



ALONG THE WAY

River Valley Martial Arts Newsletter
July, 2010



WORDS OF WISDOM

"Be gentle, showing meekness to all people..." Titus 3:2 NKJV

This month we consider the importance of "Meekness". This was demonstrated in the life of Christ as he kept his emotions in check and acted, rather than reacted out of anger. Learning to demonstrate meekness is an integral component of developing self-control in our lives.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Meekness: *The Inner Strength to Control My Emotions (Meekness vs. Rage)*

1. A calm temper of mind
2. Not easily provoked to anger or outburst
3. Gentle, courteous or kind
4. Submissive or forbearing

Why is Meekness Important?

"Follow after righteousness, kindness, humility, meekness and patience..." Colossians 3:12 NKJV

"Shall I come to you with a rod or in love and meekness?" I Corinthians 4:21 NKJV

"Be gentle, showing meekness to all people." Titus 3:2 NKJV

"...with meekness and patience, forbearing one another..." Ephesians 4:2 NKJV

NATIONAL TRAINING CAMP - JUL 29-31



Despite the horrific flooding that ravaged Nashville earlier this Spring, the 2010 IMAC National Training Camp will take place from July 29-31 at the historic Downtown Sheraton in Nashville.

The National Training Camp is an opportunity for students to train with world-class instructors from around the globe, while building friendships with others who share a similar passion for the martial arts.

The weekend culminates with the 2010 United States Martial Arts Hall of Fame induction banquet, where we honor those who are making a difference in the lives of others through the medium of the martial arts, both in their hometowns and on an international scope. We encourage you to plan now to attend.



DANIEL GARCIA BJJ CLINIC - JULY 17



RVMA and Solid Rock MMA welcome Daniel Garcia to Russellville AR. Coming from Brazil, Master Garcia is a highly decorated black belt in Brazilian Jiu-Jitsu, with huge international competition experience.

Master Garcia will be teaching two sessions at a Brazilian Jiu-Jitsu clinic to be held on Saturday, July 17, at River Valley Martial Arts. The schedule is as follows:

- | | |
|------------------------|-----------------------------|
| 10:00 AM to 12:00 Noon | Brazilian Jiu-Jitsu |
| 1:00 PM to 3:00 PM | Brazilian "No-Gi" Grappling |

Cost for a single session is \$45. Cost for both sessions is \$65. Several schools are expected to participate in this BJJ clinic, and is open to all BJJ and Combative Ju-Jitsu students.



CLARKSVILLE TESTING: JULY 14



Clarksville Kick'n Kids and Teen/Adult classes will have a rank advancement opportunity on Wednesday, July 14, starting at 6:00 PM.

Students will be testing both in traditional karate as well as mixed martial arts. Testing will consist of technique, kata and grappling. Students must demonstrate proficiency.

Lil Dragons will be testing at a later date, to be announced once they have completed learning their blocking requirements.

SCHEDULE CHANGE FOR NO-GI/KICKBOXING



We have moved our Friday MMA classes (No-Gi Grappling & Kickboxing) to Monday nights. The new MMA schedule is as follows:

Mondays & Wednesdays

- | | |
|-----------------|------------------|
| No-Gi Grappling | 7:00PM to 8:00PM |
| Kickboxing | 8:00PM to 9:00PM |

Fight team has been moved to Sundays (2pm to 4pm).

LIL DRAGONS CONCLUDE "BLOCKING"



The Lil Dragons will continue to work toward their "Blocking" Merit Badge this month as they learn the 12 basic blocks of traditional Okinawan Karate.

Stacking, in preparation of a block, is an essential element we are working to instill throughout the training drills...as stacking serves as a defense in and of itself.

We will conclude this module by the middle of July, and test the Lil Dragons (both in Clarksville and Russellville) at that time. Watch for updates at the dojo, and keep practicing these drills with the Lil Dragons at home.

Feeling the Connection

By Jason Stanley : www.karatetips.com

There's an important aspect of karate of which many karateka are unaware, particularly those new to the art. This aspect is important because it provides a solid foundation for delivering great power in your technique, yet it is rarely thought about by most.

Though I should have been acutely aware of it when I attempted my black belt, I know I didn't give it as much thought as I should have. It wasn't until years later when my sensei reinforced the importance of it, that I consciously thought about applying it in a new way. I had a light bulb moment - and although I'd been doing it to a certain extent, a whole new level of understanding flowed through my system that day, like water through a garden hose.

I'm talking about "*feeling the connection*"... 'What's that?' you might ask...'*Feeling the connection?*'

It's the point in your karate when you feel truly connected to the ground. You feel solid. You feel that your feet, legs and body have become one with the earth. And although you have no control of anything below your feet, it's a feeling that your personal energy extends beyond the physical limits of your body. And that connection provides you a base to deliver great power in your technique.

So how do you know if you've "got it" when it comes to connection? That's a good question and I won't just tell you the Zen side of it ("one day you'll just know") because I know how frustrating those kinds of answers can be. Instead I'd like to give you a quick checklist to help you see if you have the connection or not.

Here are some common things that are apparent when there is little or no connection:

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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

You still have time to register and 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).

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International Karate Association

RIVER VALLEY MARTIAL ARTS (RVMA) - JULY CALENDAR

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

SOLID ROCK MMA: JULY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 2:00 Fight Team	5 7:00 No-Gi 8:00 Kickboxing	6 8:00 JuJitsu - BJJ	7 7:00 No-Gi 8:00 Kickboxing	8 8:00 JuJitsu - BJJ	9	10 Revolution MMA BJJ Seminar Benton AR
11 2:00 Fight Team	12 7:00 No-Gi 8:00 Kickboxing	13 8:00 JuJitsu - BJJ	14 7:00 No-Gi 8:00 Kickboxing	15 8:00 JuJitsu - BJJ	16	17 Nova Uniao BJJ w/ Daniel Garcia 10AM - 3PM RVMA
18 2:00 Fight Team	19 7:00 No-Gi 8:00 Kickboxing	20 8:00 JuJitsu - BJJ	21 7:00 No-Gi 8:00 Kickboxing	22 8:00 JuJitsu - BJJ	23	24
25 2:00 Fight Team	26 7:00 No-Gi 8:00 Kickboxing	27 8:00 JuJitsu - BJJ	28 7:00 No-Gi 8:00 Kickboxing	29 8:00 JuJitsu - BJJ	30	31

River Valley Martial Arts, Clarksville: Tues/Thurs 530PM Lil Dragons 6:00PM Kid's Class 7:00PM Teens/Adults

Wobbly stances during basics - do your knees wobble when punching and blocking? Do your feet move?

Lack of balance during transitioning - during stepping from one technique to another, in basic line work and in kata, do you feel in control and centered or do you feel a little off balance?

Stance is easily compromised by opponent - when an opponent pushes, kicks or punches are you knocked off balance, or does your stance lose its structure/form?

Lack of power in technique - when you hit a pad, makiwara or punch bag, does the object separate from you or do you crumple/recoil under the impact?

Easily knocked around during sparring - are you easily pushed around or swept when you fight?

Any one of these points above is a telltale sign that your stance may not be as strong as it could be. Perhaps some but not all of the above apply to you. Maybe you answered 'yes' to just one.

Nevertheless here are some pointers to help you develop stronger stances and a greater connection. Study each and try to "feel" the muscle contraction as you do each one.

Zenkutus dachi (forward stance): Imagine standing on a bathmat on a slippery tile floor. You have one foot at each end of the mat at opposing corners. Now imagine trying to rip the mat apart with your feet, using the power in your legs and hips. You should feel the stretch through your pelvis and legs. With your front foot, turn your foot slightly inward so the outer edge (not the inner edge) of your foot faces forward, and at the same time push your knee outward. Of course, bend your front leg, and lock the back one straight. "Feel" the connection with the ground.

Shiko Dachi (sumo stance): Bend your legs to lower your center of gravity, but not so low that your stance is compromised. Think of your lower legs as the walls of a house and your upper legs as the roof. Aim for a 45 degree angle between upper and lower legs. Grip the floor with your toes and push your knees outwards. If you were to lift your toes up your feet should "spring outwards".

Neko Ashi Dachi (cat stance): Sit down by bending your back leg deeply in your stance with your rear hip over your rear foot. Push the ball of your front foot hard into the ground instead of just touching with your toes. This ensures your weight is down and strengthens your stance. Avoid leaning back and having too much weight over your back foot - a very common mistake in cat stance. How do you know what's too much? Have a partner stand in forward stance and you in your strongest cat stance. Both extend your arms palms out and have your partner push against your hands. They shouldn't be able to push you off balance if your cat stance is strong and correct.

General Points (the Zen part): Extend your energy - imagine extending your energy beyond the physical limits of your body. For example when making your punches, imagine your reach extends beyond your physical range. Imagine energy leaving your body and entering the target. Visualization is a powerful tool...and everyone has the capability to do it...so use it!

These tips are good starting points for developing your stances and subsequently the power and effectiveness of your technique. When performing kata, or doing basics try to remember to apply the above ideas and you'll see immediate improvement in your techniques. You'll feel in control of your body and will have greater balance and strength...all leading to a larger sense of connection within yourself and with your surroundings. Remember to "feel the connection"!

Upcoming Events

2010 Events

- July 10: BJJ Clinic @ Revolution MMA (Benton AR)
- July 17: BJJ Clinic @ RVMA (Russellville AR)
- July 29-31 : IMAC National Training Camp (Nashville TN)
"Superfoot" Bill Wallace, Special Guest
Sifu Richard Bustillo, Special Guest
- September 18: Richard Bustillo JKD Seminar (Russellville)
- September 18: Arkansas BJJ Tournament (Little Rock)

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