



Snapkick

Dojo student newsletter



West Valley Martial Arts

"Is there anyone so wise as to learn by the experience of others?" - Voltaire

October, 2016

I have Learned...

I've learned-

- that you cannot make someone love you. All you can do is be someone who can be loved. The rest is up to them.
- that no matter how much I care, some people just don't care back.
- that it takes years to build up trust, and only seconds to destroy it.
- that no matter how good a friend is, they're going to hurt you every once in awhile and you must forgive them for that.
- that it's not *what* you have in your life but *who* you have in your life that counts.
- that you should never ruin an apology with an excuse.
- that you can get by on charm for about fifteen minutes. After that, you'd better know something.
- that you shouldn't compare yourself to the best others can do.
- that you can do something in an instant that will give you heartache for life.
- that it's taking me a long time to become the person I want to be.
- that you should always leave loved ones with loving words. It may be the last time you see them.
- that you can keep going long after you can't.
- that we are responsible for what we do, no matter how we feel.
- that either you control your attitude or it controls you.
- that heroes are the people who do what has to be done when it needs to be done, regardless of the consequences.
- that money is a lousy way of keeping score.
- that my best friend and I can do anything or nothing and have the best time.

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

- that sometimes the people you expect to kick you when you're down will be the ones to help you get back up.
- that sometimes when I'm angry I have the right to be angry, but that doesn't give me the right to be cruel.
- that true friendship continues to grow, even over the longest distance. Same goes for true love.
- that just because someone doesn't love you the way you want them to doesn't mean they don't love you with all they have.
- that maturity has more to do with what types of experiences you've had and what you've learned from them and less to do with how many birthdays you've celebrated.
- that you should never tell a child their dreams are unlikely or outlandish. Few things are more humiliating, and what a tragedy it would be if they believed it.

Continued on back

Continued from front

- ❑ that it isn't always enough to be forgiven by others. Sometimes you are to learn to forgive yourself.
- ❑ that no matter how bad your heart is broken the world doesn't stop for your grief.
- ❑ that our background and circumstances may have influenced who we are, but we are responsible for who we become.
- ❑ that a rich person is not the one who has the most, but is one who needs the least.
- ❑ that just because two people argue, it doesn't mean they don't love each other. And just because they don't argue, it doesn't mean they do.
- ❑ that we don't have to change friends if we understand that friends change.
- ❑ that two people can look at the exact same thing and see something totally different.
- ❑ that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.
- ❑ that credentials on the wall do not make you a decent human being.
- ❑ that people will forget what you said, and people will forget what you did, but people will never forget how you made them feel.

By Omer B. Washington

Saturday October 22nd, there will be ZBBK Exams held in Soquel, CA at Sanford's Traditional Martial Arts. (4626 Soquel Dr. Soquel, CA 95073)

Many of our students will be invited to attend. This is a great opportunity to earn an international certificate from the ZBBK.

These exams are only held twice a year. The organization recognizes ranks from Green belt and up. So if you or your child have that rank look for an invitation soon.

This month we will be getting our students prepared for a kata competition that is being held in Soquel on Nov. 5th. Whether or not a student wishes to compete, this will be a great time to work on refining their techniques and work on details. We will focus on proper body mechanics and power development, and have many exercises to develop these skills. We will be working on heavy bags and striking mitts to help get a true feeling of power and precision.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October 2016						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Testing Regular Class times Thurs & Fri	21	22 ZBBK EXAMS
23	24	25	26	27	28	29
30	31 Closed for Halloween	Notes: wvmadojo.com (408) 871-8180				