



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Anybody who succeeds is helping people. The secret to success is find a need and fill it; find a hurt and heal it; find a problem and solve it." Robert H. Schuller

July, 2016

The last ride

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be my last ride of my shift, I thought about just driving away, but instead I put the car in park and walked up to the door and knocked.

'Just a minute', answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened. A small woman in her 90's stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940s movie. By her side was a small suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. The walls were bare and the counters were empty.

'Would you carry my bag out to the car?' she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. 'It's nothing', I told her. 'I just try to treat my passengers the way I would want my mother to be treated.' 'Oh, you're such a good boy', she said.

When we got in the cab, she gave me an address and then asked, 'Could you drive through downtown?' 'It's not the shortest way', I answered quickly. 'Oh, I don't mind,' she said. 'I'm in no hurry. I'm on my way to a hospice.' I looked in the rear-view mirror. Her eyes were glistening. 'I don't have any family left', she continued in a soft voice. 'The doctor says I don't have very long.' I quietly reached over and shut off the meter. 'What route would you like me to take?' I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

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

As the first hint of sun was creasing the horizon, she suddenly said, 'I'm tired. Let's go now'. We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under an entryway. Two orderlies came out to the cab as soon as we pulled up. They were caring and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. 'How much do I owe you?' She asked, reaching into her purse. 'Nothing', I said 'You have to make a living', she answered. 'There are other passengers', I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly. 'You gave an old woman a little moment of joy', she said. 'Thank you.' I squeezed her hand, and then walked into the dim morning light.

continued on back

Behind me, a door shut. It was the sound of the closing of a life. I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had only honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life. We're conditioned to think that our lives revolve around great moments. But great moments often catch us unaware - beautifully wrapped in what others may consider a small one.

Author: New York City taxi driver

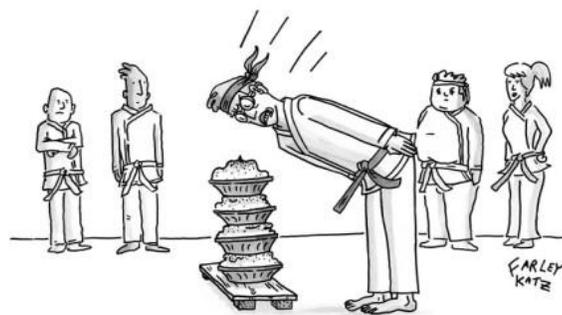


Dates and times to remember:

July 1st - 4th: Closed during Fourth of July

July 25th - 29th: Summer Camp

July 28th & 29th: Testing, regular class times



KARATE CLASS CLOWN

AllPosters

Theme of the Month: BUNKAI

Bunkai (分解?), literally meaning "analysis" or "disassembly", is a term used in **Japanese martial arts** referring to process of analysing kata and extracting fighting techniques from the movements of a "form" (*kata*).

This month we will be studying the Bunkai of some of our katas. We will go into detail with the movements and show how each move has a real world application for self defense. We will have many different techniques, drills and exercises to build these skills. This should prove to be fun and educational!

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