



Snapkick

Dojo student newsletter



West Valley Martial Arts

“Confidence doesn't come out of nowhere. It's a result of something... hours and days and weeks and years of constant work and dedication.” Roger Staubach

December, 2016

What Karate Means To Me

By Senpai Lucas Low

When someone mentions Karate, what comes to mind? Strong stances? A loud kiai? An individual never to have done any form of martial arts would think of Karate simply as a style of self defense. Coincidentally, even some of those who have trained in martial arts would say the same. However, years of being a martial artist has taught me that there is a deeper purpose to Karate than self defense; it pushes you to develop the spirit and discipline needed to succeed in the world. What lies at the center of our art is not the physical aspects, but the mental fortitude of practice and study.

Having practiced martial arts for 12 years, I can state with unshaken certainty that I would not have progressed so much as a person without it. Now 19 years old, the amount of achievements that I have accomplished could not have been done without the teachings of Karate. My dedication to martial arts has given me the unshakable courage, patience, and spirit I had needed to overcome many obstacles. Once overcome, my teachings resolved me to never look back, and to never regret. Over the years, I was blessed to meet extraordinary people who have positively impacted me with their similar passion and love for martial arts. The blood and sweat that these people and I had shared through practice pushed me to simultaneously grow not only physically, but also spiritually as a person.

Mat Chats

Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

a. Bribery lure b. Job lure

Week 3. c. Assistance lure d. Directions lure

Week 4. e. Internet lure

f. Kids are strangers too

A common misconception about an art such as Karate that use belt systems is that the black belt signifies completion of training, or a so-called mastery of the art; and they couldn't be more incorrect. The black belt does not signify completion, let alone mastery. The black simply symbolizes the student's completion of basic training, and the beginning of a journey that will push them to understand the deeper aspects of the art. Belts prior to black teaches us the basics such as stances, form, and posture that helps us to not fall on our face. Colored belts are simply infants learning to crawl in preparation of true learning. These beginning stages of learning consists of techniques involving physical growth, and students are often bombarded with technical information.

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However, once one achieves the rank of black belt, the real training begins. This is when the in-depth study of one's body and mind starts to take off. Once learning the physical aspects of Karate, a student can then look deeper within themselves to learn the real meaning of the art. Once the basics such as bending your knee, having good posture, or using hip rotation have been achieved, obvious improvements become harder to find. It is only through careful attention to detail, dedication to the art, and a little imagination that one can find the path to self improvement. This way of thinking and thought process has been invaluable to me throughout my years training and has helped me strive in every aspect of life.

In conclusion, Karate is not just about kicking and punching, but is the study of simultaneous growth in the mind and body. It is a lifelong lesson of improving oneself that never ends no matter how much you practice or how hard you train. To me, Karate is a way of looking at the world and never looking down, a way to keep your head up no matter what lies in front of you. To me, Karate is motivation, Karate is dedication, Karate is hard work. The mindset of having a strong resolve in never giving up and never giving in is my definition of Karate.

During the holiday season, my thoughts turn gratefully to those who have made our success at West Valley Martial Arts possible. I am so grateful to our students, parents and families for allowing me to follow my passion. I also want to express my deepest gratitude to our wonderful staff. Thank you for your dedication to quality and your ability to teach it! Best wishes for the holidays and New Year.

-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 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 Chanbara competition in early January, stay tuned for the dates!

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Testing Regular class times Thurs & Fri	16	17
18	19	20	21	22	23 Closed	24
25	26 Closed	27	28	29	30 Closed	31
1	2 Closed					
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