



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“The ultimate aim of karate lies not in victory nor defeat, but in the perfection of the character of its participants” — Gichin Funakoshi

April, 2019

Sensei Gichin Funakoshi - Father of Modern Day Karate

O'Sensei Gichin Funakoshi is known as the *Father of Modern Day Karate* and is probably the best known name in karate history.

He was born in the city of Shuri on the island of Okinawa in 1868 and by the age of 11, Funakoshi was training with the great Okinawan teachers Anko Itosu and Yasutsune Azato.

At this time it was illegal to learn martial arts, though that did not stop him and many others practicing in secret. Around the turn of the century the art came out into the open and began to be taught in public schools, thanks largely to the efforts of Anko Itosu.

By the time Funakoshi was an adult he excelled in karate, so much so that when the Crown Prince of Japan, Hirohito, visited Okinawa, Funakoshi was chosen to perform a demonstration for him.

When the Japanese Ministry of Education held a demonstration of karate in Tokyo a year later in 1922, the Okinawan Department of Education who he worked for as a school teacher asked him to be the one to perform it and introduce the art to Japan; when he did, a new era in the history of the martial arts was born.

The Japanese were so impressed that he was asked to stay in the country to further demonstrate and teach his art. This began with an invitation from Jigoro Kano, the founder of Judo, who asked Funakoshi to demonstrate karate in front of over one hundred of his students.

After this, the requests kept coming so Master Funakoshi decided to move to Japan permanently. He quickly gained students in the universities in and around Tokyo and soon he had enough interest to start his own dojo. Sensei Gichin Funakoshi earned the title the *Father of Modern Day Karate* in a number of ways.

One was that he adapted the training methods so that they could be more easily practiced by everybody, regardless of age, ability or sex.

He also made karate more accessible to the Japanese by changing the meaning of the word 'Kara'. Originally, the words *kara* and *te* meant 'Chinese' and 'hand.' However, in Japanese the characters used for *kara* could also mean 'empty' in Japanese. As this fitted the style so well and since karate had developed to be very different from the Chinese styles, 'empty hand' became the new meaning of the word.

Amongst his more prominent beliefs was Funakoshi's conviction that the best martial arts exponents should be so confident that they had nothing to prove about their fighting prowess. The true art was found in subduing an opponent without fighting, echoing the teachings of the legendary samurai Tsukahara Bokuden from over 400 years previously.

Funakoshi was always a humble man. He didn't preach the humility of virtue but a basic humility of a man who is rooted in the true perspective of things, full of life and awareness. He lived at peace with himself and with his fellow man. He placed no emphasis on competitions, record breaking or championships. Instead, he emphasized self-perfection. He believed in the common decency and respect that one human being owes another. He was a master of masters. Funakoshi died in 1957 at the age of 88, after humbly making a tremendous contribution to the art of karate.

This month, all youth and adult students will learn Master Funakoshi's kata - "Funakoshi Wankan"

We have set our 2019 summer camp schedule!

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

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

June 17 - 21 Special Black Belt Kata: Ananku

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

August 12 - 16 Special Black Belt Kata: Matsumora Rohai

\$299.00 *Please note new-extended times this year

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

- Camp sizes are limited.
- **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.***

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

Socialize WVMA on Yelp.

Facebook, and Instagram

Search: West Valley Martial Arts



On Saturday, April 27th, there will be Zen Bei Butoku Kai (ZBBK) exams held at Rod Sanford's Traditional Martial Arts located at 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.



APRIL 2019

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
IF IT 31	Leadership Class 1	Yoga 2 10-11:15a.m.	3	Yoga 4 10-11:15a.m.	5	6
IS TO 7	Adult Advanced Class 8	Open for spring break NO Yoga this week				
BE, IT 14	Leadership Class 15	Yoga 16 10-11:15a.m.	17	Yoga 18 Same time Testing Regular class times Thurs & Fri	19	20
IS UP 21	Adult Advanced Class 22	Yoga 23 10-11:15a.m.	24	Yoga 25 10-11:15a.m.	26	ZBBK EXAMS 27
TO ME! 28	Leadership Class 29	Yoga 30 10-11:15a.m.	1	2	3	4
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