



Snapkick

Dojo student newsletter



West Valley Martial Arts

"There is only one corner of the universe you can be certain of improving, and that's your own self." - Aldous Huxley

July, 2015

The Poor Man and the Vase

Once upon a time, there was an unfortunate poor man. His home was also very poor – a small and empty house, where mice made their nests and spiders made their webs.

People tried to avoid coming into his house – why should they go into those poor ruins? And the poor man thought that poverty is the reason of his misfortunes – his eternal destiny.

So once, the poor man met a wizard and complained to him about his poverty and miserable life. The wizard felt sorry for the poor man and gave him an unprecedented vase. And said:

– “This is a magical vase that will save you from poverty.”

The poor man took the vase and wanted to sell it at first and then spend the money on spirits, as usual, besides, why would he need such a beautiful thing? But then he started admiring the vase and couldn't take it to the market. He brought the vase home, put it on the table and gazed at its beauty..

– It's not right for such a beautiful thing to be empty, – the poor man thought. So he picked some wildflowers and put them into the vase.

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Mat Chats

ABC'S of conflict avoidance

Week 1. Avoid potentially dangerous situations and create safe habits

Week 2. Be calm and Breath

Week 3. Communicate with confidence

Week 4. Don't make the situation worse by arguing or fighting

Parents:

There is still some space available for our very popular summer camps! These camps are available for students of *all skill level* ages 7 and up.

2015 Summer Camp Schedule

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

July 20 - 24 *Special Black Belt Kata: Jion*

August 10 - 14 *Special Black Belt Kata: Wanshu*

\$229.00 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.

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.*

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With the flowers, It became even more beautiful.

– Not good, – the poor man thought again, – that such a beautiful thing stands next to a spider web.

So the poor man started cleaning his house from spider webs, sweeping out cockroaches and mice, cleaning the dust, washing the floor and the walls, whitening the ceiling.

And it became clear that his house wasn't poor, but rather warm and cosy. And the poor man wasn't a poor man anymore, but a hard working host, who had no time for the thoughts about misfortune.

The Two Wolves

A Native American grandfather was talking to his grandson about how he felt. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one." The grandson asked him, "Which wolf will win the fight in your heart?" The grandfather answered: "The one I feed the most."

THEME OF THE MONTH: ***KICKS!***

All month long in our classes we will be practicing kicks. We will practice snap kicks, thrust kicks, round kicks, all kinds of kicks! The goal this month is to improve everyone's kicks on all levels; Speed, accuracy, power, and all around technique.

We will have many new and unique kicking drills and games to keep it fun and interesting.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2015						
			1	2	3 Closed	4 Closed
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Camp begins!!!	21	22	23 Belt Promotion Regular Class times Thurs & Fri	24	25
26	27	28	29	30	31	Notes:
www.wvmadojo.com						