



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Better a diamond with a flaw than a pebble without." ~ Confucius *January, 2018*

The cracked pot

A water bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house. Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

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 bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."



Zen Bei Butoku-Kai

2018 Annual Registrations are due.

As you may know, the ZBBK is the international organization that our dojo and all of our students belong to. This is the *non-profit* organization that is committed to carrying on O'Sensei Kim's legacy and that certifies our curriculum, instructors and your ranking in the martial arts. Our long standing agreement with the Zen Bei Butoku-Kai is that all of our students and instructors maintain current membership with the organization.

Renewal fee for each student is:

\$10 for Pre-Karate students

\$20 for all other students

(check or cash only please)

Please make your check out to: ZBBK

Please pay this amount by January 31st.

If you have any questions please contact me anytime.

Thank you very much!

Sensei Dan Wakefield

THEME OF THE MONTH: **HEADLOCK ESCAPES**


The goal this month is to make all of our students "headlock proof". We will be teaching many techniques to escape from different types of headlocks. We will work from standing and sitting, and give very clear, useful info on how to escape from this hold.



On January 11th and 12th, we will have a friendly in-dojo Chanbara competition. During your regular class times, we will have students suit up and get right into chanbara battles! We will do many types of rule and weapon sets, including (but not limited to) medium and long sword, dual sword, sword and shield, 2v2 competition, and so much more! These days should prove to be tons of fun for all involved!

2018 JANUARY



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2 Closed	3	4	5	6
7 Practice at home!	8 Leadership Class	9	10	11 Chanbara competition	12 Chanbara competition	13
14 Practice at home!	15 Closed	16	17	18	19	20
21 Practice at home!	22 Adult Advanced Class	23	24	25 Testing Regular class times Thurs & Fri	26	27
28  (You know what to do!)	29 Leadership Class	30	31	wvmadojo.com (408) 871-8180		