



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Three things cannot be long hidden: the sun, the moon, and the truth." ~ Buddha

May, 2018

The Seeker Of Truth

After years of searching, the seeker was told to go to a cave, in which he would find a well. 'Ask the well what is truth', he was advised, 'and the well will reveal it to you'. Having found the well, the seeker asked it "What is truth of life?". From the depths came the answer; 'Go to the village crossroad: there you shall find what you are seeking'.

Full of hope and anticipation, the man ran to the crossroad only to find three rather uninteresting shops. One shop was selling pieces of metal, another sold wood, and the last sold thin wires. Nothing and no one there seemed to have much to do with the revelation of truth.

Disappointed, the seeker returned to the well to demand an explanation but was only told 'You will understand in the future.' When the man protested, all he got in return were the echoes of his own shouts. Indignant for having been made a fool of himself (or so he thought), the seeker continued his wanderings in search of truth. As the years went by, the memory of his experience at the well gradually faded. However, one night while he was walking in the moonlight, the sound of sitar music caught his attention. It was wonderful music and it was played with great mastery and inspiration.

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Mat Chats

ABC'S of conflict avoidance

Week 1. **A**void potentially dangerous situations and create safe habits

Week 2. **B**e calm and **B**reath

Week 3. **C**ommunicate with confidence

Week 4. **D**on't make the situation worse by arguing or fighting

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.**

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Profoundly moved, the truth seeker felt drawn towards the player. He looked at the fingers dancing over the strings, and became aware of the sitar itself. Then, he suddenly exploded in a cry of joyous recognition: the sitar was made out of wires and pieces of metal and wood just like those he had once seen in the three stores and had thought to have no particular significance.

At last, he understood the message of the well: we have already been given everything we need. Our task is to assemble and use it in the appropriate way, for nothing is meaningful so long as we only perceive separate fragments. As soon as the fragments come together, a new entity emerges whose nature we could not have foreseen by considering the pieces alone.

~Author unknown



Theme of the Month: Jiu-Jitsu!!!

All month long in our classes we will be practicing Jiu Jitsu. What is Jiu Jitsu? Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Jiu Jitsu promotes the concept of a smaller, weaker person that can successfully defend against a bigger, stronger assailant by using leverage and proper technique.




**KEEP
CALM
AND
TRAIN
JIU JITSU**

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."

MAY 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
wvmadojo.com		1	2	3	4	5
6 Practice at home!	7 Adult Advanced Class	8	9	10	11	12
13 Practice at home!	14 Leadership Class	15	16	17 Testing Regular class times Thurs & Fri	18	19
20 Practice at home!	21 Adult Advanced Class	22	23	24	25	26
27  (You know what to do!)	28 Closed	29	30	31	(408) 871-8180	