



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“The greatest weapon against stress is our ability to choose one thought over another.” William James

August, 2019

The Weight of the Glass

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students.

As she raised a glass of water, everyone expected they'd be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I'm holding?”

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, “From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.

Parents:

This year's last camp still has a little bit of space!

This camp is available for students of *all skill levels* ages 7 and up.

Camp runs from 9:00am - 3:00pm*

August 12 - 16 Special Black Belt Kata: Matsumora Rohai

\$299.00 Camp sizes are limited.

All camps will include: **special camp t-shirt, snacks, and lunch on Friday.**

***Please note new-extended times this year**

Sensei Dan Wakefield has been running youth summer karate camps for over 20 years. These camps always prove to be a **fun, rewarding experience for kids.**

The moral: It's important to remember to let go of your stresses and worries. No matter what happens during the day, as early in the evening as you can, put all your burdens down. Don't carry them through the night and into the next day with you. If you still feel the weight of yesterday's stress, it's a strong sign that it's time to put the glass down.

Author Unknown

Attention parents and students:

During the week of July 29th to August 2nd, some of our staff will be away traveling to Luxembourg to an international martial arts camp. The camp will be hosted by the Kokusai Butoku-Kai, the organization that we are affiliated with through the Zen Bei Butoku-Kai. This camp will ultimately enrich all our students in an effort to come back with new exercises and fresh ideas to bring back to all of you!

Sensei Dan, Sensei Lucas, Senpai Paula, Senpai Mia and Senpai Paul will all be traveling for this opportunity to train with some of the masters of our style, and learn and grow!

While we are gone, classes will still be in session, as Senpai Nathaniel and Senpai Sahaana will be leading classes along with the help from many others.

Thank you all for your continued support!

Sensei Dan

Socialize WVMA on Yelp,
Facebook, and Instagram
Search: West Valley Martial Arts



Mat Chats

Good Attitude

- Week 1. Having a whatever it takes attitude
- Week 2. Attitude of gratitude
- Week 3. Being a good finder
- Week 4. Being loyal to those not present

Theme of the Month: Aiki-jūjutsu

This month we will be teaching many joint locks, pins and control holds, along with falling skills. (Ukemi)
“Aiki is to pull when you are pushed and to push when you are pulled. It is the spirit of slowness and speed, of harmonizing your movement with your opponent’s energy”

~Takeda Tokimune, master of Daito Ryu Aiki-jūjutsu

Important Info:

There will be regular afternoon and evening classes during summer camps and all summer. Testing is on the 15th and 16th. Those attending the summer camp will NOT attend regular testing - instead they will test during the final day of camp (16th) at around 2:15 pm.



2019 AUGUST

(408)
871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 IF IT	29	30	31	1	2	3
<i>wvmadojo.com</i>						
4 IS TO	5 Adult Advanced Class	6	7	8	9	10
11 BE, IT	12 Leadership Class	13	14	15 Testing	16 Testing	17
_____ WVMA Summer Camp _____						
18 IS UP	19 Adult Advanced Class	20	21	22	23	24
25 TO ME!	26 Leadership Class PARTY!!!	27	28	29	30	31