



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." ~ Buddha

March, 2019

The Folly of Clinging

A little boy walked slowly into the room where his mother was sitting at her desk writing. She glanced down at him and saw that he was carrying a very precious vase that her grandmother had given her. Almost absentmindedly she said to him, "Robert, go put the vase down before you drop it and break it."

"I can't," he replied, "I can't get my hand out."

"Of course you can," she said, "you got it down there."

He said, "I know, mom, but it won't come out." The neck of the vase was very narrow and his hand had fit neatly inside it and was now up to his wrist. He continued to insist that he could not get it out. Growing a little concerned, his mother called out to his dad.

Dad calmly took control and began gently pulling the arm trying to extract the hand from the vase. He tried loosening it up with soapy water. Still nothing. He then got some vegetable oil from the kitchen and poured it around the wrist and let it seep into the vase. He wiggled it some. It still did not budge.

"I give up," the dad said in desperation. "I'd give a dollar right now to know how to get it out."

"Really?" little Robert exclaimed. Then they heard a clinking sound and his hand slid right out of the vase. They turned the vase upside down and a penny plopped out. "What's this?" they said in unison.

"Oh, that's the penny I put inside. I wanted to get it out so I was clutching it in my hand. But when I heard Dad say he would give a dollar to have the vase free, I let go."

How often do we cling to things when they are nothing in comparison to what could be ours?

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

Parents:

We have set our 2019 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 17 - 21 Special Black Belt Kata: Ananku

July 15 - 19 Special WEAPONS Kata: Kama (sickle)**

August 12 - 16 Special Black Belt Kata: Matsumora Rohai

\$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 wooden sickle

Sensei Dan Wakefield has been running youth summer karate camps for over 20 years. These camps always prove to be a *fun, rewarding experience for kids.*

YOGA

Adult classes starting!

This is a mixed levels class that will focus on alignment principles as we move through a smooth flow. Beginners will get detailed instruction while more experience practitioners can refine and deepen their own awareness through the poses.

All levels welcome!

Alignment based Flow on Tuesday's and Thursday's

10:00am - 11:15am

Pricing:

FIRST CLASS FREE!

Drop in rate \$18

5 class package \$85

10 class package \$160

Cash, check or Paypal accepted

Bring your own yoga mat and block



Lorena Martinez
E-RYT 500, RPYT,
YACEP

Theme of the Month: Jiu-Jitsu!!!

This month we will continue with our Jiu Jitsu curriculum. We will teach more advanced techniques and drills in all of our classes. The goal is to help students feel more confident when dealing with an opponent on the ground.



**KEEP
CALM
AND
TRAIN
JIU JITSU**



**BACK OFF
I KNOW KARATE**



MARCH 2019

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	1	2
3	Leadership Class 4	Yoga 5 10-11:15a.m.	6	Yoga 7 10-11:15a.m.	8	9
10	Adult Advanced Class 11	Yoga 12 10-11:15a.m.	13	Yoga 14 10-11:15a.m.	15	16
17	Leadership Class 18	Yoga 19 10-11:15a.m.	20	Yoga 21 10-11:15a.m.	22	23
24	Adult Advanced Class 25	Yoga 26 10-11:15a.m.	27	Yoga 28 <u>Testing</u> Same time Regular class times Thurs & Fri	29	30
31	Leadership Class 1	2	3	4	5	6

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