



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"Determination gives you the resolve to keep going in spite of the roadblocks that lay before you." ~ Denis Waitley

January, 2020

The Power of Determination (true story)

The little country schoolhouse was heated by an old-fashioned, pot-bellied coal stove. A little boy had the job of coming to school early each day to start the fire and warm the room before his teacher and his classmates arrived.

One morning they arrived to find the schoolhouse engulfed in flames. They dragged the unconscious little boy out of the flaming building more dead than alive. He had major burns over the lower half of his body and was taken to a nearby county hospital.

From his bed the dreadfully burned, semi-conscious little boy faintly heard the doctor talking to his mother. The doctor told his mother that her son would surely die – which was for the best, really – for the terrible fire had devastated the lower half of his body.

But the brave boy didn't want to die. He made up his mind that he would survive. Somehow, to the amazement of the physician, he did survive. When the mortal danger was past, he again heard the doctor and his mother speaking quietly. The mother was told that since the fire had destroyed so much flesh in the lower part of his body, it would almost be better if he had died, since he was doomed to be a lifetime cripple with no use at all of his lower limbs.

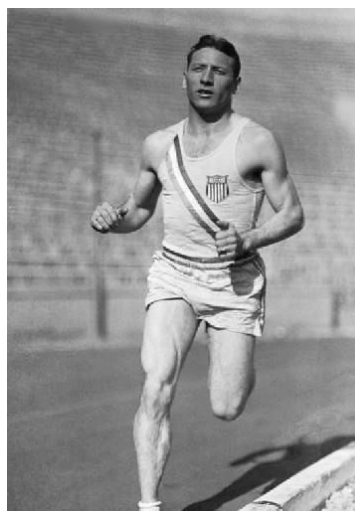
Once more the brave boy made up his mind. He would not be a cripple. He would walk. But unfortunately from the waist down, he had no motor ability. His thin legs just dangled there, all but lifeless.

Ultimately he was released from the hospital. Every day his mother would massage his little legs, but there was no feeling, no control, nothing. Yet his determination that he would walk was as strong as ever.

Mat Chats

ABC's of conflict avoidance

- Week 1. Avoid potentially dangerous situations and create safe habits
- Week 2. Be calm and Breath
- Week 3. Communicate with confidence
- Week 4. Don't make the situation worse by arguing or fighting



Cunningham at the 1936 Games.

When he wasn't in bed, he was confined to a wheelchair. One sunny day his mother wheeled him out into the yard to get some fresh air. This day, instead of sitting there, he threw himself from the chair. He pulled himself across the grass, dragging his legs behind him.

He worked his way to the white picket fence bordering their lot. With great effort, he raised himself up on the fence. Then, stake by stake, he began dragging himself along the fence, resolved that he would walk. He started to do this every day until he wore a smooth path all around the yard beside the fence. There was nothing he wanted more than to develop life in those legs.

continued from front

Ultimately, through his daily massages, his iron persistence and his resolute determination, he did develop the ability to stand up, then to walk haltingly, then to walk by himself – and then – to run.

He began to walk to school, then to run to school, to run for the sheer joy of running. Later in college he made the track team.

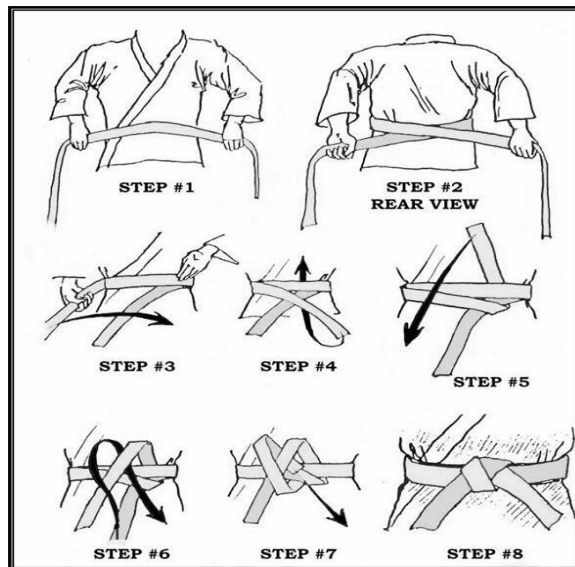
Still later in Madison Square Garden this young man who was not expected to survive, who would surely never walk, who could never hope to run – this determined young man, Dr. Glenn Cunningham, ran the world's fastest mile**!

Story by Burt Dubin

***On June 16, 1934, Glenn Cunningham ran the mile in 4:06.8 minutes, breaking the world's record. His effort portrays that whatever you want to create in your life is yours for the making. As long as you desire it enough and allow your will to guide you, you can have and be whatever your heart desires. The only one that can put limits on our personal will is ourselves. Develop and encourage your will to create and all the forces of nature within and without will help you bring your desire to pass.*

We will hold a fun, low-key Chanbara competition on Thursday and Friday, January 9th and 10th during regular class times. We will bring out the long swords as well as shields and make sure students have a great time!

This month, we will be teaching the proper way to tie your belt. This will be a requirement for ALL students. We will help you every step of the way!



JANUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
29 IF IT	30 WVMADOJO.COM (408) 871-8180	31	1	2	3	4
5 IS TO	6 Leadership Class	7	8	9 Chanbara competition!	10 Chanbara competition!	11
12 BE, IT	13 Adult Advanced Class	14	15	16	17	18
19 IS UP	20 Closed	21	22	23	24	25
26 TO ME!	27 Leadership Class	28	29	30 Testing Regular class times Thurs & Fri	31	1