



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity." ~ Barbara De Angelis

May, 2020

Some of you may remember this story, as it was in our December 2018 newsletter. After re-reading it, I feel it has a message to kids and adults that is especially important during these times. Please share this with your family and friends if you like! - Sensei Dan

Rather than including a monthly calendar here, I will continue to send you all weekly updates via email. Honestly, I want to be able to remain fluid in our direction, and be able to pivot and adapt when needed at this time. As always, a HUGE THANK YOU to all of you for hanging in there with us! I wish I could do a better job at expressing my gratitude to you all.

The Struggles Of Our Life

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil without saying a word to his daughter. The daughter moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He took the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. "What do you see?" "Potatoes, eggs and coffee," she hastily replied.

"Take a closer look", he said, "and touch the potatoes." She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.

He explained that the potatoes, the eggs and coffee beans had each faced the same adversity – the boiling water. However, each one reacted differently.

The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which one are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

The moral of the story:

In life, things happen around us, and things happen to us. The only thing that truly matters is your choice of how you react to it and what you make of it. Learn, adapt and choose to make the best of each experience.