky, weird, awkward guy. But, I was (am) accepted, and that's thanks to a welcoming and loving dojo. We're basically a family, one big wacky weird family. I feel like my life wouldn't be the same. I would still be the quiet and shy Vinh. I want to thank Sensei Dan for putting up with me and for opening this dojo in the first place. Hopefully, one day I can start working here.

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

The Zen Bei Butoku Kai

In 1959 O'Sensei Richard Kim founded the Zen Bei Butoku Kai when he came from Japan to teach in the United States. The Zen Bei Butoku Kai is a martial arts organization dedicated to the preservation of the teachings of the late O'Sensei Richard Kim, 10th Dan and his legacy. That legacy has stretched to all ends of the earth over the years and has touched thousands. I was fortunate enough to train and travel with Master Kim for about 10 years until he passed away in 2001. His teachings of the traditional martial arts and, perhaps even more significant, the philosophy of the martial arts are second to none. O'Sensei Kim was referred to as "Karate's Guiding Light" by Black Belt magazine and was considered the "world's authority" on traditional karate.

Saturday October 24th, there will be ZBBK exams held in Soquel CA at Sanford's Traditional Martial arts. Many of our students will be invited to attend. This is a great opportunity to earn a 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
October 2015				1	2	3 Kata competition
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Belt Promotion Regular Class times Thurs & Fri	23	24 ZBBK EXAMS (See above)
25	26	27	28	29	30	31

Notes:

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