



Snapkick

Dojo student newsletter



West Valley Martial Arts

"The greatest gift that you can give to others is the gift of unconditional love and acceptance." - Brian Tracy

March, 2016

What Do Martial Arts Mean To Me?

By Sahaana Durgam

5 years ago, if you asked me what martial arts meant to me, I might have said something like "self-defense," or "the ability to fight." However, since coming to West Valley Martial Arts, it has come to mean so much more.

I was 12 years old when we moved back to California after living in India for 6 years. Every day was a series of new faces, places, and struggles. At the time, I felt like I would never find a place where I fit in. I found myself crying myself to sleep every night because I missed my home and my friends. My parents were so frustrated. Not only did they have to deal with balancing a stressful move with their jobs, but they also had to deal with a teenager who refused to get out of bed in the mornings. Eventually, my dad got fed up and decided to look for something that would get me out of the house and help me to meet new people. After months of searching, he found West Valley Martial Arts. He just about begged me to go check it out since I did martial arts in India and he thought that if I found a place that did a similar style I might be willing to try it out. So my mother took me to the dojo.

It was my first time walking into the dojo, and the first thing that happened was Maya ran to the door and yelled "NEW STUDENT!" I was startled, but I had never experienced someone being so excited to see "the new kid." I met Sensei and he made me feel very welcome and I slowly began to feel a little less anxious. I did not go onto the floor that first day, but I left wanting to come back and try it out. I came back the next week and I went out onto the mat and trained with the class. Once class was over, I told my mom that I wanted to sign up. It was the first time in ages that I had felt so excited about something.

I trained for about a year before I started helping out. Four years later, and here I am teaching, training and feeling more at home in the dojo than I do anywhere else. Having trained at WVMA for almost 5 years now, I have learned more than I ever imagined.

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Mat Chats

Good Attitude

- Week 1. Having a whatever it takes attitude
- Week 2. Attitude of gratitude
- Week 3. Being a good finder
- Week 4. Being loyal to those not present

Parents:

We have set our 2016 summer camp schedule!

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

2016 Summer Camp Schedule

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

June 20 - 24 *Special Black Belt Kata: Matsumura Lohai*

July 25 - 29 *Special WEAPONS Kata: Sokon Nunchaku*

August 8-12 *Special Black Belt Kata: Ananku*

\$229.00 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.

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.*

Of course Sensei has taught me many important self defense techniques and katas, but he also taught me something much more valuable. He taught me that sometimes you have to do things that you do not want to, but good things can come out of it. He also helped me realize that while new experiences seem scary, they can be really rewarding. I have made so many amazing friends because of martial arts, both inside and outside the dojo. Coming to WVMA helped me break out of my shell, and it gave me a much more positive outlook on life. It has made me so much more confident and ready to try new things. And as an added bonus, I get a great workout!

Martial arts is not just fighting and self defense. To me, martial arts means not being afraid to step out of my comfort zone. It means being open to new things even though it might be a little nerve wracking at first. It means that even if something is difficult, you keep trying and you power through it, just like you would power through learning a new kata. Martial arts has taught me that with perseverance, there is nothing I cannot do.



This month we will be focusing on the striking arts. We will work on all kinds of strikes, from punches and kicks to knees and elbows. Through proper practice, students will gain confidence, coordination and power! We will incorporate many drills, games and bag work exercises to help develop these skills

Dates and times to remember:
March 12th: Kata competition in Soquel
March 24th & 25th: Testing, regular class times

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2016						
		1	2	3	4	5
6	7	8	9	10	11	12 Kata competition in Soquel
13	14	15	16	17	18	19
20	21	22	23	24 Testing Regular Class times Thurs & Fri	25	26
27	28	29	30	31	Notes:	
wvmadojo.com (408) 871-8180						