



Snapkick

Dojo student newsletter



West Valley Martial Arts

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results". ~ Wade Boggs

July, 2017

Looking on the Bright Side

By Icahn Chews

My friend Jerry was one of the most positive people I had ever known. He was always in a good mood and always had something encouraging to say.

He was a manager at a restaurant. If one of his employees were having a bad day, Jerry always helped them to look on the positive side of the situation.

Jerry's attitude truly amazed me. So one day I asked him "How can you be so optimistic all the time?" He replied: "You see, every morning I tell myself that I have two choices for that day – to be in a good mood or in a bad mood. I choose the good one. And when something wrong happens, I can be sad and angry or I can learn from it instead. I choose to learn. Thus I choose the bright side of life". I said "It's not that easy!" He replied "Yes it is. Life is all about choices. You have the power to choose how people or situations will affect your attitude."

One morning Jerry left the restaurant's back door open and was held up at gunpoint by three armed robbers. He tried to open the safe, but his hands were shaking so much that he couldn't open the safe quickly enough. So the robbers shot him. Fortunately, Jerry was quickly found and brought to the nearest hospital. After many hours of surgery and long intensive care, Jerry was released home.

Mat Chats

ABC'S of Conflict Avoidance

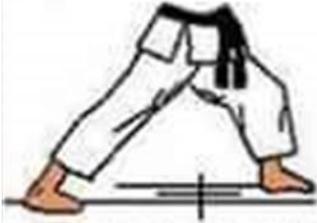
- Week 1. Avoid potentially dangerous situations and create safe habits
- Week 2. Be calm and breath
- Week 3. Communicate with confidence
- Week 4. Don't make the situation worse by arguing or fighting

After returning home, I asked Jerry what he was thinking about during the robbery. "I thought that I should have locked the back door," he replied. "When I was lying on the floor, I remembered what choices I had: a choice to live and a choice to die. I chose to live."

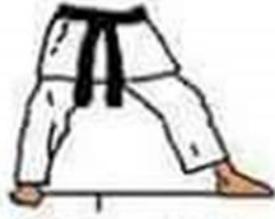
I asked, if he was scared. Jerry continued "When they wheeled me into the emergency room and I looked at the faces of doctors, I got truly scared. I knew that I needed to do something. So when the nurse asked me if I was allergic to anything, I replied "Yes!" The doctors and nurses stopped working and waited for my answer. I took a deep breath and yelled "Bullets!" They started laughing and I said "My choice is to live, treat me as I am alive; not dead."

Today Jerry is alive thanks to skills of his doctors. However his amazing attitude played an important role too. I learned from him, that every day we should choose to live life fully no matter what.

Japanese Karate Stances



Zen kutsu dachi



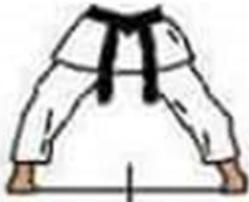
Kokutsu dachi

Front Stance - Zenkutsu-dachi

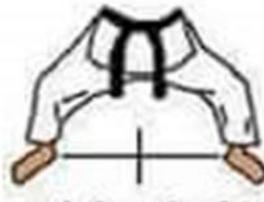
zen-koo-tsue dah-chee (前屈立)

Back Stance - Kokutsu-dachi

koe-koo-tsu dah-chee (後屈立)



Kiba dachi



Shiko dachi

Horse Stance - Kiba-dachi

key-bah dah-chee (騎馬立)

Square Stance - Shiko-dachi

she-koe dah-chee (四股立)

This month we will be focusing on escapes from grabs and holds. We will teach how to get out of headlocks, wrist grabs, chokes, bear hugs and so much more!

Students will learn not to panic when someone grabs them, because with proper practice they will develop confidence to deal with it quickly and effectively!



Movie Night / Parents' Night OUT!

Friday, July 28th



From 7:00pm - 10:00pm

Ages 6 and up

\$20.00 per child in advance \$25 at the door

(Price includes pizza and drinks)

Space is limited to the first 50 students!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 2017						1
2	3 Closed	4 Closed	5	6	7	8
9	10 Leadership Class	11	12	13	14	15
16	17 Adult Advanced Class	18	19	20 Testing	21 Testing	22
WVMA Summer Camp						
23	24 Leadership Class	25	26	27	28 Movie Night!	29
30	31	Notes:				
WVMADOJO.COM			(408) 871-8180			