



# ALONG THE WAY

River Valley Martial Arts Newsletter  
April, 2010



## WORDS OF WISDOM

*"Each of you must show great respect...."* Leviticus 19:3 NLT

This month we consider the importance of "Respect". Learning to treat others with honor and consideration for others is something that has been lost in today's society. This month, we will visit the importance of "respect" and its positive benefits in our own lives, as well as the lives of others.

**Kyle Bennett**  
Instructor

**John Terry**  
Instructor

## THEME OF THE MONTH

**Respect: Showing Honor, Regard or Consideration for Others (Respect vs. Dishonor)**

1. The condition of being esteemed or honored
2. Esteem for a sense of the worth of excellence of a person
3. Favor or partiality
4. To refrain from intruding upon or interfering with

### Why is Respect Important?

*"Each of you must show great respect for your mother and father..."*  
Leviticus 19:3 NLT

*"A gracious woman gains respect, but ruthless men gain only wealth..."*  
Proverbs 11:16 NLT

*"Scoundrels will not be respected..."*  
Isaiah 32:5 NLT

*"Workers should show full respect for their overseers..."*  
I Timothy 6:1 NLT

## PARTY IN THE PARK - APRIL 24

Our school has again been asked to participate in "pARTy in the Park", a citywide celebration of the arts. This event will again take place at the Hughes Community Center and City Park, located at 1000 West Parkway.

Students interested in being a part of the demo team should talk with their instructor, and special times will be set aside to work on our performance for the event.

The Kid-Safe program will also be returning to fingerprint kids throughout the day, as well as providing a variety of safety flyers to help educate parents about the dangers children are facing in today's society and how to protect their children from those who would seek to arm them in some way.

We are honored to again perform at "pARTy in the Park".

## TRAIN WITH A LIVING LEGEND - APRIL 10



Grandmaster Tak Kubota, founder of the IKA (International Karate Association), will be traveling to Russellville on Saturday, April 10 for a day of joint training with other IKA schools in the region.

Soke Tak Kubota is a world-renowned karate instructor and the creator of the "kubotan" (a 5" cylindrical self-defense weapon) used by law enforcement and self-defense enthusiasts around the world. He is also known globally as one of the premiere law enforcement defensive tactics instructors teaching his own "Kubo-Tactical Defense."

Make plans now to attend. Seminar cost: \$50 per person

## CLARKSVILLE TESTING - APRIL 14 - 6PM

Our next scheduled rank testing for our Clarksville students is slated for Wednesday, April 14 at 6:00pm.

We will be testing both for MMA advancement and Shorin-Ryu karate. Ashley Sparks from Bentonville will be on the testing panel, along with instructors from our Russellville location.

If you have questions regarding testing, please check with your instructor or call the school at 754-1020.

## WOMEN'S SELF-DEFENSE (APRIL 3)



The Fighting Back Institute will be hosting a 3-hour "Women-Safe" Self Defense workshop from 9AM to 12 Noon on Saturday, April 3.

The training class will be presented at The Journey Church, located at 3001 East H Street, next to Lowes.

The workshop will cost \$25 per person, with proceeds going to support the organization's ongoing "Kid-Safe" education and safety training efforts in the Arkansas River Valley.

## SOLID ROCK MMA TESTING - APRIL 16



Solid Rock MMA has re-scheduled their next testing for March 16, and the Russellville RVMA studio will serve as the host.

David Kendrick, Solid Rock MMA instructor, has announced that testing will start at 10AM and RVMA instructors will be serving as guests on the testing panel that day.

We are honored to help this growing segment of the martial arts community, and applaud David Kendrick for his work as a faith-based MMA instructor.



## Teaching Commitment

One of the most powerful lessons that martial arts instruction can teach a student, especially those in their youth, is the value of commitment. Unlike basketball, football, baseball or soccer, martial arts training is not “seasonal”. Training in martial arts is as much about learning to live a life of respect, self-discipline and self-control than learning to punch, kick or to defend oneself.

In looking at today’s society, we see a vast number of people who can’t hold a job, can’t stay in a relationship, or are always starting something but never finishing. These people, for a number of reasons, cannot remain committed and as a result never achieve their full potential in life.

It takes, on average, 4-5 years to achieve a black belt in our school. And it’s only after earning your first degree black belt that you are considered a “serious student” of the art. So it requires a serious commitment of time to move up the advancement ladder from white to black belt, only to switch ladders and start the process over again as you start to advance through the various levels of black belt.

This process can be an invaluable tool to teach young people (and older one’s too) the value of making a commitment and seeing it to completion. Throughout life, we are faced with opportunities and situations that require a commitment, and establishing the fact that our word is our bond and we finish what we start can pay huge dividends later in life.

Starting any venture is exciting, but commitment is the glue that keeps an individual focused on the long term goal when the “fun” wears off and the journey becomes difficult or mundane. When children or adults jump from activity to activity, they become jacks of all trades and masters of none and really miss the opportunities to be recognized and rewarded for sticking to a task to completion.

We all want to be successful in life, and those who are the most successful are those who are committed to a work or a cause, and this becomes their overriding passion in life. People who are committed are trustworthy, and this quality trait is recognized (and rewarded) by teachers, employers, clients, and their community. This quality doesn’t happen overnight; it is a learned behavior that is instilled early in life, and reinforced by loving parents and centers of influence along the way.

With more than half of all marriages ending in divorce, sadly many children are being raised in single parent homes. And with only one parent present to be both “mom and dad”, it is often easier to allow the child to make his or her own decisions about what they will do and whether or not they will continue in a given activity based on its “fun” or “excitement” factor. And its not just single parent homes where this takes place. Too many children are growing up without learning the important (and life-changing) benefits, and enter the workplace (and enter into relationships) years later with no real foundation for long term success.

And with that, they never learn to experience the true value (and joy) of working past the mundane, working through the difficulties and trials along the way, and ultimately achieving a goal that benefits themselves and those around them.

We live in a society today that has lost touch with the value of making and honoring commitments. Yet is the ability to commit to a task and see it to completion that sets the groundwork for long term promotion, advancement, and ultimate success in life. That is one of the benefits that martial arts training can help to establish in the life of a student (young or old). Each rank advancement is like climbing to the next station as you journey up Mt. Everest. It’s a milestone, but not the end of the journey.

Parents miss a golden opportunity to teach an important life lesson to their children when they allow them to quit before they have finished the course. We all want the very best for our children, but it remains a constant challenge to hold the standard high before them and to encourage them to work through the mundane, the problems and the difficulties along the way.

One of the oldest men ever to summit Mt. Everest noted that the trip was fun when he started up the mountain, but fun soon turned to work...and the further he went, the more difficulties he faced. But as he took each step toward the summit, he kept his eyes on the goal before him, reaching the pinnacle of the mountain. At any point in time, he could have said “this is not fun anymore, I quit.” But he didn’t, and he achieved something that many of us can only dream about.

So I challenge you to keep your eyes on the summit (black belt) and don’t give up. It’s a great trip, and a great life lesson.

### River Valley Martial Arts

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International Karate Association

April, 2010

Clarksville: Tues/Thurs 530PM Lil Dragons 6:00PM Kid's Class 7:00PM Teen's Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	2 7:00 MMA	3 10:00 MMA  Women-Safe Self Defense (9am)
4	5 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	6 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	7 5:30 Staff Mtg. 7:30 MMA	8 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	9 7:00 MMA	10 10:00 MMA
11	12 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	13 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	14 5:30 Staff Mtg. 7:30 MMA	15 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	16 7:00 MMA	17 10:00 MMA
18	19 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu OZARK: 6PM	20 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	21 5:30 Staff Mtg. 7:30 MMA	22 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	23 7:00 MMA	24 10:00 MMA
25	26 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	27 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	28 5:30 Staff Mtg. 7:30 MMA	29 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	30	April 3  Women-Safe Self Defense

**NATIONAL TRAINING CAMP : JULY 29 - 31 (DOWNTOWN SHERATON, NASHVILLE TN)**



**2010 National Training Camp**

**2010 United States Martial Arts Hall of Fame Induction Ceremony**

Make plans now to attend the 2010 National Training Camp, to be held from Thursday, July 30 through Saturday, August 1 at the Downtown Sheraton in Nashville TN. Some of the world's top instructors will be teaching a variety of open hand and weapons workshops, providing a unique opportunity to train with the "best of the best".

**So how much do I need to start saving to attend the National Training Camp next year?**

Camp Cost: \$150      Hotel: \$120/Night (4 Nights)      Hall of Fame Banquet: \$60

Rooms at the Downtown Sheraton have 2 double beds, plus a pull-out sofa, so up to 6 people can sleep in a room.

Assuming 4 people to a room, here is how the costs break down:

\$150.00	Camp Participation Fee
\$125.00	Hotel (4 People to a Room, Inc. Tax)
\$ 60.00	Hall of Fame Banquet
\$ 20.00	Self-Parking (Covered / Monitored)
<b>\$355.00</b>	<b>Estimated Total Cost (Does not include fuel or food cost)</b>



**"Superfoot" Bill Wallace**  
Undeclared World-Champion  
Special Guest Instructor

That's only \$90 a month (March - July) to attend the National Training Camp, Grandmaster's Council, and 2010 Hall of Fame Induction Banquet. There are several local restaurants nearby, and many who attend the venue pack snacks, fruit and drinks. You're just minutes from Music City, the Opryland Mall, the Nashville Zoo and across the street from the Veteran's Memorial and TN State Museum. Plus the Memphis River Walk and River Museum at Mud Island are on the way home (Exit 1, Memphis).

Start saving your money and block this weekend on your calendar now and make plans to attend the 2010 National Training Camp.

## New Attendance / Billing System



### New Attendance Tracking

With continued growth in both our locations, we have been working to implement some new systems to assure that we can focus our time and attention on offering good classes. During the month of April, we will be implementing a new attendance tracking system. Students will be issued a ID card and upon arriving in class, they will use this card to “check in” so their attendance can be recorded.

This will help us better track attendance, as well as monitor a child’s progress for testing and advancement purposes. We have a similar system already in place in Clarksville and will begin implementing this in the Russellville location in April.

This service will also allow us with inventory tracking, pro shop sales, and monthly tuition billing and tracking. We are excited to finally have this system ready to go, and appreciate your cooperation and understanding as we implement this in our Russellville location.

### Bank Draft / Credit Card Billing



We now have the ability to offer bank draft and credit card billing service. Several of you have asked for this as a matter of convenience and we are excited to make this available to our students and their families.

All new enrollees, starting in April, will be required to utilize bank draft or credit card to pay monthly tuition. We are also asking those of you who are currently enrolled in our program to make the transition to bank draft or credit card payment mode so we can properly integrate your payments with our new attendance tracking software. We have included a form in this month’s newsletter to facilitate this process, and appreciate your cooperation.



As an incentive, we will “lock in” your current tuition rate and guarantee this rate as long as you stay actively enrolled with our program (active enrollment = no more than a 30 day gap in training). So you can “lock in” today’s tuition rate and not have to worry about keeping track of whether you wrote a check for this month’s tuition any more.

### Clarksville Update

Our curriculum transition is pretty much complete, with Tuesdays being a “Traditional” emphasis (focusing on traditional technique, kata and self-defense) and Thursdays being “MMA/Sports” training (grappling, boxing, and MMA/Kickboxing). Mr. Kyle and Mr. John will alternate Tuesday classes, with Mr. Dave handling the Thursday rotation. We hope to expand our class offerings in the Clarksville location starting in May, with the addition of some self-defense and/or adult classes.

Our focus remains on offering quality classes, with an added focus on building men and women of character, one student at a time. We are pleased with the results we are seeing in the students, and are excited about the prospects of growing the student base and making a positive impact in the Clarksville community, as well as reaching out and offering a positive program to those living in the outlying communities. Thanks for being a part of our program, and we look forward to great things in Clarksville.

## Upcoming Events

- 2010 Events
- April 3: Women-Safe Self Defense (The Journey)  
9AM to 12:00 Noon
  - April 10 : Soke Takayuki Kubota Seminar (Russellville)  
Session #1 9:00AM to 11:30PM  
Session #2 1:00PM to 2:30PM
  - April 16 : SolidRock MMA Testing (10AM)
  - April 17: IMAC Tournament (Fayetteville - 10AM)
  - April 24 : “pARTy in the Park” RVMA Demonstration
  - July 29-31 : IMAC National Training Camp (Nashville TN)  
“Superfoot” Bill Wallace, Special Guest

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