



ALONG THE WAY

River Valley Martial Arts Newsletter
March, 2009



WORDS OF WISDOM

"A double minded man is unstable in all his ways."

James 1:8 KJV

Our tongues can get us into a lot of trouble. Learning to be sincere in our dealings with others, free of manipulation intimidation or irritation, is an essential character trait of the Christian martial artist. This month, we examine the importance of living a life of sincerity.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Sincerity: Eagerness to do what is right, with transparent motives.

1. Freedom from deceit (trickery)
2. Without hypocrisy (false pretenses)
3. Genuineness, Earnestness (serious in intent or purpose)
4. Honesty, truthfulness

Why is Sincerity Important?

"Deceit fills hearts that are plotting evil; joy fills hearts that are planning peace."

Proverbs 12:20

"Rescue me from liars and from all deceitful people."

Pslam 120:2

"We are not like hucksters who preach for personal profit. We preach the word of God with sincerity and with Christ's authority, knowing God is watching us."

2 Corinthians 2:17

"I speak with all sincerity; I speak the truth..."

Job 33:3

Say what you mean; mean what you say. Practice what you preach; check your motives. Don't take advantage of others.

LIL DRAGONS CONTINUE FITNESS STUDY



Lil Dragons continue their fitness life skills module this month. We are discussing health, fitness, exercise and nutrition.

1 in 3 children today are overweight, and our state has one of the highest rates of obesity and diabetes per capita in the nation.

As obesity and a lack of exercise are directly related to a number of health conditions (including high blood pressure, diabetes, heart disease), it is important that we break this cycle in the next generation...and that starts with teaching our kids to live active, healthy lives.

We will focus on fitness, including exercise, good nutrition, and avoiding bad habits (like tobacco) in the coming weeks.

IT'S OFFICIAL-WE ARE MOVING

Our school is moving to a larger location in historic, downtown Russellville at the end of the month. The new address for the school will be 212 West Main (across from Bank America).

The new facility is 3400 square feet, giving us 1400 more square footage than we currently have, and is divided into two separate training areas (if needed). As most businesses are closed by the time our classes start, parking will be much improved, both for students and guests.

Our current home has served us well for the past 2 years, and we have a lot of good memories we will take with us as we move. We believe the more central location will benefit many of our students, and will definitely help with public visibility.

Our current plan is to hold classes through the end of the month at our current location. There is a possibility we may cancel classes on March 31, but we will announce this in advance if we need the time for the move.

Several of you have offered to help with the move, and this is much appreciated. We'll let you know when we plan to start the move, and welcome your help as we transition to larger facilities at the end of the month.

Your support has made this possible, and we thank you for being a part of our martial arts family.

SWAT TOURNEY - MARCH 7



The 2009 SWAT tournament season is underway, and the next scheduled event will be held on March 7 in Columbus KS.

Forms, weapons, sparring, and musical forms divisions will be featured at the venue, along with a new board breaking venue.

See the poster at the dojo for details, costs, and directions. We will NOT be taking the bus to this venue, but do have several students who plan to travel and compete. We wish them well.

IMAC TOURNEY - APRIL 4



The IMAC 200 Battle to be the Best Martial Arts Tournament will be held in Fayetteville AR on April 4. Professor Marty Cale will be hosting this venue at Woodland Junior High School.

A special division will be held for 4-5 year olds, so this will be an excellent opportunity for Lil' Dragons to compete with other young competitors.

Forms, musical forms, weapons, and sparring divisions will be held at the event, along with a submission grappling venue. See the dojo for poster, details, and directions.

Footwork

By Sensei Jason Stanley (4th Dan, Shito-Ryu)

Let's consider why footwork is important... Good footwork gets you into striking range where you can hit. Good footwork gets you out of striking range where you'll avoid being hit, or worse yet, killed. It's important to have good footwork to take you from point A to point B so you maximize your opportunities quickly, smoothly, precisely. Good footwork also gets you back from point B to point A, or from point B to point C, where point C is a different position to that in which you started. **It doesn't matter if it's competition or in the street, the same footwork principles apply. It's just the techniques that differ.**

Before you can move effectively, you must be on the balls of your feet as this is the part of your foot that is responsible for your balance and dynamic movement. Don't believe me? Stand in your forward stance and put all your weight on your heels by lifting your toes and balls of your feet off the floor - try to move around. The most effective way to move is by sliding rather than stepping. Although there are certainly times when you need to step rather than slide, please remember the following key point....Sliding will always be faster than stepping. The foot that moves first is the one in the direction you wish to move.

I have listed the following 4 movements in order from fastest to slowest: (1) Slide forward; (2) Slide backward; (3) Step forward; (4) Step backward. So if you're only good at stepping, you're going to be in trouble when you come across someone who knows how to slide dynamically! I'm not going to teach you how to step, as different styles place emphasis on different aspects of stepping, plus your sensei can show you that. Instead I'd like to break down the 4 basic sliding movements and discuss how to perform each.

Moving forward: To move forward from your forward stance slightly pick up your front foot and drive powerfully and quickly with your rear leg. You will largely depend on the ball of your rear foot and toes to provide the push-off. This "slide" will propel you forward. Only lift your front leg *slightly*. Don't completely transfer your weight onto your rear leg, otherwise you will be working against the direction in which you want to move. The key to this is that you are transferring very little weight to your rear leg. With practice you'll know when you do this technique correctly. But an easy way to test your forward slide is by trying the following exercise.

Stand in your forward stance and pick up your front foot 2 inches without transferring your weight to your rear leg. What happens? You fall forward because you have around 50% of your weight over your front foot which is no longer on the ground and you also have tension in your stance that causes you to move forward. Now when you want to drive forward (instead of just falling), pick up your foot slightly and push with your rear leg before your front foot hits the floor. Viola! You've just slid 12-24 inches depending on how hard you pushed.

Moving backward: You guessed it, moving backward requires that you do the exact *reverse* of moving forward. So this time without transferring your weight forward, pick up your back foot a fraction and use your muscles in your front leg to push backward. Again, rely on the ball of your foot and toes--this time of your front foot--to drive you backwards.

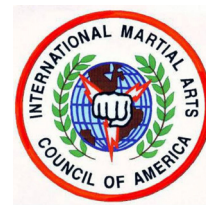
Moving sideways: Moving sideways is a little more complicated, but uses the same principle. For this example let's assume you are standing with your left leg forward. If you want to move left, pick up your left foot slightly. Which way do you fall if you don't push? Forward, not left! To prevent yourself from falling forward, push to the left with your rear (right) leg as soon as you pick up your front (left) foot. Of course moving right is the exact opposite of moving left. First pick up your rear (right) leg a fraction and drive right with your left (front) leg.

Other directions: Moving in other directions requires mixing together two of the above techniques. e.g.. Moving forward and moving left. Depending on how much emphasis you want to place on going forward relative to moving left is up to you. You simply drive more in the direction you want to go with your other leg. It's just deciding which way you want to go and lots of practice that will increase your directional accuracy.

The "Double Shuffle": Stringing together two single shuffles (or slides) will give you a double shuffle. This is an extremely easy way to move forward or backward very quickly. As soon as you complete your first shuffle forward, immediately repeat the process and you'll have created a double shuffle. This is exceptionally handy in a sparring situation when you throw a front hand/rear hand combination. Throw the first punch on the first shuffle and the reverse punch on the second shuffle. Be sure to keep your hands up! You'll find that you "cross the gap" between you and your opponent quickly and easily.

For advanced users: Make your first shuffle forward, but before your front foot touches the ground, drive as hard as you can with your rear leg a second time. It's like a double shuffle but your front foot doesn't touch down between the first and second shuffle as it does with the double shuffle. You can apply this same concept to moving backwards when you have to get out of range very quickly.

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