



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“Life is too short to be miserable.”

~Rita Mae Brown

October, 2019

The Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us.

My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us!

My taxi driver just smiled and waved at the guy. And I mean, really friendly. So I asked, “Why did you just do that? This guy almost ruined your car and sent us to the hospital!”

This is when my taxi driver taught me what I now call, “The Law of the Garbage Truck.”

He explained that many people are like garbage trucks. They run around full of garbage (*frustration, anger, and disappointment, etc.*).

As their garbage piles up, they need a place to dump it and sometimes they’ll dump it on you.

Mat Chats

Good Habits

Week 1. Self discipline

Week 2. Dinner before dessert

Week 3. Taking responsibility

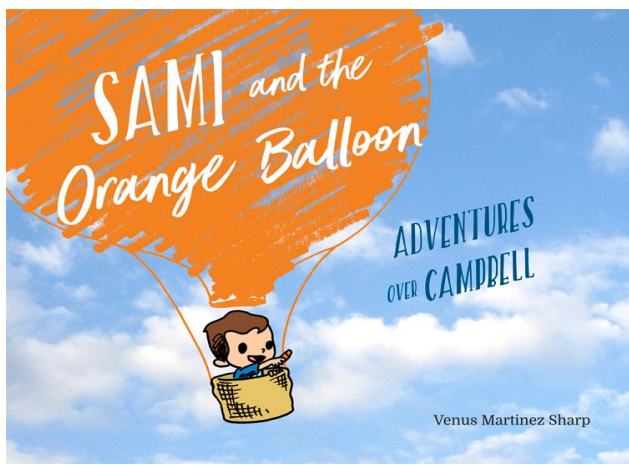
Week 4. Wherever you are... Be there!!!

Don’t take it personally. Just smile, wave, wish them well, and move on. Don’t take their garbage and spread it to other people at work, at home, or on the streets.

The bottom line is that successful people do not let garbage trucks take over their day. Life’s too short to wake up in the morning with regrets, so... love the people who treat you right & pray for the ones who don’t. Life is ten percent what you make it and ninety percent how you take it!

Have a wonderful, garbage-free day.

Author Unknown



Venus, mother to Sami, one of our pre-karate class students, is launching her first children's book. Find it on Amazon and on her website:

venusmartinezsharp.com

She is encouraging and grateful for reviews! The book launch party will be on October 20th, 2-4pm at The Art Beat located at 68 E Campbell Ave.

5.0 out of 5 stars

A whimsical and uplifting tale

"Going to school in the morning has never been more fun. The imaginative journey of a young boy through the skies of Campbell, California turns a sometimes trying part of the day into an exciting adventure. The endearing illustrations layered on top of actual photographs truly bring the story to life!" ~JLiu

Theme of the Month: Jiu-Jitsu!!!



**KEEP
CALM
AND
TRAIN
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.

On Saturday, October 26th, there will be Zen Bei Butoku Kai (ZBBK) exams held at Rod Sanford's Traditional Martial Arts located at 4626 Soquel Dr. Soquel, CA 95073.

Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.

These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.



OCTOBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 IF IT	30 <i>wvmadojo.com</i>	1	2	3	4	5
6 IS TO	7 Adult Advanced Class	8	9	10	11	12 Kata competition in Soquel
13 BE, IT	14 Leadership Class	15	16	17	18	19
20 IS UP	21 Adult Advanced Class	22	23	24 Testing Regular class times Thurs & Fri	25	26 ZBBK EXAMS
27 TO ME!	28 Leadership Class	29	30	31 Closed For Halloween	1 Movie Night!	2