



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Protect your enthusiasm from the negativity of others."
~ H. Jackson Brown, Jr.

February, 2019

The Battle of the Beetles

On the slope of Long's Peak in Colorado lies the ruin of a gigantic tree. Naturalists tell us that it stood for some four hundred years. It was a seedling when Columbus landed at San Salvador, and half grown when the Pilgrims settled at Plymouth Colony.

During the course of its long life it was struck by lightning fourteen times and the innumerable avalanches and storms of four centuries thundered past it. It survived them all. In the end, however, an army of beetles attacked the tree and leveled it to the ground. The insects ate their way through the bark and gradually destroyed the inner strength of the tree by their tiny but incessant attacks. A forest giant which age had not withered, nor lightning blasted, nor storms subdued, fell at last before beetles so small that a man could crush them between his forefinger and his thumb.

There is a parallel in this story which should serve as a warning to us. Most of us can survive times of crisis. We summon the strength of faith or resolve for most any battle that we face head on. Whether it is in our professional or personal lives, we often overcome great obstacles. It is the small things like jealousy, anger, resentment, pettiness and negativity that eat us from the inside, which often bring about our downfall. Unlike a giant tree, we can identify and fight those moral or ethical "beetles." We must, however, be constantly on guard.

Author: Dr. Harry Emerson Fosdick

Mat Chats

Good Habits

- Week 1. Self discipline
- Week 2. Dinner before dessert
- Week 3. Taking responsibility
- Week 4. Wherever you are... Be there!!!

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 Lohai

\$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

All levels welcome!

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.

Starting February 5th

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!!!

All month long in our classes we will be practicing Jiu Jitsu. What is Jiu Jitsu? Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Jiu Jitsu promotes the concept of a smaller, weaker person that can successfully defend against a bigger, stronger assailant by using leverage and proper technique.



**KEEP
CALM
AND
TRAIN
JIU JITSU**

Movie Night / Parents' Night OUT!

Friday, February 15th



From 7:00pm - 10:00pm

Ages 6 and up

\$25 (Price includes pizza and drinks)

Space is limited to the first 50 students!



FEBRUARY 2019

(408)
871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3	4 Adult Advanced Class	5 Yoga 10-11:15a.m.	6	7 Yoga 10-11:15a.m.	8	9
10	11 Leadership Class	12 Yoga 10-11:15a.m.	13	14 Yoga 10-11:15a.m.	15 Movie Night!	16
17	18 Closed	19 Yoga 10-11:15a.m.	20	21 Yoga 10-11: 15a.m.	22 Testing Regular class times Thurs & Fri	23 Chanbara Competition at Sanford's dojo (see flier)
24	25 Adult Advanced Class	26 Yoga 10-11:15a.m.	27	28 Yoga 10-11:15a.m.	1	2 wvmadojo.com