



# Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



*"Action expresses priorities." ~ Mahatma Gandhi*

*June, 2019*

## The Empty Jar and Two Cups of Coffee

A professor stood before his philosophy class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. So the professor then picked up a box of small pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "Yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now", said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - your family, your children, your health, your friends, your favorite passions - things that, if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car.

The sand is everything else - the small stuff. If you put the sand into the jar first" he continued, "there is no room for the pebbles or the golf balls. The same goes for life.



## Mat Chats

### Good Manners

Week 1. Polite Greeting

Week 2. Showing respect

Week 3. Playground manners

Week 4. The magic words and how to say them

## 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 Camp sizes are limited.**

All camps will include: **special camp t-shirt, snacks, and lunch on Friday.**

**\*Please note new-extended times this year**

**\*\*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.*

continued from front

If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out to dinner.

There will always be time to clean the house, and fix the rubbish. Take care of the golf balls first, the things that really matter. Set your priorities. The rest is just sand".

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

Socialize WVMA on Yelp,  
Facebook, and Instagram  
Search: West Valley Martial Arts



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 a student 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, June 27th and 28th during regular class times. We will bring out the long swords as well as shields and make sure students have a great time!

**Important Info:**

There will be regular afternoon/ evening classes during summer camps and all summer. Testing is on the 20th and 21st. Those attending the summer camp will NOT attend regular testing - instead they will test during the final day of camp (21st) at around 2:15 pm.



# JUNE 2019

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 IF IT	27	28	29	30	31	1
2 IS TO	3 Leadership Class	4	5	6	7	8
9 BE, IT	10 Adult Advanced Class	11	12	13	14	15
16 IS UP	17 Leadership Class	18	19	20 Testing	21 Testing	22
23 TO ME!	24 Adult Advanced Class	25	26	27 Chanbara competition	28 Chanbara competition	29
30	1	2	3	4	5	6
				<i>wvmadojo.com</i>		