



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.”
~ Arnold Schwarzenegger

June, 2018

Introducing:

“Notice Of Intent To Promote” Forms

(Sample)

In the spirit of continuing improvement, we have decided to add a new dynamic to our testing procedure. As you (hopefully) know, we are dedicated to quality martial arts instruction.

With our Student Evaluation forms, we focus mostly on increasing physical development. With our new “Notice of Intent to Promote” form, we will be able to focus more on the character development that goes hand-in-hand with training.

Every time a student is getting ready to promote to a new color belt, they will be given a Notice of Intent to Promote form. This will be given on the same day as the Evaluation form (one month prior to testing).

The students and parents will have one month to fill out the new form. At each belt level, we will focus on developing a new character skill along with their physical attributes. Here is a quick list of the concepts that we will be focusing on: Respect, work ethic, kindness, patience, being a good role model, and more...

On the right, please see a sample Notice of Intent to Promote Form.

Notice of Intent to Promote to Green Belt

Name: _____

Please complete and turn in this questionnaire to an instructor by the week of testing. If additional space is needed, please use the back of this sheet or attach additional pages. Please remember to wear a full gi (uniform) rather than a dojo t-shirt for your test. *This questionnaire is required in order to promote.*

Students:

1. Briefly describe an instance where you have shown patience at the dojo, at school, or at home.

2. Why is it important to practice patience in everyday life?

Parents:

1. What do you feel is the most important thing your child has learned from the martial arts?

2. Are there any other comments about our program? (optional)

Parents:

We have set our 2018 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 18 - 22 Special Black Belt Kata: Wanshu

July 16 - 20 Special WEAPONS Kata: Sokon Nunchaku**

JULY CAMP IS FULL**

August 6 - 10 Special Black Belt Kata: Sochin

\$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 foam Nunchaku

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.*

Mat Chats

Good Habits

Week 1. Self discipline

Week 2. Dinner before dessert

Week 3. Taking responsibility

Week 4. Wherever you are... Be there!!!



This month we will be teaching students chanbara. Chanbara, in simple terms, is padded weapons training. In deeper terms, chanbara is a fast paced martial art that helps a student develop lightning fast reflexes, distancing, and timing. Chanbara will also develop courage, self-control and good sportsmanship. Training at our dojo will allow students to learn these qualities in a safe environment without the fear of injury.

We will hold a fun, low-key competition on Thursday and Friday, June 28th and 29th during regular class times. We will bring out the long swords as well as shields and make sure students have a great time!

wvmadojo.com  **JUNE 2018** (408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 Practice at home!	4 Leadership Class	5	6	7	8	9
10 Practice at home!	11 Adult Advanced Class	12	13	14	15	16
17 Practice at home!	18 Leadership Class 19 20 21 Testing 22 Testing WVMA Summer Camp					23
24  (You know what to do!)	25 Adult Advanced Class	26	27	28 Chanbara competition	29 Chanbara competition	30