



# Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“No one has ever become poor by giving.” ~Anne Frank

November, 2019

## A Lesson on Perspective

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which said: “I am blind, please help.”

There were only a few coins in the hat.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. He put the sign back so that everyone who walked by would see what he had written.

Soon the hat began to fill up. A lot more people were giving money to the blind boy. That afternoon the man who had changed the sign came to see how things were.

The boy recognized his footsteps and asked, “Were you the one who changed my sign this morning? What did you write?”

The man said, “I only wrote the truth. I said what you said but in a different way.”  
What he had written was: “Today is a beautiful day and I cannot see it.”

Do you think the first sign and the second sign were saying the same thing?

Of course both signs told people the boy was blind.



But the first sign simply said the boy was blind. The second sign told people they were so lucky that they were not blind. Should we be surprised that the second sign was more effective?

*Moral of the story: Be thankful for what you have. Be creative. Be innovative. Think differently and positively.*

*Invite others towards good with wisdom. Live life with no excuse and love with no regrets. When life gives you a 100 reasons to cry, show life that you have 1,000 reasons to smile.*

*The most beautiful thing is to see a person smiling... And what is even more beautiful is knowing that you are the reason behind it!!!*

*Author Unknown*

# The Value of Time

Imagine there is a bank that credits your account each morning with \$86,400.

It carries over no balance from day to day. Every evening deletes whatever part of the balance you failed to use during the day.

What would you do?

Draw out every cent, of course!!!

Each of us has such a bank. Its name is TIME.

Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft. Each day it opens a new account for you. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours.

There is no going back. There is no drawing against the "tomorrow". You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success!

The clock is running. Make the most of today.

*This month we will be focusing on striking arts. We will be working all kinds of strikes, from punches and kicks to knees and elbows. Through proper practice, students will gain confidence, coordination and power! We will incorporate many drills, games and bag work exercises to help develop these skills.*

## Mat Chats

### Trust your intuition

Week 1. Who to ask for help

Week 2. Boundary setting / be aware but not on guard

Week 3. Good touch bad touch - no secrets

Week 4. If in doubt...OUT



# NOVEMBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 IF IT	wvmadojo.com (408) 871-8180				1 Movie Night!	2
3 IS TO	4 Adult Advanced Class	5	6	7	8	9
10 BE, IT	11 Leadership Class	12	13	14	15	16
17 IS UP	18 Adult Advanced Class	19	20	21 <b>Testing</b> Regular class times Thurs & Fri	22	23
24 TO ME!	25 Leadership Class	26	27	28 Closed for Thanksgiving	29 Closed	30