



# Snapkick

Dojo student newsletter

## WEST VALLEY MARTIAL ARTS



"Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved." ~Mattie Stepanek

April, 2018

### The Sense Of A Goose

Next Autumn, when you see geese heading south for the winter, flying in a "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates an uplift for the bird immediately following. By flying in a "V" formation, the whole flock adds at least 71 percent greater flying range than if each bird flew on its own.

*People who share a common direction and sense of community can get where they are going more quickly and easily, because they are travelling on the thrust of one another.*

When a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird in front.

*If we have the sense of a goose, we will stay in formation with those people who are heading the same way we are.*



continued on back →

### 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 2018 summer camp schedule!

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

### All camps run from 9:00am - 3:00pm\*

June 18 - 22 *Special Black Belt Kata: Wanshu*

~~July 16 - 20 *Special WEAPONS Kata: Sokon Nunchaku\*\**~~

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

August 6 - 10 *Special Black Belt Kata: Sochin*

\$299.00 \*Please note new-extended times this year

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

- Camp sizes are limited to 24 students.
  - \*\*This camp will include a set of foam Nunchaku
- 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.*

continued from front

When the head goose gets tired, it rotates back in the wing and another goose flies point.

*It is sensible to take turns doing demanding jobs, whether with people or with geese flying south.*

Geese honk from behind to encourage those up front to keep up their speed.

*What message do we give when we honk from behind?*

Finally - and this is important - when a goose gets sick or is wounded by gunshot, and falls out of the formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies; and only then do they launch out on their own, or with another formation to catch up with their own group.

*If we have the sense of a goose, we will stand by each other like that.*

~Author unknown

## Theme of the Month: Jiu-Jitsu!!!

All month long in our classes we will be practicing Jiu Jitsu. What is Jiu Jitsu? Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Jiu Jitsu promotes the concept of a smaller, weaker person that can successfully defend against a bigger, stronger assailant by using leverage and proper technique.



**KEEP  
CALM  
AND  
TRAIN  
JIU JITSU**

On Saturday April 21st, there will be Zen Bei Butoku Kai (ZBBK) exams held in Soquel, CA at Sanford's Traditional Martial Arts. (4626 Soquel Dr. Soquel, CA 95073)

Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.

These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.

# APRIL 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>	<b>2</b> Leadership Class	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> Practice at home!	<b>9</b> Adult Advanced Class	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> Practice at home!	<b>16</b> Adult Advanced Class	<b>17</b>	<b>18</b>	<b>19</b> <u>Testing</u> Regular class times Thurs & Fri	<b>20</b>	<b>21</b> ZBBK Exams
<b>22</b> Practice at home!	<b>23</b> Leadership Class	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>  (You know what to do!)	<b>30</b> Leadership Class	<b>wvmadojo.com (408) 871-8180</b>				