



# Snapkick

Dojo student newsletter

**WEST VALLEY MARTIAL ARTS**



"When you are content to be simply yourself and don't compare or compete, everybody will respect you." ~ Lao Tzu

*August, 2018*

## **Each Person Shines Their Own Way**

A samurai, who was known for his nobility and honesty, went to visit a Zen monk to ask him for his advice.

When the monk had finished his prayers, the Samurai asked, "Why do I feel so inferior? I have faced death many times, have defended those who are weak. Nevertheless, upon seeing you meditating, I felt that my life had absolutely no importance whatsoever."

"Wait. Once I have attended to all those who come to see me today, I shall answer you." replied the monk.

The samurai spent the whole day sitting in the temple gardens, watching the people go in and out in search of advice. He saw how the monk received them all with the same patience and the same illuminated smile on his face.

At nightfall, when everyone had gone, he demanded: "Now can you teach me?"

The master invited him in and lead him to his room. The full moon shone in the sky, and the atmosphere was one of profound tranquility.

"Do you see the moon, how beautiful it is? It will cross the entire sky, and tomorrow the sun will shine once again."

"However, the sun is much brighter, and can show the details of the landscape around us: trees, mountains, clouds."

## **Mat Chats**

### **Good Self Control**

Week 1. Mind over emotion

Week 2. Body over emotion

Week 3. Balance over emotion

Week 4. Words over emotion

"I have contemplated the two for years, and have never heard the moon say: why do I not shine like the sun? Is it because I am inferior?"

"Of course not." answered the samurai. "The moon and the sun are different things, and each has its own beauty. You cannot compare the two."

"So, you know the answer to your question. We are two different people, each fighting in our own way with our own beliefs, making the world a better place; the rest is mere appearances."

*Author Unknown*



## Everyone is important

During Mark's first month of college, the professor gave his students a pop quiz. He was a conscientious student and had breezed through the questions, until he read the last one: "What is the first name of the woman who cleans the school?" Surely this was some kind of joke. He had seen the cleaning woman several times. She was tall, dark-haired and in her 50s, but how would he know her name? He handed in his paper, leaving the last question blank.

Just before class ended, one student asked if the last question would count toward the quiz grade. "Absolutely," said the professor. "In your careers, you will meet many people. All are significant. They each deserve your attention and care, even if all you do is smile and say 'hello'". Mark never forgot that lesson. He also learned her name was Dorothy.

This month we will be focusing on escapes from grabs and holds. We will teach how to get out of headlocks, wrist grabs, chokes, bear hugs and so much more!

Students will learn not to panic when someone grabs them, because with proper practice they will develop confidence to deal with it quickly and effectively!



## Movie Night / Parents' Night OUT!

### Movie to be announced!

**Friday, August 24<sup>th</sup>**  
From 7:00pm -10:00pm  
**Ages 6 and up**

**Fee is \$25**

**(Price includes pizza and drinks)**

Space is limited to the first 50 students!



# 2018 AUGUST

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 Practice at home!	<div> <div>Leadership Class</div> <div>678910</div> <div>WVMA Summer Camp</div> </div>					11
12 Practice at home!	13 Adult Advanced Class	14	15	16	17	18
19 Practice at home!	20 Leadership Class	21	22	23 <u>Testing</u> Regular class times Thurs & Fri	24 Movie Night!	25
26  (You know what to do!)	27 Adult Advanced Class	28	29	30	31	
						<a href="http://wvmadojo.com">wvmadojo.com</a>