



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Keep cool; anger is not an argument." ~ Daniel Webster

August, 2017

The Cockroach Theory for Self-Development

At a restaurant, a cockroach suddenly flew from above and landed on a lady. Startled, she started screaming out of fear.

With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach.

Her reaction was contagious, as everyone in her group also flailed about. The lady finally managed to push the cockroach away but... it landed on another lady in the group.

Now, it was the turn of the other lady in the group to continue the drama.

Their waiter rushed forward to the rescue. In the middle of the chaos, the cockroach was flung upon the waiter.

The waiter stood firm, composed himself and observed the behavior of the cockroach on his shirt. When he was confident enough, he grabbed it with his fingers, walked outside and threw it away from the restaurant.

Sipping my coffee and watching the drama, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their behavior?

If so, then why was the waiter not freaked out? He handled it near to perfection, without any chaos.

It is not the cockroach, but the inability of those people to handle the disturbance caused by the cockroach, that disrupted the ladies.

Mat Chats

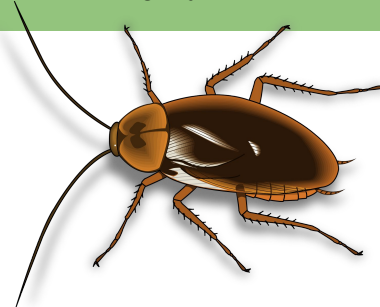
Good Attitude

Week 1. Having a whatever it takes attitude

Week 2. Attitude of gratitude

Week 3. Being a good finder

Week 4. Being loyal to those not present



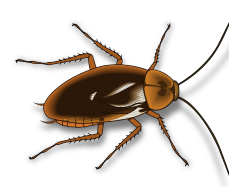
I realized that it is not the shouting of my father or my boss or my wife that upsets me, but it's my inability to handle the turmoil caused by their shouting that disturbs me.

It's not the traffic jams on the road that bothers me, but my inability to handle the agitation caused by the traffic jam that disturbs me.

More than the problem, it's *my* reaction to the problem that creates chaos in my life.

*Speech by Sundar Pichai –
an IIT-MIT Alumnus and Global Head Google*

*Chrome
Submitted by MC*



The frogs and the tower

There once was a bunch of tiny frogs...

... who arranged a hopping competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants...

The race began...

Honestly, no one in the crowd really believed that the tiny frogs would reach the top of the tower. They heard statements such as:

"Oh, WAY too difficult!!"

"They will NEVER make it to the top".

"Not a chance that they will succeed. The tower is too high!"

Hearing this, the tiny frogs began collapsing. One by one...

Except for those who with a strong pace, were climbing higher and higher...

The crowd continued to yell "It is too difficult!!! No one will make it!"

More tiny frogs got tired and gave up...

...But ONE continued higher and higher and higher...

This one wouldn't give up!

At the end, everyone else had given up climbing the tower. Except for the one tiny frog who, after a big effort, was the only one who reached the top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it?

A contestant asked the tiny frog how the one who succeeded had found the strength to reach the goal? It turned out, that the winner was deaf. He couldn't hear all the onlooker's negativity!

This month we will continue to focus on escapes from grabs and holds. We will teach how to get out of headlocks, wrist grabs, chokes, bear hugs and so much more!

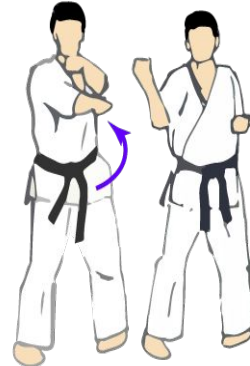


Students will learn not to panic when someone grabs them, because with proper practice they will develop confidence to deal with it quickly and effectively!

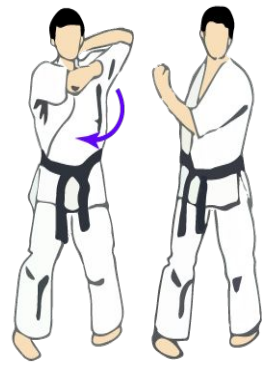
Basic (Kehon) Blocks (Uke):



Upper Block
Jodan-uke
上段受



Middle Inward Block
Chudan-uchi-uke
中段内受



Middle Outward Block
Chudan-soto-uke
中段外受

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2017

WVMADOJO.COM



		1	2	3	4	5
6	7 Adult Advanced Class	8	9	10	11	12
13	14 Leadership Class	15	16	17	18	19
20	21 Adult Advanced Class	22	23	24 Testing Regular class times Thurs & Fri	25	26
27	28 Leadership Class	29	30	31	Notes: (408) 871-8180	