



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Karate aims to build character, improve human behavior,
and cultivate modesty; it does not, however, guarantee it."

– Yasuhiro Konishi
(1898-1983)

May, 2015



At the Gates of Heaven

One day a Samurai came to see the Zen master Hakuin and asked him, "Is there truly a heaven and a hell?"

"Who are you?" the master asked.

"I am the samurai . . ."

"You, a soldier?!" Hakuin exclaimed. "Just look at yourself. What lord would want you in his service? You look like a beggar."

The Samurai grew angry and drew his sword. Hakuin continued:

"Oh good, you even have a sword! But you are certainly too clumsy to cut off my head with it!"

Losing all self-control, the samurai raised his sword, ready to strike the master. At that very moment the master spoke, saying calmly- "Here is where the gates of hell open."

Surprised by the monk's air of calm assurance, the samurai sheathed his sword and bowed before him.

"This is where the gates of heaven open." the master then said.

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

Parents:

There is still some space available for our very popular summer camps! These camps are available for students of *all skill level* ages 7 and up.

2015 Summer Camp Schedule

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

June 22 - 26 Special Black Belt Kata: Sochin

July 20 - 24 Special Black Belt Kata: Jion

August 10 - 14 Special Black Belt Kata: Wanshu

\$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.*



This month we will be focusing on chaining together the various lessons of the past. We will have a “flow” drill that will include; Escape from bear hug, striking defense, escape from head lock, choke defense, and many other techniques. These are all chained together to make an exciting drill that will allow students to move from one technique to another without hesitation. This is a great exercise to help a student anchor in key techniques in our style.

Movie Night/Parents' Night OUT!



Friday, May 15th

7:00pm to 10:00pm Ages 6 and up

Fee is **\$20.00 per child in advance, \$25 at the door**
(price includes pizza and drinks)

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Movie Night!	16
17	18	19	20	21 Belt Promotion Regular Class times Thurs & Fri	22	23
24	25 Closed for Memorial Day	26	27	28	29	30
31						

www.wvmadojo.com