



ALONG THE WAY

River Valley Martial Arts Newsletter
June, 2010



WORDS OF WISDOM

"Endurance develops strength of character..." Romans 5:4 NLT

This month we consider the importance of "Endurance". There is a very practical physical and spiritual benefit to building endurance in one's life, and this month, we key in on this character trait as we consider how best to develop endurance in our daily lives.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Endurance: *The Inner Strength to Do My Best*

(Endurance vs. Faintheartedness)

1. The ability or strength to continue or last despite fatigue, stress or adversity
2. The fact or power of enduring or bearing pain or hardship
3. The state of persevering
4. Stamina

Why is Endurance Important?

"Endurance develops strength of character..." Romans 5:4 NLT

"Be strengthened...so you will have all the endurance and patience you need." Colossians 1:11 NLT

"When your faith is tested, your endurance has a chance to grow." James 1:3 NLT

"When your endurance is fully developed, you will be perfect and complete..." James 1:4 NLT

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.



MAX TAP VENUE - JUNE 5 (SPRINGDALE)



MaxTap MMA will host its next fighting venue on Saturday, June 5, at the All Star Arena in Springdale AR. Start time: 7PM

Solid Rock MMA will be competing at this venue, with fighters involved in MMA and grappling events. On the card are Levi Johnson, Brandon Motley and Ruth Perkins.

Tickets will be on sale soon, and we encourage our students to attend this event and support our fighters as they put their skills to the ultimate test inside the Octagon Cage.

\$20 General Admission, \$30 Ringside. (www.MaxTapMMA.com)

PARENTS NIGHT OUT JUNE 4



We will host a "Parents Night Out" in our Russellville dojo on Friday, June 4, from 7PM to 10PM. Pizza and "Karate Kid" movie are on tap, along our first "Okinawan Idol" competition.

Attendees can showcase their best "Daniel-San" moves as they compete to be the next "Karate Kid" at RVMA.

Cost is \$7.00/person (\$10.00 for student and a friend). Sign up sheet is at the dojo, so don't forget to reserve your spot today.

RIVER VALLEY INVITATIONAL: JUNE 12



RVMA will host the River Valley Invitational on Saturday, June 12, here in Russellville, at the Jr. High Gym. This will be a martial arts tournament, featuring both traditional and open forms, musical forms, weapons, point sparring and self-defense.

Registration will begin at 8:30AM, with competition starting at 10AM. We are expecting a good turnout, and hope for a good showing from our own students from both dojos.

LIL DRAGONS FOCUS ON "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 hope to conclude this module by the end of June, 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.

New Class Offerings

Traditional JuJitsu (Now 2 Nights Weekly): We are expanding our class offerings, adding another day of traditional JuJitsu training on Thursday evenings, from 8PM to 9PM. Taught by Brain Wilson, this class will focus on the ground-fighting and combative aspects of martial arts, as well as tactical applications for sports competition. Students interested in traditional JuJitsu who are unable to participate in our Monday night class, or those who would like to train in JuJitsu two nights a week, now have another option available to them. Traditional JuJitsu can be an “add-on” to traditional karate training, or taken as a “stand-alone” class.

No-Gi Grappling: Meeting Wednesday and Friday evenings, this class (taught by David Kendrick and Brian Wilson) will focus on sport applications of JuJitsu, with a strong emphasis on Brazilian JuJitsu. Great training for the MMA fighter, and for those who want to specialize in the grappling tournament circuits.

Kickboxing: Meeting Wednesday and Friday evenings, this class (taught by David Kendrick and Brian Wilson) will teach American and International rules kickboxing and Muay Thai boxing. Great training for MMA athletes, as well as those who want to compete in kickboxing and muay thai fighting venues.

Fight Team: Meeting Saturdays, this class is specifically focused on training those who are training to fight in the ring or compete in the tournament circuits. A strong focus on cardio, coupled with particular attention to honing the details of all aspects of sports fighting, this class is committed to training champions, both in the ring and in life.

River Valley Martial Arts is committed to proving a quality traditional martial arts program, offered in a family-friendly environment, for fitness, self-defense and sports applications. We are dedicated to developing men and women of character, one student at a time.

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. Once our Internet access is wired into the dojo in Russellville, students will be issued a new ID card, and upon arriving in class, they will use this card to “check in” so their attendance can be recorded. We had hoped to begin this process in April, but were delayed by an issue in obtaining the card stock for printing ID cards.

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 shortly.

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 payment convenience and we are excited to make this available to our students and their families.

All new enrollees, starting in April, are 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.



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International Karate Association

June, 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	2	3	4	5 10:00 Fight Team
6	7 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	8 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	9 5:30 Staff Mtg. 7:00 No-Gi Grappling 8:00 Kickboxing	10 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	11 7:00 Kickboxing 8:00 No-Gi Grappling	12 10:00 Fight Team
13	14 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	15 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	16 5:30 Staff Mtg. 7:00 No-Gi Grappling 8:00 Kickboxing	17 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	18 7:00 Kickboxing 8:00 No-Gi Grappling	19 10:00 Fight Team
20	21 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	22 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	23 5:30 Staff Mtg. 7:00 No-Gi Grappling 8:00 Kickboxing	24 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	25 7:00 Kickboxing 8:00 No-Gi Grappling	26 10:00 Fight Team
27	28 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	29 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	30 5:30 Staff Mtg. 7:00 No-Gi Grappling 8:00 Kickboxing			

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).

“Women-Safe” Coming to Clarksville



We would like to host a “Women-Safe” self defense seminar in the Clarksville area, and need your assistance in making this a reality. A woman is assaulted every 30 seconds in America, and a rape occurs every 2 minutes. This is not just a “BIG CITY” problem, but one that plagues communities of all sizes.

In order for this to happen, we need to help of our students and parents in the Clarksville dojo. Posters would need to be put up around town, media contacted to help us promote this venue, and community interest perked in order to make this a successful venue.

The Fighting Back Institute’s “Women-Safe” program is a proven system to educate and train teen and adult women to avoid many of the pitfalls that put them at risk, and to fight back if avoidance or escape is not an option. Additional information on the “Women-Safe” program can be found at www.WomenSafeCommunities.com.

June 12 - Brazilian Jiu-Jitsu Seminar

Rodrigo Fiejao, 3rd Degree BJJ black belt will be the guest instructor at a special seminar to be taught at the Inferno Gym in Bentonville from 1pm to 5pm on June 12th. \$45 for one two hour session; \$65 for both two hour sessions. This is a BIG deal in the BJJ world, and we have been extended a special invitation for our students to attend this training session. Instructor Brian Wilson will be coordinating registration and travel to and from this venue in the NW corner, and for those who are not participating in our martial arts tournament that weekend, and are students in our Combative or Brazilian Jiu-Jitsu classes, this would be a great investment of time.



2010 Association Dues Are Payable This Month

Each year, we collect dues for our Associations that sanctions our school’s rank. We also add in a nominal sum to pay for our summer T-Shirts. The total for dues for the 2010 year is \$25, and is due and payable this month. This can be added to your regular tuition payments, or paid as a separate item.

If you have joined our school as a new member since January, you have already paid your association dues for the year. You can still purchase a T-Shirt for \$15, plus tax, so you’ll have the 2010 school T-shirt. Parents, spouses and other family members are also encouraged to purchase a T-Shirt to help show their school spirit and support their family members involved in our school.

CBBA Workshop - June 22



Dr. Clement Riedner will be our guest on Tuesday, June 22 for a special clinic on Shiho Karano Ju-Jitsu. Dr. Riedner is the founder and head of the Christian Black Belt Association, and our school is a CBBA-endorsed dojo. The CBBA was founded as a ministry to the martial arts community, and is the foundational organization for the Martial Arts Chaplains Association (of which Sensei John Terry is a member and MACA-Endorsed Chaplain). We always enjoy having Dr. Riedner visit our school, and have yet to determine if he will be visiting the Clarksville or Russellville campus on this trip to Arkansas...but he will most likely visit the Clarksville dojo, as he has yet to meet the good folks there.

Upcoming Events

2010 Events

- June 4: Karate Kid 2 - Parent's Night Out
- June 12: River Valley Invitational (Russellville Jr High Gym)
- June 12: Fiejao BJJ Seminar - Bentonville AR
- June 22: CBBA Clinic - Dr. Clement Riedner
- July 29-31 : IMAC National Training Camp (Nashville TN)
“Superfoot” Bill Wallace, Special Guest

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