



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"We don't develop courage by being happy every day. We develop it by surviving difficult times and challenging adversity." ~ Barbara De Angelis

December, 2018



**Attention Students and Parents:
We will be CLOSED from
Saturday, December 23rd to
Tuesday, January 2nd. We will
re-open on Wednesday, January
2nd. Have a wonderful Holiday!**

The Struggles Of Our Life

Once upon a time a daughter complained to her father that her life was miserable and that she didn't know how she was going to make it. She was tired of fighting and struggling all the time. It seemed just as one problem was solved, another one soon followed.

Her father, a chef, took her to the kitchen. He filled three pots with water and placed each on a high fire. Once the three pots began to boil, he placed potatoes in one pot, eggs in the second pot and ground coffee beans in the third pot. He then let them sit and boil without saying a word to his daughter. The daughter moaned and impatiently waited, wondering what he was doing. After twenty minutes he turned off the burners. He took the potatoes out of the pot and placed them in a bowl. He took the eggs out and placed them in a bowl. He then ladled the coffee out and placed it in a cup.

Turning to her, he asked. "What do you see?" "Potatoes, eggs and coffee," she hastily replied.

"Look closer", he said, "and touch the potatoes." She did and noted that they were soft.

He then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg.

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

Finally, he asked her to sip the coffee. Its rich aroma brought a smile to her face.

"Father, what does this mean?" she asked.

He explained that the potatoes, the eggs and coffee beans had each faced the same adversity – the boiling water. However, each one reacted differently.

The potato went in strong, hard and unrelenting, but in boiling water, it became soft and weak. The egg was fragile, with the thin outer shell protecting its liquid interior until it was put in the boiling water. Then the inside of the egg became hard. However, the ground coffee beans were unique. After they were exposed to the boiling water, they changed the water and created something new.

"Which one are you?" he asked his daughter. "When adversity knocks on your door, how do you respond? Are you a potato, an egg, or a coffee bean?"

The moral of the story:

In life, things happen around us, and things happen to us. The only thing that truly matters is your choice of how you react to it and what you make of it. Learn, adapt and choose to make the best of each experience.

Father and Son

A son took his elderly father to a restaurant for an evening dinner. The father being very old and weak, while eating, dropped food on his shirt and trousers.

Others diners watched him in disgust while his son remained calm.

After he finished eating, his son who was not at all embarrassed, quietly took him to the washroom, wiped the food particles, removed the stains, combed his hair and refitted his spectacles firmly on the bridge of his nose.

When they came out, the entire restaurant was watching them in dead silence; astonished that someone could embarrass themselves publicly like that.

The son paid the bill and they started began walking out of the restaurant.

At that time, another grey-haired diner called out to the son and asked him, "Don't you think you have left something behind?"

The son replied, "No sir, I haven't."

The grey-haired diner retorted, "Yes, you have! You left a lesson for every son and a hope for every father."

Happy Holidays! I am so grateful to the staff and the students and the families here - thank you so much! I feel that our humble dojo in Campbell is a beautiful little family! We have such a diverse group of people here, and there is such a great 'vibe' of teamwork and acceptance. Thank you for all being part of that! Moving forward, we will continue to strive for better and better quality martial arts instruction! I hope all of you have a wonderful holiday!

-Sensei Dan



This month we will be teaching students chanbara. Chanbara, in simple terms, is padded weapons training. In deeper terms, chanbara is a fast paced martial art that helps students develop lightning fast reflexes, distancing, and timing. Chanbara will also develop courage, self-control and good sportsmanship. Training at our dojo will allow students to learn these qualities in a safe environment without the fear of injury.

We will hold a fun, low-key competition on Thursday and Friday, January 10th and 11th during regular class times. We will bring out the long swords as well as shields and make sure students have a great time!



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DECEMBER 2018 wvmadojo.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Practice at home!	3 Adult Advanced Class	4	5	6	7 Movie Night!	8
9 Practice at home!	10 Leadership Class	11	12	13 <u>Testing</u> Regular class times Thurs & Fri	14	15
16 Practice at home!	17 Adult Advanced Class	18	19	20	21	22
23 Practice at home!	24 Closed	25 Closed	26 Closed	27 Closed	28 Closed	29
30  (You know what to do!)	31 Closed	1 Closed	2 OPEN	3 OPEN	4 OPEN	