



# ALONG THE WAY

River Valley Martial Arts Newsletter  
March, 2010



## WORDS OF WISDOM

*"Accept each other, just as Christ has accepted you...."* **Romans 15:7 NLT**

This month we consider the importance of "acceptance". We have all at some time been rejected or discriminated against, and know the pain that results. Learning to accept others without preconditions or prejudice is an important character trait we all need to cultivate in our lives, and one we focus on in the month of March.

**Kyle Bennett**  
Instructor

**John Terry**  
Instructor

## THEME OF THE MONTH

**Acceptance:** Welcoming Others Without Pre-conditions or Prejudice (Acceptance vs. Rejection)

1. Favorable reception, approval, or favor
2. Act of taking or receiving something offered
3. To receive or admit into your circle
4. To agree or consent to

### Why is Acceptance Important?

*"A wise child accepts a parent's discipline, a mocker refuses to listen."*  
**Proverbs 10:17 NLT**

*"When people do not accept divine guidance, they run wild..."*  
**Proverbs 29:18 NLT**

*"Accept each other, just as Christ has accepted you..."*  
**Romans 15:7 NLT**

*"You accepted what we said as the very word of God..."*  
**1 Thessalonians 2:13 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

## A BIG "KID-SAFE" THANK YOU



A special thanks to all our RVMA students and parents who participated in our Kid-Safe weekend. While the attendance was not what we anticipated, the feedback from the parents who did attend was extremely positive.

The tournament competitors who participated were very happy with the day, and are looking forward to a return trip to the River Valley to compete again. You all did awesome - Thank You!

## 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 - MARCH 20



Solid Rock MMA has scheduled their next testing for March 20, 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.

## Against all odds...

Sensei Jason Stanley

I just finished reading "The Endurance, Shackleton's Legendary Antarctic Expedition" by Caroline Alexander.

This is the astonishing account of the 1914 sea voyage that nearly claimed the lives of its entire crew multiple times, but against all odds Shackleton and his men survived 2 1/2 years in the Antarctic.

What struck me the most and the reason I'm writing this post is their relentless pursuit for survival and their "can do" attitude.

The first chapter is appropriately titled, "The Heroic Age" and talks of times when men took on the impossible, smiled in the face of the unknown and took calculated risks to achieve greatness. Despite all odds fear wasn't something that held them back.

They floated on ice for months, were marooned on the icy wind blown Elephant Island in the middle of nowhere in temperatures as cold as -70 F and winds up to 100 mph. They became sick from an all meat diet and some became frostbitten. They desperately tried to reach civilization in makeshift boats crossing the world's most perilous ocean...

It's truly an extraordinary story.

Yet today I hear so many reasons why people can't do this, and can't do that. They say they don't have the knowledge, don't have the skill, don't have the time, don't have the money, don't have the [insert whatever excuse you like here] to make an attempt to conquer their fears or pursue their dreams.

It's an incredulous thought that so many people have so many excuses for undoubtedly far less challenging tasks than Shackleton and his crew faced nearly 100 years ago.

But not you my friend... like Shackleton and his men, you'll stare the unknown in the eye and take the next step. You'll conquer your fears and pursue your dreams. And unlike Shackleton you have the tools and resources readily available to make it happen right now.

Ask yourself what's your next step? What's the one thing you can do right now to set your ship sailing, and conquer your own ocean?

## Sensei John's St. Lucia Update

A heartfelt thanks to Sensei Kyle, Sensei Callie, Sensei Bobby and Sempai Terry who graciously stepped up and covered classes while I was traveling to the Caribbean. My trip to St. Lucia was an amazing time of instruction. I was able to introduce our Kid-Safe program to several schools and instructors, and was honored to be asked to serve as head judge at the Pitons Open International Martial Arts Tournament, and to teach a seminar for the competitors.

The island was beautiful, and my only regret was not enough time to enjoy the beauty the island had to offer. I made several contacts with some wonderful instructors, and have received invitations to Trinidad, Ghana, and Martinique, as well as a return trip to St. Lucia to teach again.

Our school has an invitation to bring students to next year's international tournament, so if you're interested, start saving money now. The tournament will take place sometime in February, 2011. Details to follow.

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International Karate Association

March, 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 7:00 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	29 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu OZARK: 6PM	30 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	31 5:30 Staff Mtg. 7:30 MMA	April 1 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults	April 2	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 - 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.

## Soke Tak Kubota - A Biography



Born in Kumamoto, Japan, Takayuki Kubota began studying martial arts at the age of four under the direction of his father, Denjiro Kubota. Because of his insatiable desire to learn every aspect of the arts, he trained daily and studied several different styles of martial arts. Despite his restrictive scholastic program and grueling training schedules, he managed to complement his martial arts training with additional studies in meditation, history and other non-combative aspects of the arts. He distinguished himself by earning advanced instructor ratings in Judo, Aikido, Kendo, Iaido and meditation as well as calligraphy and several other arts. Grand Master Kubota began his teaching career at the age of 14 and it has flourished ever since.

At age eighteen he opened his first dojo in Tokyo. He has taught police techniques for over 35 years from simple handcuffing to the world famous baton and Kubotan techniques. He has taught at 34 law enforcement agencies all over the world including the Tokyo and Los Angeles police departments, the FBI and the California Highway patrol.

An American citizen since 1974, Grand Master Kubota devotes much of his time to teaching karate at his school in Glendale, California. Although he is well known for having been an instructor to some of the most prominent members of our society, he is most sincerely interested in the development of karate at all levels and has placed a special emphasis on teaching young people. Respect and discipline are two of the primary concepts stressed in all children's classes resulting in proper growth and continuation of the art.



In addition to his many other activities, Grand Master Kubota has written several books on the martial arts. His published works include *Action Kubotan*, *The Art of Karate*, *Gosoku-Ryu Karate*, *Weapons Kumite* and others. He has also produced a number of video tapes on the art. Takayuki Kubota is also an actor who has appeared in over 300 movies, television shows and commercials. *The Mechanic*, *Killer Elite*, *Blue Thunder*, *Simon & Simon*, *Black Rain*, *Rising Sun* and *The Hunted* are listed among his numerous acting credits.

In 1953, the International Karate Association was formed in Tokyo, Japan. Since its inception, the primary goal of the IKA has been to promote traditional Japanese Karate - specifically the Gosoku Ryu, Hard/Fast style, originated by Takayuki Kubota. In 1964, Grand Master Kubota relocated the Association's headquarters to the United States and was able to attract talented young students that later formed the core of the American branch of the IKA.

Under Grand Master Kubota's leadership, the IKA has achieved widespread recognition in the karate world, and has made important contributions in the tournament circuit. The IKA has consistently had winners in the karate tournaments of the International and Los Angeles Police Olympics. In addition, IKA students have competed in and won many other tournaments too numerous to mention.

Soke Kubota will be teaching at a special seminar in Russellville AR on Saturday, April 10. Make plans now to attend.

Upcoming Events	
2010 Events	
<ul style="list-style-type: none"> <li>April 10 : Soke Takayuki Kubota Seminar (Russellville)</li> </ul>	<ul style="list-style-type: none"> <li>July 29-31 : IMAC National Training Camp (Nashville TN) "Superfoot" Bill Wallace, Special Guest</li> </ul>

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