



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



"The quality of a leader is reflected in the standards they set for themselves."

~Ray Kroc

February, 2018

A few months ago, 'Senpai' Lucas tested and passed his 2nd degree black belt test and also earned the title 'Sensei.' Sensei literally means teacher, or "one who comes before". It is a special title that is given only after many years of dedication and practice. It means that the person is a leader.

Sensei Lucas came up through our leadership team and started out volunteering in the youth classes. Today he is a professional martial arts instructor and Sensei. As part of his requirements, he was asked to do an essay on what he has learned from teaching martial arts.

Nidan (2nd Degree Black Belt) Essay

When I started teaching at West Valley Martial Arts some odd years ago, I remember Sensei telling me that the best way to learn is to teach. With anything, the single most effective way to truly understand and learn what there is to know about something is to teach it. Teaching, however, isn't just a way to improve one's proficiency in a certain field or aspect of life. Teaching has taught me priceless skills and life lessons that I find carry over into just about every aspect of my life. Time and again I find myself being reminded of days at the dojo on the mat teaching while I'm at school or serving my time as a United States Marine. Whether it be patience in a frustrating situation or the confidence to stand in the face of fear and the unknown, being a teacher has not just allowed me to pass on what I know to others, but to also learn from my students through their journey and growth as not only a martial artist, but as a thinking human being with values and experiences.

Mat Chats

Good Manners

Week 1. Polite Greeting

Week 2. Showing respect

Week 3. Playground manners

Week 4. The magic words and how to say them

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.*

Einstein once said that the definition of insanity is doing the same thing over and over again but expecting different results. In relation to teaching, the application of this mindset means taking different approaches towards the same goal to allow those that require different methods of teaching to learn the material. Whether it is a student who is struggling to understand a technique or a student literally bouncing off the wall, this mindset has allowed me to approach the situation with patience and try different ways to achieve the goals that the dojo strives for.

Being an effective teacher means different things to different people. But I have found one thing to be certain is that just like being an effective leader requires confidence, so does teaching. Other than having enthusiasm, patience, and the ability to lead by example, I have learned that having the confidence to stand in front of not just students, but peers and superiors is a skill that takes countless hours of practice. It is a skill that transcends throughout all aspects of life and has been a skill that has allowed me to be successful many times.

Overall, my experience and growth as not only a teacher, but leader has been dynamic and rewarding, with lessons that can be applied to every part of my life. With the patience to help keep a clear head and the confidence to follow through and take initiative, teaching has allowed me to improve exponentially in not only my study of martial arts, but my ability to act and learn outside of the dojo.

By Sensei Lucas Low

Theme of the Month: Wankan

This Month we will be focusing on the kata “Wankan”. This is a kata that we usually teach at brown belt level. All month long we will break down this kata and go over some of its many details. We will of course teach the pattern, but more than that, teach the “bunkai”, or applications of the techniques. The goal is to give students a real appreciation for all that is involved in learning kata. This includes everything from stance and power development to the meaning of the techniques in order to give more purpose in movement.

FEBRUARY 2018



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