



# Snapkick

Dojo student newsletter



## West Valley Martial Arts

"Children have never been very good at listening to their elders, but they have never failed to imitate them."

James A. Baldwin

May, 2017

### The Wooden Bowl



A frail old man went to live with his son, daughter-in-law, and a four-year old grandson. The old man had hands that trembled, his eyesight was blurred, and his step faltered.

The family ate together nightly at the dinner table. But the elderly grandfather's shaky hands and failing sight made eating rather difficult. Peas rolled off his spoon onto the floor. When he grasped his glass to drink, often milk spilled on the tablecloth.

His son and daughter-in-law became irritated with the mess. "We must do something about grandfather," said the son. I've had enough of his spilled milk, noisy eating, and food on the floor. So the husband and wife set a small table in the corner. There, grandfather ate alone while the rest of the family enjoyed dinner at the dinner table. Since grandfather had broken a dish or two, his food was served in a wooden bowl.

Sometimes when the family glanced in grandfather's direction, he had a tear in his eye as he ate alone. Still, the only words the couple had for him were sharp admonitions when he dropped a fork or spilled food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing with wood scraps on the floor. He asked the child sweetly, "What are you making?" Just as sweetly, the boy responded, "Oh, I am making a bowl for you and mama to use when you get older." The four-year-old smiled and went back to work.

### Mat Chats

#### Trust your intuition

- Week 1. Who to ask for help
- Week 2. Boundary setting / be aware, but not on guard
- Week 3. Good touch / bad touch- no secrets
- Week 4. If in doubt... OUT

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done.

That evening the husband took grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, milk spilled, or the tablecloth soiled.

Children are remarkably perceptive. Their eyes ever observe, their ears ever listen, and their minds ever process the messages they absorb. If they see us patiently provide a happy home atmosphere for family members, they will imitate that attitude for the rest of their lives. The wise parent realizes that every day that building blocks are being laid for the child's future.

Let us all be wise builders and role models. Take care of yourself, ... and those you love, ... today, and everyday!



**Parents:**  
**We have set our 2017**  
**WVMA Summer Camp schedule!**

These camps are available for students of *all*  
*skill levels* ages 7 and up.

**All camps run from 9:00am - 2:00pm**

**June 19 - 23 Special Black Belt Kata: Chinte**

**~~July 17 - 21 Special WEAPONS Kata: Sekkiun No Tanto\*\*~~**

**JULY CAMP IS FULL\*\***

**August 7 - 11 Special Black Belt Kata: Jion**

**\$239.00 Sibling discount is \$30 off**

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

\*Camp sizes are limited to 22 students.

\*\* This camp will include a short wooden practice sword.

Sensei Dan Wakefield has been running youth summer  
karate camps for 20 years. These camps always prove to  
be a **fun, rewarding experience for kids.**

**Theme of the Month:**  
**Striking and grappling!!!**

*This month we will start standing. We will  
be teaching different effective striking  
combinations, along with counters to  
common standing attacks. We will then  
transition to takedowns and grappling. We  
will add more resistance training to add to  
the previous 2 months of Jiu-jitsu.*

**Movie Night / Parents' Night OUT!**

**Friday, May 12<sup>th</sup>**



**From 7:00pm - 10:00pm**

**Ages 6 and up**

**Fee is \$20.00 per child in advance \$25 at the door**

**(Price includes pizza and drinks)**

**Space is limited to the first 50 students!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>May 2017</b>						
	1	2	3	4	5	6
7	8	9	10	11	12 Movie Night!	13
14	15	16	17	18	19	20
21	22	23	24	25 <b>Testing</b> Regular class times Thurs & Fri	26	27
28	29 Closed	30	31	Notes:  wvmadojo.com (408) 871-8180		