



Snapkick

Dojo student newsletter



West Valley Martial Arts

“Never respond to an angry person with a fiery comeback,
even if he deserves it...Don't allow his anger to become your anger.”

-Bohdi Sanders

April, 2015

The Elephant Rope

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. “Well,” trainer said, “when they are very young and much smaller we use the same size rope to tie them and, at that age, it’s enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free.”

The man was amazed. These animals could at any time break free from their bonds but because they believed they couldn’t, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before?

Failure is part of learning; we should never give up the struggle in life.

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:

There is still some space available for our very popular summer camps! These camps are available for students of *all skill level* ages 7 and up.

2015 Summer Camp Schedule All camps run from 9:00am - 2:00pm

- June 22 - 26 Special Black Belt Kata: Sochin
- July 20 - 24 Special Black Belt Kata: Jion
- August 10 - 14 Special Black Belt Kata: Wanshu

\$229.00 Sibling discount is \$30 off

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

*Camp sizes are limited to 22 students.

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.*

Don't judge people before you truly know them.

A 24 year old boy seeing out from the train's window shouted...

"Dad, look the trees are going behind!"

Dad smiled and a young couple sitting nearby, looked at the 24 year old's childish behavior with pity, suddenly he again exclaimed.

"Dad, look the clouds are running with us!"

The couple could not resist and said to the old man.

"Why don't you take your son to a good doctor?"

The old man smiled and said...

"I did and we are just coming from the hospital, my son was blind from birth, he just got his eyes today."

Moral of the short story:

Every single person on the planet has a story. Don't judge people before you truly know them.

The Zen Bei Butoku Kai.

In 1959 O'Sensei Richard Kim founded the Zen Bei Butoku Kai when he came from Japan to teach in the United States. The Zen Bei Butoku Kai is a martial arts organization dedicated to the preservation of the teachings of the late O'Sensei Richard Kim, 10th Dan and his legacy. That legacy has stretched to all ends of the earth over the years and has touched thousands. I was fortunate enough to train and travel with Master Kim for about 10 years until he passed away in 2001. His teachings of the traditional martial arts and, perhaps even more significant, the philosophy of the martial arts are second to none. O'Sensei Kim was referred to as "Karate's Guiding Light" by Black Belt magazine and was considered the "world's authority" on traditional karate.

Saturday October 18th, there will be ZBBK exams held in Soquel CA at Sanford's Traditional Martial arts. Many of our students will be invited to attend. This is a great opportunity to earn a 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2015						
			1	2	3	4
5	6	7	8	9	10	11
Spring Break. We are OPEN all week!						
12	13	14	15	16 Pre-Karate Friends Days (Thurs & Fri) Regular class times	17	18
19	20	21	22	23 Belt Promotion Regular Class times Thurs & Fri	24	25 ZBBK Exams
26	27	28	29	30	Notes: www.wvmadojo.com	