



# Snapkick

Dojo student newsletter

## WEST VALLEY MARTIAL ARTS



"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love." ~ Marcus Aurelius

March, 2020

### The Seven Wonders of the World

A group of American school children were asked to list what they thought were the present "Seven Wonders of The World." Though there were some disagreements, the following received the most votes:

1. Chichen Itza
2. Taj Mahal
3. Great Pyramid of Giza
4. Machu Picchu
5. The Colosseum
6. St. Peter's Basilica
7. Great Wall of China



While gathering the votes, the teacher noted that one student had not finished her paper yet. So she asked the girl if she was having trouble with her list. The little girl replied, "Yes, a little. I couldn't quite make up my mind because there are so many." The teacher said, "Well, tell us what you have, and maybe we can help." The girl hesitated, then read, "I think the "Seven Wonders of The World" are:

- |             |             |
|-------------|-------------|
| 1. To see   | 5. To feel  |
| 2. To hear  | 6. To laugh |
| 3. To touch | 7. To love  |
| 4. To taste |             |

The room was so quiet you could hear a pin drop. The things we overlook as simple and ordinary and that we take for granted are truly wondrous. A gentle reminder - that the most precious things in life cannot be built by hand or bought by man.

### 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 2020 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 15-19 *Special Black Belt Kata: Nipaipo*  
(never taught in camp before!)

July 13-17 *WEAPONS Kata: Sekkiun no Tanto*  
(Wooden knife)\*\*

August 3-7 *Special Black Belt Kata: Chinte*

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

- Camp sizes are limited. **\$349.00**
- \*\* The July camp will have a \$10 materials fee for the wooden knife.

*Sensei Dan Wakefield has been running youth summer karate camps for over 25 years. These camps always prove to be a fun, rewarding experience for kids.*



"Now, suppose some guy comes at you while balanced between two blocks"

This month we will continue with our Jiu Jitsu curriculum. We will teach more advanced techniques and drills in all of our classes. The goal is to help students feel more confident when dealing with an opponent on the ground.



## Continuing our Kata Seminar Series!

This year we are implementing a regularly scheduled kata seminar that will explore the kata of our system on a much deeper level. Although students can still complete all of their lessons and obtain the necessary information in their normal classes, these seminars will allow us to really hone in on the foundation of Shorinji Ryu. It will be one hour of high-intense training on March 28<sup>th</sup> here at the dojo.

This month, the seminar will be focusing on two katas:

- Pinan Yondan (10am - 11am)
- Sekkiun no Tanbo (11am - 12pm)

Requirements:

- Pinan Yondan:
  - Green Belt or higher (knowledge of the pattern is not necessary)
- Sekkiun no Tanbo
  - 3rd level Brown belt and higher OR if you've learned it before

Things we will go over:

- Advanced Pattern Details
- Bunkai (application)
- Advanced Body Dynamics

Price: \$20 for one or \$30 for both



# MARCH 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 IF IT	2 Leadership Class	3	4	5	6	7
8 IS TO	9 Adult Advanced Class	10	11	12	13	14
15 BE, IT	16 Leadership Class	17	18	19	20 Movie Night! 7pm-10pm	21
22 IS UP	23 Adult Advanced Class	24	25	26 <b>Testing</b> Regular class times Thurs & Fri	27	28 Kata Seminars (see above)
29 TO ME!	30 Leadership Class	31	1	2	3	4
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