



# Snapkick

Dojo student newsletter

**WEST VALLEY MARTIAL ARTS**



"Everyone has inside of him a piece of good news. The good news is that you .don't know how great you can be! How much you can love! What you can .accomplish! And what your potential is!" ~ Anne Frank

*September, 2019*

## The Falcon & The Branch

Once, there was a king who received a gift of two magnificent falcons. They were peregrine falcons, the most beautiful birds he had ever seen. He gave the precious birds to his head falconer to be trained.

Months passed, and one day the head falconer informed the king that one of the falcons was flying majestically, soaring high in the sky. However, the other bird had not moved from its branch since the day it had arrived.

The king summoned healers and sorcerers from all the land to tend to the falcon, but no one could make the bird fly.

He presented the task to the members of his court, but the next day, the king saw through the palace window that the bird had still not moved from its perch.

Having tried everything else, the king thought to himself, "Maybe I need someone more familiar with the countryside to understand the nature of this problem." So he cried out to his court, "Go and get a farmer."

In the morning, the king was thrilled to see the falcon soaring high above the palace gardens. He said to his court, "Bring me the doer of this miracle."

The court quickly located the farmer, who came and stood before the king. The king asked him, "How did you make the falcon fly?"

## Mat Chats

### Four rules of personal safety

Week 1. Use your mind - Create safe habits

Week 2. Use your words - How to talk to a bully

Week 3. Use your legs - Chicken versus coward

Week 4. Ask for help - Tell a teacher/parent/friend

With his head bowed, the farmer said to the king, "It was very easy, your highness. I simply cut the branch where the bird was sitting."

*We are all made to fly — to realize our incredible potential as human beings. But at times we sit on our branches, clinging to the things that are familiar to us. The possibilities are endless, but for most of us, they remain undiscovered. We conform to the familiar, the comfortable, and the mundane. So for the most part, our lives are mediocre instead of exciting, thrilling and fulfilling. Let us learn to destroy the branch of fear we cling to and free ourselves to the glory of flight!*

*Author Unknown*



## Quotes About Not Giving Up

- "A winner is someone who gets up one more time than he is knocked down." *Author Unknown*
- "Never give up on something that you can't go a day without thinking about." *Winston Churchill*
- "It is never too late to be what you might have been." *George Eliot*
- "Things don't go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be." *Charlie Jones*
- "I have not failed, I have just found 10,000 ways that won't work." *Thomas Edison*
- "Don't let the fear of the time it will take to accomplish something stand in the way of your doing it. The time will pass anyway; we might just as well put that passing time to the best possible use." *Earl Nightingale*
- "Keep on going, and the chances are that you will stumble on something, perhaps when you are least expecting it. I never heard of anyone ever stumbling on something sitting down." *Charles F. Kettering*

## Theme of the Month: Jiu-Jitsu!!!

All month long in our classes we will be practicing Jiu Jitsu. What is Jiu Jitsu? Jiu Jitsu is a martial art, combat sport, and a self defense system that focuses on grappling and especially ground fighting. Jiu Jitsu promotes the concept of a smaller, weaker person that can successfully defend against a bigger, stronger assailant by using leverage and proper technique.



**KEEP  
CALM  
AND  
TRAIN  
JIU JITSU**



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Search: West Valley Martial Arts



# SEPTEMBER 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 IF IT	2	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 <b>Testing</b> Regular class times Thurs & Fri	20	21
22 IS UP	23 Adult Advanced Class	24	25	26	27	28
29 TO ME!	30 Leadership Class	1	2	3	4	5

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**(408) 871-8180**