



Snapkick

Dojo student newsletter



West Valley Martial Arts

"The first step in discipline is to delay gratification."

- O'Sensei Richard Kim

February, 2017

A Brief History Of O'Sensei Kim (Part 2/3)

By Sensei Louis Jemison

O'Sensei was living in Japan between 1949-1959. During this time, he studied the Daito-Ryu system under Yoshida Kōtarō, who would live with O'Sensei for about 7 years. O'Sensei became proficient in Japanese and Okinawan weaponry including the sword, spear, tanto, jo, sai, tonfa, tecchu, and kama. O'Sensei married his wife Meiko and through that marriage became the proprietor of The Light House, a bar and boarding house in Yokohama. On a side note, Master Mas Oyama (Kyokushinkai style) would become a short time boarder at The Light House, a friend, and a fellow student of Yoshida Kōtarō.

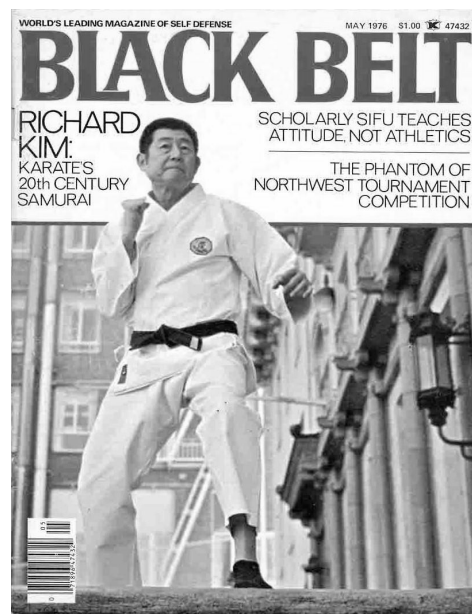
It was Yoshida Kōtarō that sent both O'Sensei and Master Oyama to train in Aikido (at Ushiba's Honbo where O'Sensei would train with Nobuyoshi Tamura) and Goju-ryu (at Gogan Yamaguchi's Honbo). While there, both he and Oyama would receive black belts in Goju-ryu. O'Sensei would also train under Toyama Kanken and Hiroshi Kinjo in Okinawan weapons. Early on in his stay in Japan O'Sensei would become involved in the re-forming of the then de-funk Dai Nippon Butoku Kai which was to be re-born after closing down with the end of WWII under the leadership of Ono Kano. It was Hiroshi who would sponsor O'Sensei's Eighth Dan in the Dai Nippon Butoku Kai. But it was Master Yoshida Kōtarō who was guiding Richard Kim's education.

In 1959 O'Sensei Kim had to leave Japan and arrived in San Francisco to begin a career of teaching the martial arts to Westerners for the next 41 years.

Mat Chats

Good Habits

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



Shortly after arriving O'Sensei had the opportunity to meet and help acclimate a young Japanese Martial Artist named Hidetaka Nishiyama who was to begin teaching Shotokan Karate in the United States. The two became fast and enduring friends and O'Sensei would become Vice President of Master Nishiyama's organization. A position he held till his passing on November 8, 2001.

Your Personal Bank Account

Imagine having a bank which places a fresh \$86,400.00 in your account everyday. Throughout each day you are free to use the money in any way that you choose. However at the end of the day, you lose what you don't use.

What would you do with your account? Draw out every cent, of course!

There really is such a bank. It's called time.

Every morning, you earn 86,400 seconds. Each day you are given the freedom to invest the time in ways that you choose. As the day ends, whatever time you fail to use wisely is a loss. The following day you start over again.

There is no going back. There is no borrowing against "tomorrow."

Therefore, there is never not enough time or too much time. Time management is decided by us alone and nobody else. It is never the case of us not having enough time to do things, but the case of whether we want to do it.

This month we will be focusing on striking arts. We will be working all kinds of strikes, from punches and kicks to knees and elbows. Through proper practice, students will gain confidence, coordination and power! We will incorporate many drills, games and bag work exercises to help develop these skills.

An Effective Self-Defense Seminar for Women (PART 2- 16 yrs+)



When:

Saturday, February 11th
10:00 am to noon

Fee is \$30

**Space is limited. Register in class or by phone!
(408) 871-8180**

- **Recognize and avoid dangerous situations.**
- **Do not be a victim.**
- **Fight off an assailant if you have to.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2017						
			1	2	3	4
5	6	7	8	9	10	11 
12	13	14	5	16	17	18
19	20 Closed	21	22	23 Testing Regular class times Thurs & Fri	24	25
26	27	28	Notes: wvmadojo.com (408) 871-8180			