



ALONG THE WAY

River Valley Martial Arts Newsletter
February, 2010



WORDS OF WISDOM

"Be prepared, whether the time is favorable or not...." **Romans 5:6 NLT**

This month we consider the importance of being "resourceful". We have all been blessed with a number of resources, talents, and abilities, and it is important that we be diligent in the use of, as well as the care of, the resources we have at our disposal. Resourcefulness, especially in times of adversity, can help us help ourselves, and others.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Resourcefulness: Honoring others by doing the right thing at the right time. (Resourceful vs. Neglectful)

1. Able to deal skillfully & promptly with new situations, difficulties, etc.
2. Able to act effectively or imaginatively, especially in difficult situations
3. Talented, able, imaginative
4. Cleverly skillful, resourceful or ingenious (adroit "uh-droit")

Why is Resourcefulness Important?

"So King Joram promptly mustered the armies of Israel and marched from Samaria." **2 Kings 3:6 NLT**

"Gideon and 100 men..they blew the ram's horns and broke their clay jars." **Judges 7:19 NLT**

"Hiram was extremely skillful and talented in any work in bronze..." **1 Kings 7:14 NLT**

"David..reaching into his shepherd's bag and taking out a stone, hurled it with his sling." **1 Samuel 17:49 NLT**

BANK DRAFT OPTION, STARTING IN MARCH

With a growing student populace, we are working to automate as many of our systems as we can so we can focus our time and attention on teaching quality classes.

As many of you have asked for it, we have found a billing system that will allow us to automate tuition collection through bank draft (EFT). Forms will be available in the dojo (as well as online), to facilitate this billing option for those who are interested.

We will also introduce an automated attendance tracking system, allowing us to better track student attendance, testing eligibility requirements as well as special events (like birthdays).

Your input in helping us design and implement these automation solutions are always appreciated, and we thank you for your feedback and suggestions on ways to improve our programs.

JU-JITSU MOVES TO MONDAY NIGHTS



As a number of students have expressed an interest in training in Ju-Jitsu (Grappling), we have moved this class to Monday night (7:00 PM to 8:00 PM) to make it more convenient.

Jujitsu is both a submission grappling art, as well as a combat art for fighting from the ground. The growing popularity of the UFC has served to revitalize interest in the art, both for sport and combative purposes.



Classes are \$50 month (\$25 add-on for current karate students), and are open to youth, teens and adults. Come try a class out. You'll be hooked.

"KID-SAFE" BENEFIT TOURNEY-FEB 27



We have rescheduled our Kid-Safe Venue for Saturday, February 27. Schools from across the state will be invited to attend and have their students participate in a fun, family-friendly environment.

We'll have competition in open-hand, weapons, and musical forms as well as point sparring. Watch for details at the dojo, and make plans now to participate in this upcoming tournament.

MAX TAP EVENT-FEBRUARY 27

MaxTapMMA will be bringing mixed martial arts to Russellville on Saturday, February 27 as a major fund-raiser for our "Kid-Safe" program.



Boxing, grappling, kickboxing and mixed martial arts will be featured in a 22' octagon cage. We are in need of several volunteers people to help us with this venue, so if you are interested in helping, please let one of the staff know. Tickets are available at the dojo or online (www.MaxTapMMA.com).

SOKE KUBOTA - IKA SEMINAR (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 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.



Next Rank

By: Charles Goodin, Hawaii Karate Museum

I've often written about rank related issues. After one of my posts, I was contacted by a reader who related that after any promotion, he immediately had to begin working on the next rank.

I have also seen this. Even before receiving a certificate, I have seen students who are already working or angling for the next "dan". In some organizations, rank is not simply based on dedicated training and skill. Hosting seminars, having a large enrollment, working for the organization, and many other factors are also taken into consideration (formally or informally).

We should all work hard to become skilled in Karate. We should all work hard to be in good physical condition. We should all work hard to refine our movements, to optimize our body mechanics, and to understand the applications of all techniques.

If we are promoted, we should thank our Sensei and seniors, and continue to work hard.

When I have been promoted, I have not thought about the next rank -- I have thought about trying to earn the rank I had just received and not doing anything to make my Sensei look bad for having promoted me. I don't like to talk about a promotion for a few years... just in case. And even then, it is generally not something to talk about.

When you are promoted, don't look forward, just keep your head down and your nose to the grindstone.

RVMA Comment: Master Goodin raises a good point. Many schools in America today focus on rank advancement as a stepping stone to black belt, rather than an acknowledgement of a recognized improvement in character, physical prowess, and technical skill or ability. Martial arts training is not a sport (like football or basketball), but in reality is a commitment to learning to live a lifestyle of discipline, respect and self-control. That is why we teach Karate-Do.

The word, "do" (pronounced "doe") in Okinawan translates as "Way" or "Path". In our English language, it conveys a person going on a life-changing journey of self-improvement. As we train, we improve the body and the mind. Strength improves, as does mental focus. As we dig deeper, we find that the development of character is also taking place as we learn to internalize the important moral codes of conduct that empower us to bring out the best in ourselves and others.

Our student pledge should serve as a constant reminder of why we train:

I intend to develop myself in a positive manner,

And to avoid anything that will harm my mental growth or my physical health.

I intend to develop self-discipline and self-control

In order to bring out the best in myself and others.

I intend to use, what I learn in class, constructively and defensively,

To help myself and my fellow man and never to be abusive or offensive.

I'm on a quest, to be my best.

Remember, rank advancement means you have met the minimum requirements of a given rank, not a mastery of the art. There is always room for improvement, and in addition to learning the new requirements for the next test comes the responsibility to also work to master the skill set(s) previously learned from prior rank advancements. The belt rank is not an end unto itself. Rather, it is simply a measuring point along the journey to validate your personal development along the 'Way' (Do). Even when you earn your black belt, it's not an arrival point, but rather a "mile marker" along the journey of life...and a journey that you will continue along the rest of your days on the earth.

River Valley Martial Arts

PO Box 640 · Russellville AR 72811
 212 West Main Street · Russellville AR 72811
 115 West Third · Ozark AR 72949
 P 479-890-6988 · F 479-967-9898
 E rvma@imga.com
www.rivervalley martial arts.com



International Karate Association

February, 2010

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

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)
\$355.00	Estimated Total Cost (Does not include fuel or food cost)



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

That's only \$60 a month (January - June) 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.

Black Belt Club

We offer an upgrade program for our Advanced students (Green belt and higher), the Black Belt Club. This is an advanced training program that is designed to enhance the student’s skill set, both in open hand and in advanced weapons systems. In addition to additional training time in their core elements (kata/technique, self-defense, sparring), Black Belt Club participants have the special opportunity to learn advanced weaponry, including the combative elements of the weapons arts through Chanbara training.



Developed by *Tanabe Tetsundo* and some of the most influential martial artist and swordsmen in Japan. Goshindo (more commonly known as Chanbara), modernized the “art of combat practice” utilizing traditional weapons striking and blocking techniques, but with safer, padded weapons.

Chanbara padded combative weaponry are designed to allow users to spar easily and train at 80-100 percent of their strength and speed, without fear of significant pain, while capturing all rigors of the full-contact experience.

Chanbara pre-arranged blocking and striking patterns keep you interested while warming up all the muscle groups. These striking and blocking patterns incorporate offensive and defensive movements and techniques, which offer you a complete warm-up while honing stance, balance, speed timing, rhythm and breathing.

Great fun for all ages and parents can practice side-by-side with their children, as they are safely work out together. Soft padded weapons allow everyone to practice moves and techniques without fear of pain or injury. Chanbara is a great aerobic workout, improving speed, agility and endurance while helping to burn extra calories.

Black Belt Club members may also become eligible to participate in our demonstration team. BBC members also form the core group from which future Junior Leaders and Assistant Instructors will be selected and trained.

Our Black Belt Club plans to meet twice monthly, either on Fridays and/or Saturdays. Dates will be announced each month, and may vary due to planned special activities and events for the month. After a one-hour class, we will plan an optional activity (such as eating out, attending a movie, bowling, skating, hiking, cookouts, etc...) for those who would like to participate.



Black Belt Club is \$85 a month (a \$25 upgrade from our basic program), and is open to youth and adult students. If you are already enrolled both in Karate and JuJitsu, contact your instructor for a special BBC add-on rate of only \$15 a month.

CLARKSVILLE / OZARK UPDATE

We are currently assisting our good friend and school owner, Kaleb Plank, with their youth classes in Clarksville. Due to the loss of their youth class instructor, the Inferno Academy in Clarksville was without a teacher, so our staff agreed to help out for the next 60-90 days as we help them transition to a long term solution for their program and their school.

Classes in Ozark continue to grow, and we are looking forward to some of their students joining us for testing in February. We are excited about what is happening in the Ozark community and look forward to seeing continued growth in this location. We welcome our Russellville students to make a trip with us to help with classes and interact with the great kids we have in our Ozark program.

Upcoming Events

2010 Events

- February 12: Rank Advancement Testing
- February 27: MaxTap MMA Venue - Russellville AR
- February 27: “Kid-Safe” Benefit Martial Arts Tourney - Russellville AR
- April 10 : Soke Takayuki Kubota Seminar (Russellville)
- July 29-31 : IMAC National Training Camp (Nashville TN) “Superfoot” Bill Wallace, Special Guest

River Valley Martial Arts
 PO Box 640 · Russellville AR 72811
 212 West Main Street · Russellville AR 72811
 115 West Third · Ozark AR 72949
 P 479-890-6988 · F 479-967-9898
 E rvma@imga.com
www.rivervalleymartialarts.com

