



Snapkick

Dojo student newsletter



West Valley Martial Arts

"The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence." ~Confucius

March, 2015

This month the ZBBK is hosting a kata competition in Soquel at Sanford's Traditional Martial Arts. The Competition is held in a very safe, family environment, and the students are grouped by age and belt rank. While I would never force a student to compete, I think it is a great way to challenge yourself. The rush of competing can be fun, but the real payoff is the improvement made in preparation for the tournament. While I would like to think that all of our students practice at home, I realize that this is a good way to encourage extra training time. Obviously the more you train, the better you get!

Another benefit of competing is learning to deal with the stress and nerves leading up to the competition. I feel it is important to put yourself in (safe) stressful situations and endeavor to perform under pressure. This will give students a confidence that is hard to duplicate. Win or lose, all students that come out and give it their all will come away with a learning experience. If you are interested, see the information below and sign up at the front table.

Mat Chats

Four rules of personal safety

Week 1. Use your mind - create safe habits

Week 2. Use your words - how to talk to a bully

Week 3. Use your legs - Chicken versus coward

Week 4. Ask for help - Tell a teacher/parent/friend

In the Making of a WVMA Student

A Poem By Olivia Gleason

Walking in and out of the doors at West Valley Martial Arts, makes me feel like a changed person.

Determination and hard work makes you feel proud of how far you've come.

Patience and great skill makes a great Sensei, for they are ready for any obstacle that is thrown at them.

Experiencing difficulties and struggles makes us feel aware of things that surround us.

But in the making of a WVMA student, we must expect the unexpected of things that are thrown at us in life.

For day by day, when we wake up, we have a new challenge to face.

As we grow more day by day, we become a little bit stronger inch by inch. For that is just who we are.

In the making of a WVMA student, we all learn to respect the strengths and the weaknesses.

Kata Competition

Saturday, March 28th at 10:00 am

Location: Rod Sanford's Traditional Martial Arts

4626 Soquel Drive, Soquel, CA 95073 (831) 475-9676

Empty Hand Kata, Team Kata and Weapons Divisions

Fee is \$15.00 for 1 division, \$5.00 for each additional division (Ages 6 and up)

(Pay the day of the competition at Sanford's Martial Arts)

Competitors will be judged on all aspects of their kata. So, select your favorite kata and practice, practice, practice!

2015 Summer Camps



June 22 - 26 **9:00am – 2:00pm** *Special Black Belt Kata: Sochin*

July 20 - 24 **9:00am – 2:00pm** *Special Black Belt Kata: Jion*

August 10 - 14 **9:00am – 2:00pm** *Special Black Belt Kata: Wanshu*

These camps will run from 9am to 2pm for a week - \$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. Ages 7 and up unless special permission is given.

Sample Camp Schedule:

- 9:00 - 10:30 Warm up, kata review, and bag work.
- 10:30 - 10:45 Snacks (we provide these).
- 10:45 - 12:00 Theme of the week.
- 12:00 - 12:45 Lunch (bring your own lunch, except on Friday).
- 12:45 - 2:00 Self-defense, grappling, and finish with a fun game.

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.*

Sign up soon as space is limited, and camps can fill quickly.

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Belt Promotion: regular class times,	27 Thurs & Fri	28 Kata Competition in Soquel
29	30	31	WVMADOJO.COM			