



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"When you catch a glimpse of your potential, that's when passion is born."
~ Zig Ziglar

March, 2018

The Falcon and the Branch

Author Unknown

Once there was a king who received a gift of two magnificent falcons. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed, and one day the head falconer informed the king that although one of the falcons was flying majestically, soaring high in the sky, the other bird had not moved from its branch since the day it had arrived.

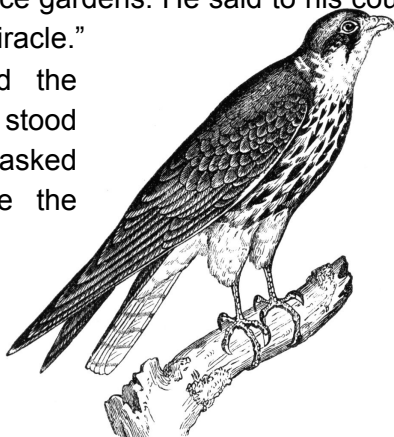
The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly.

He presented the task to the member of his court, but the next day, the king saw through the palace window that the bird had still not moved from its perch.

Having tried everything else, the king thought to himself, "Maybe I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the doer of this miracle."

The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?"



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Mat Chats

Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

a. Bribery lure

b. Job lure

Week 3. c. Assistance lure

d. Directions lure

Week 4. e. Internet lure

f. Kids are

strangers too

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**

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.*

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With his head bowed, the farmer said to the king, "It was very easy, your highness. I simply cut the branch where the bird was sitting."

We are all made to fly — to realize our incredible potential as human beings. But at times we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar, the comfortable, and the mundane. So for the most part, our lives are mediocre instead of exciting, thrilling, and fulfilling. Let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight!

Theme of the Month: Strangers

In light of a recent event here in Campbell, we want to take a slight detour from our regular theme. Recently, a letter was sent to parents of the Campbell Union School District. It seems that a white van was noticed following a child to school. The child was not harmed, and in fact, acted appropriately by quickly seeking help from adults. We want to use this event as a jumping point to address how a child can deal with strangers, and the realities of defending oneself against an adult. We will be discussing strategies and tactics, how to keep from being lured, and finishing with how to break grips and get away. *We will not be fearful, but we will be prepared!*

Kata Competition!!!

Saturday, March 17th

10:00 am

Location:

Rod Sanford's Traditional Martial Arts

4626 Soquel Drive, Soquel, CA 95073

831-475-9676



Competitors will be judged on all aspects of their kata. So, select your favorite kata and practice!

The cost to participate is \$20.00 for the first division and \$5.00 each for any other divisions. All competitors will receive a trophy or a medal!

(Pay the day of the competition at Sanford's Martial Arts)

WVMADOJO.COM

MARCH 2018 (408) 871-8180



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Practice at home!	5 Leadership Class	6	7	8	9	10
11 Practice at home!	12 Adult Advanced Class	13	14	15	16	17 Kata competition in Soquel
18 Practice at home!	19 Leadership Class	20	21	22 <u>Testing</u> Regular class times Thurs & Fri	23	24
25 😊 (You know what to do!)	26 Adult Advanced Class	27	28	29	30	31