



Snapkick

Dojo student newsletter

WEST VALLEY MARTIAL ARTS



“Failure will never overtake me if my determination to succeed is strong enough.” ~ Og Mandino

May, 2019

A Group of Frogs

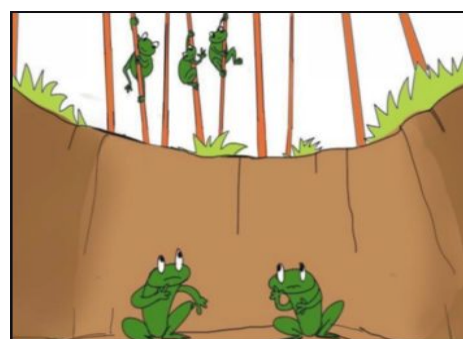
A group of frogs were traveling through the woods, and two of them fell into a deep pit. When the other frogs saw how deep the pit was, they told the two frogs that they were as good as dead. The two frogs ignored the comments and tried to jump up out of the pit with all their might. The other frogs kept telling them to stop, that they were as good as dead. Finally, one of the frogs took heed to what the other frogs were saying and gave up. He fell down and died.

The other frog continued to jump as hard as he could. Once again, the crowd of frogs yelled at him to stop the pain and just die. He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?" The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

This story teaches two lessons:

1. There is power of life and death in the tongue. An encouraging word to someone who is down can lift them up and help them make it through the day.
2. A destructive word to someone who is down can be what it takes to kill them.

Be careful of what you say. Speak life to those who cross your path. The power of words... it is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. It is a special individual who will take the time to encourage another.



Parents:

We have set our 2019 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 17 - 21 Special Black Belt Kata: Ananku

July 15 - 19 Special WEAPONS Kata: Kama (sickle)**

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**

****This camp will include a set of wooden sickle**

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.*

Don't Quit – Keep Going

By Edgar A. Guest. 1921.

When Things go wrong, as they sometimes will,
 When the road you're trudging seems all uphill,
 When the funds are low and debts are high,
 And you want to Smile but have to sigh.
 When care is pressing you down a bit,
 Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
 As everyone of us sometimes learns,
 And many a failure turns about,
 When he might have won if he'd stuck it out,
 Don't give up though the pace seems slow,
 You might succeed with another blow.

Often the struggler has given up,
 When he might captured the victor's cup.
 And he learned too late, when the night slipped down,
 How close he was to the golden crown,
 Success is failure turned inside out,
 The silver tint of clouds of doubt,

And you never can tell how close you are,
 It may be near when it seems afar,
 So stick to the fight when you're hardest hit,
 It's when things seem worst that you mustn't quit.

This month we will be focusing on escapes from grabs and holds. We will teach how to get out of headlocks, wrist grabs, chokes, bear hugs and so much more!



Students will learn not to panic when someone grabs them, because with proper practice they will develop confidence to deal with it quickly and effectively!

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



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



MAY 2019

(408) 871-8180

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 IF IT	29 <i>wvmadojo.com</i>	30	1	2 Yoga 10-11:15a.m.	3	4
5 IS TO	6 Adult Advanced Class	7 Yoga 10-11:15a.m.	8	9 Yoga 10-11:15a.m.	10	11
12 BE, IT	13 Leadership Class	14 Yoga 10-11:15a.m.	15	16 Yoga 10-11:15a.m.	17	18
19 IS UP	20 Adult Advanced Class	21 Yoga 10-11:15a.m.	22	23 Yoga Same time Testing Regular class times Thurs & Fri	24	25
26 TO ME!	27 Closed For Memorial Day	28 Yoga 10-11:15a.m.	29	30 Yoga 10-11:15a.m.	31	1