



# ALONG THE WAY

River Valley Martial Arts Newsletter  
August, 2010



## WORDS OF WISDOM

*"Your favor, O Lord, made me as secure as a mountain..."*

I Samuel 25:29 NLT

This month we consider the importance of "Security". Too many people live lives of fear, anxiety, doubt and dread because they do not understand the vital role security plays in our lives. We can be at peace, even in troubling times, if we are secure in our own selves...and that comes from having trust in God.

**Kyle Bennett**  
Instructor

**John Terry**  
Instructor

## THEME OF THE MONTH

**Security:** *The Confidence to Believe in Myself*  
(Security vs. Insecurity)

1. Freedom from danger, risk; to be safe
2. Freedom from care, anxiety or doubt; to be confident
3. Something that secures or make safe; to be protected or defended
4. Freedom from care or want; to be content

### Why is Security Important?

*"...your life is safe in the care of the Lord, secure in his treasure pouch..."*

I Samuel 25:29 NLT

*"Your favor, O Lord, made me a secure as a mountain..."*

Psalms 30:7 NLT

*"They also hired 32,000 chariots and secured the support of the king and his army..."*

I Chronicle 19:7 NLT

*"I will provide a homeland for my people, planting them in a secure place where they will never be disturbed..."*

2 Samuel 7:10 NLT

## 2010 NATIONAL TRAINING CAMP RE-CAP



RVMA took 4 instructors and 5 students to Nashville for 2-1/2 days of training (23 classes) in arts ranging from karambit to cane to nunchuku to self-defense to kata to grappling to jujitsu...and more.

Great fun, with new friendships made and many old friendships renewed. Great food, music and sights along the music city strip in downtown Nashville as we enjoyed a great weekend.

Next year's event is planned for July 21-23, 2011 in Addison (North Dallas), TX. The Crowne Plaza Hotel will be our home for the 2011 National Training Camp, and we are already hearing from a LOT of school owners that this will be one of the largest attended events in IMAC history. Start making plans NOW to make the trip to Dallas with us for the 2011 National Camp.



## RICHARD BUSTILLO - SEPTEMBER 18/19



The "Iron Dragon", Sifu Richard Bustillo will be doing two seminars in Arkansas in September.

Russellville (Sept. 18) Master Bustillo will be teaching muay thai/kickboxing and ground-fighting, from 10AM to 4PM.

Van Buren (Sept 19) Master Bustillo will be teaching Eskrima (stick fighting) and Jeet Kune Do from 10AM to 4PM.

Cost for a single session is \$60.00. Cost for both sessions is \$80.00. Pre-registration is strongly encouraged, as we are expecting a large turnout for this event in Russellville.

## RUSSELLVILLE TESTING: AUGUST 20



Russellville students (and Clarksville students who missed their July testing opportunity) will present themselves before a panel of instructors for testing on Friday, August 20.

We will start at 6:00PM (youth and adults). If you are unsure whether or not you are eligible to test, please check with your instructor.

Testing fees should be paid in advance of the test.

## CONGRATS TO JOSHUA TERRY - BLACK BELT



We congratulate RVMA's Joshua Terry for an impressive performance at this year's Grandmaster's Council, where he tested before an All-Star panel and was awarded his 1st degree black belt.

Joshua was also inducted into the United States Martial Arts Hall of Fame as the 2010 Outstanding Youth Martial Artist of the Year. John Terry was also promoted to 3rd degree black belt by the Council.

## LIL DRAGONS BEGIN "STRIKING"



The Lil Dragons have begun learning the 15 basic punches and strikes of Okinawan Karate. Over the next several weeks, we will learn how to make a proper fist, punch and use the open hand and fingers for striking / self-defense.

We will review our blocking drills, as well as cover some self-defense material from our "Kid-Safe" program in preparation for back to school.

A list of striking terms and definitions will be available at the dojos, both in Russellville and Clarksville.

### Fructose Makes More Belly Fat Cells

[http://www.newsmaxhealth.com/headline\\_health/fructose\\_makes\\_belly\\_fat/2010/06/28/326261.html?s=al&promo\\_code=A2A1-1](http://www.newsmaxhealth.com/headline_health/fructose_makes_belly_fat/2010/06/28/326261.html?s=al&promo_code=A2A1-1)

Nutrition experts blame sugar as a major cause of the rise in obesity in the United States, noting that the rise in overweight children is especially alarming.

Some scientists have zeroed in on fructose as a major cause, especially high-fructose corn syrup that is used in soft drinks and processed foods. Manufacturers have staunchly defended their product, saying it is no more a cause of obesity than other foods. New research may prove their critics were right.

A study at the United Kingdom's University of Bristol found that when a child's fat cells mature, if fructose is present, more of the cells mature into fat cells in belly fat.

In addition, the cells are less able to respond to insulin in both belly fat and in subcutaneous fat located below the skin.



**“Our results suggest that high levels of fructose**, which may result from eating a diet high in fructose, **throughout childhood may lead to an increase in visceral [abdominal] obesity**, which is associated with increased cardiometabolic risk,” lead author Georgina Coade said in a statement. Abdominal obesity, which is defined by a large waistline, raises the risk of cardiovascular disease and Type 2 diabetes. Early studies had shown that fructose had a negative effect on fat distribution in rats, but people hadn't been studied. Coade studied biopsy specimens from 32 healthy children who had not undergone puberty.

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## NATIONAL TRAINING CAMP : JULY 21-23, 2011 (CROWNE PLAZA - ADDINGTON TX)

### 2011 National Training Camp



#### 2011 United States Martial Arts Hall of Fame Induction Ceremony

Make plans now to attend the 2011 National Training Camp, to be held from Thursday, July 21 through Saturday, July 23 at the Crowne Plaza Hotel in Addington (North Dallas) TX. Centrally located near many of the major tourist attractions in the Dallas Metroplex, 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: \$90/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 4 people can sleep in a room. Assuming 4 people to a room, here is how the costs break down:

\$150.00	Camp Participation Fee
\$100.00	Hotel (4 Nights, 4 People to a Room, Inc. Est. Tax)
\$ 60.00	Hall of Fame Banquet (Black Tie Affair)
<b>\$310.00</b>	<b>Estimated Total Cost (Does not include fuel or food cost)</b>

Start making your plans now to attend. We are working on getting discounted tickets to some of the nearby Dallas Metro attraction, making this a unique opportunity for the entire family. There are several local restaurants nearby, and many who attend the venue pack snacks, fruit and drinks. You're just a few minutes from Six Flags, Wild River Country, the Dallas Zoo and other family-friendly, quality attractions. We expect this to be one of the largest gatherings of martial artists in the history of IMAC.

#### River Valley Martial Arts

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International Karate Association

# RIVER VALLEY MARTIAL ARTS (RVMA) - AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	10 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	11	12 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	13	14
15	16 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	17 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	18	19 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	20	21
22	23 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	24 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	25	26 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	27	28
29	30 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	31 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ				

# SOLID ROCK MMA: AUGUST CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7 Inferno MMA Boxing Clinic
8 2:00 Fight Team	9 7:00 No-Gi 8:00 Kickboxing	10 8:00 JuJitsu - BJJ	11 7:00 No-Gi 8:00 Kickboxing	12 8:00 JuJitsu - BJJ	13	14 Revolution MMA Grappling
15 2:00 Fight Team	16 7:00 No-Gi 8:00 Kickboxing	17 8:00 JuJitsu - BJJ	18 7:00 No-Gi 8:00 Kickboxing	19 8:00 JuJitsu - BJJ	20	21
22 2:00 Fight Team	23 7:00 No-Gi 8:00 Kickboxing	24 8:00 JuJitsu - BJJ	25 7:00 No-Gi 8:00 Kickboxing	26 8:00 JuJitsu - BJJ	27	28
29 2:00 Fight Team	30 7:00 No-Gi 8:00 Kickboxing	31 8:00 JuJitsu - BJJ				

**Fructose Makes More Belly Fat Cells**

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The investigators obtained preadipocytes — the precursors to fat cells that have the potential to differentiate, or mature, into fat-containing adipocytes — from the biopsies. They then allowed the precursor cells to mature for 14 days in a culture media containing one of three substances: normal glucose (the main sugar found in the bloodstream and the principal source of energy in the body), high glucose, or high fructose.

The researchers found that fructose produced different effects than those of glucose and caused the fat cells to differentiate more — that is, to form more mature fat cells — but only in visceral fat. The fructose also decreased the ability of cells to take up glucose from the bloodstream into fat and muscles. Decreased sensitivity to insulin is a characteristic of Type 2 diabetes.

“Fructose alters the behavior of human fat cells if it is present as the fat cells mature,” Coade said.

According to data from the National Health and Nutrition Examination Survey, two-thirds of Americans are overweight or obese. Government statistics show that Mississippi has the highest percentage of obese and overweight children — 44.4 percent.

**Combative JuJitsu**

Okinawan Karate has its origins in the indigenous grappling art of Tegumi. When the practitioners of Tegumi begin to share their martial arts system with Chinese visitors to the island (who in turn introduced Chinese Kickboxing to the Okinawans), the blending of the two unique styles into a single system birthed the fighting art of Okinawa Te.

Over the years, Okinawa Te was adapted by its practitioners and divided into three main systems on the island. The art of Shorin-Ryu, which we teach in our school, has its origins in the central Okinawan province of Shorei. While much emphasis was placed on the stand-up features of the art (punching, blocking and kicking), the grappling elements of Tegumi and Te remained.

Combative JuJitsu focuses on re-introducing these effective grappling and ground fighting elements back into traditional martial arts training. Unlike the more popular Brazilian Jiu-Jitsu with its emphasis on sports applications, Combative JuJitsu returns to the original roots of Tegumi, as an effective means to defend oneself should a fight go to the ground.

Many of the same elements found in traditional kata also have applications either for taking an opponent to the ground, or fighting an assailant should the karateka lose his footing or be taken down. Blocks, kicks, punches and strikes are all effective elements, both from a standing and ground fighting application. Joint locks, joint manipulations and chokes are also effective tools for defense that can be found within the elements of Combative Ju-Jitsu.

Remove the strikes, kicks and eye gouges and Combative Ju-Jitsu in many respects mirrors traditional Brazilian Jiu-Jitsu, and in fact teaches several of the same holds, locks and chokes. For karate practitioners, Combative Ju-Jitsu helps to hone the throwing, sweeping, and ground fighting applications of kata, making the karateka a more well-rounded practitioner of the art.

Combative Ju-Jitsu also includes elements from Krav Maga, Sambo and other grappling arts and has its own belt ranking system. It is a complementary training system to any traditional karate system. Classes are currently offered on Mondays, from 7:00pm to 8:00pm at the Russellville dojo, and on Thursdays from 7:00pm to 8:00pm at the Clarksville dojo. Classes are open both to current karate students, as well as those who are interested in an effective system for defending oneself from the ground.

**Upcoming Events**

2010 Events

- August 7 : Inferno Boxing Clinic (Bentonville AR)
- August 14 : Revolution MMA Grappling Clinic (Benton AR)
- August 20 : RVMA Testing (Russellville AR)
- September 18: Richard Bustillo JKD Seminar (Russellville)
- September 23: ATU - Destination Downtown (Russellville)
- October 2: RVMA Demo @ St. John's School (Russellville)

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