Snapkick

Dojo student newsletter

West Valley Martial Arts

"You cannot have a positive life and a negative mind." Joyce Meyer

December, 2015

The Black Dot

One day, a professor entered his classroom and asked his students to prepare for a surprise test. They all waited anxiously at their desks for the exam to begin.

The professor handed out the exams with the text facing down, as usual. Once he handed them all out, he asked the students to turn over the papers.

To everyone's surprise, there were no questions–just a black dot in the center of the paper. The professor, seeing the expression on everyone's faces, told them the following: "I want you to write about what you see there." The students, confused, got started on the inexplicable task.

At the end of the class, the professor took all the exams, and started reading each one of them out loud in front of all the students.

All of them, with no exception, defined the black dot, trying to explain its position in the center of the sheet. After all had been read, the classroom silent, the professor started to explain:

"I'm not going to grade you on this, I just wanted to give you something to think about. No one wrote about the white part of the paper. Everyone focused on the black dot – and the same thing happens in our lives.

However, we insist on focusing only on the black dot – the health issues that bother us, the lack of money, the complicated relationship with a family member, the disappointment with a friend. The dark spots are very small when compared to everything we have in our lives, but they are the ones that pollute our minds.

Take your eyes away from the black dots in your lives. Enjoy each one of your blessings, each moment that life gives you. Be happy and live a life filled with love!"

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



All month long in our classes we will be practicing chanbara. What is Chanbara? This simple answer is padded weapons training. But that would sell it short. It 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. All this without the fear of injury.

We will hold a Chanbara competition in early January, stay tuned for the dates!

Best wishes for a happy holiday season and my sincere thanks for your loyalty and goodwill throughout the year. Thank you so much!

Sensei Dan

Movie Night/Parents' Night out!!!



Friday, December 18th
7:00pm to 10:00pm
Ages 6 and up
Fee is $20.00 per child in advance and $25.00 at the door.
(Price includes pizza, cookies and drinks)

DECEMBER 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 Belt Promotion Regular Class times Thurs & Fri	18	19
20	21 Open!	22 Open!	23 Open!	24 Closed	25 Closed	26 Closed
27	28 Open!	29 Open!	30 Open!	31 Closed	1 Closed	2 Closed

www.wvmadojo.com