



Snapkick

Dojo student newsletter



West Valley Martial Arts

“Gratitude is a mark of a noble soul and a refined character.
We like to be around those who are grateful.” Joseph B. Wirthlin

June, 2016

Anthony's Education

One day, a young college graduate named Anthony went to apply for a managerial position at a large company. After passing his first interviews, he reached his final interview with the director of the company. The director discovered from Anthony's resume that his academic achievements were excellent. He had scored high honors in all his classes throughout college.

The director asked, “Did you obtain any scholarships in school?” Anthony answered “None.”

The director asked, “Was it your father who paid for your school fees?” Anthony answered, “My father passed away when I was one-year-old. It was my mother who paid for my school fees.”

The director asked, “Where did your mother work?” Anthony answered, “My mother worked as clothes cleaner.” The director asked to see his hands. Anthony's hands were smooth and perfect.

“Have you ever helped your mother wash the clothes before?” asked the director. Anthony answered, “Never! My mother always wanted me to study and read more books. Furthermore, my mother can wash clothes much faster than me.”

The director said, “I have a request. When you go back today, go and clean your mother's hands, and then see me tomorrow morning.”

Anthony felt that he had a good chance of landing the job. That evening he asked his mother to let him clean her hands. His mother felt strange, and had mixed feelings, but she showed her hands to her son. Anthony cleaned his mother's hands slowly. As he was gently cleaning, tears started to build in his eyes. It was the first time he noticed that his mother's hands were so wrinkled, and bruised.

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

Some bruises were so painful that his mother shivered and winced when they were cleaned with water. It suddenly dawned on Anthony that it was this pair of hands that washed clothes every day allowing him to pay the school fees.

The bruises in the mother's hands were the price that she paid for his graduation, academic excellence and his future. After finishing the cleaning of his mother's hands, Anthony quietly washed all the remaining clothes for his mother. That night, mother and son talked for a very long time. Anthony truly expressed his gratitude to his mother, for she had made so many sacrifices for him.

The next morning, the Anthony went back to the director's office. The director, noticing a different look in his eyes, asked: “Can you tell me what have you learned yesterday after we met?” Anthony declared, “I cleaned my mother's hands, and also finished cleaning all the remaining clothes.”

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The director asked, "Please, tell me your thoughts". Anthony said, "Number one, I know now what appreciation is."

"Without my mother, I would not be as successful as I've become today. Number two, by working together and helping my mother, I now realize how difficult and tough it is to get something done. Number three, I have come to appreciate the importance and value of a strong family relationship."

The director said, "This is what I am looking for in a manager. I want to recruit a person who can appreciate the help of others, a person who knows the sufferings of others to get things done, and a person who would not put money as his only goal in life. You are hired." Anthony worked very hard, and received the respect of his subordinates. Every employee worked diligently and as a team. The company's performance improved tremendously.

~Author unknown

Moral 1: If one doesn't experience the difficulty it takes to earn the comfort provided by their loved ones, then they will never value it. The most important thing is to experience the difficulty and learn to value the hard work behind all of the given comfort.

Moral 2: A mother's sacrifice for her children knows no bounds.

POWER!!!

This Month we will focus POWER. What is power? One definition is "physical strength and force exerted by something or someone." We will study how to increase our power by using explosive force. We will practice moving quickly from a relaxed position, to develop a high twitch response. We will have many fun and challenging exercises to develop these skills.

Movie Night/ Parents' Night out!!!



Friday, June 17th

7:00pm to 10:00pm

Ages 6 and up

Fee is \$20.00 per child in advance and \$25.00 at the door.

(Price includes pizza, cookies & drinks)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 2016				wvmadojo.com		
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Movie Night!	18
19	20	21	22	23 <u>Testing</u> Regular Class times Thurs & Fri	24	25
26	27	28	29	30	Notes: (408) 871-8180	