



ALONG THE WAY

River Valley Martial Arts Newsletter
May, 2010



WORDS OF WISDOM

"Discretion is a life-giving fountain to those who possess it..."

Proverbs 16:22 NLT

This month we consider the importance of "Discretion". Learning to exercise modesty and self-restraint in our speech, actions and attire is an essential element in maintaining positive relationships with others. This month, we key in on this character trait as we consider how best to exercise discretion in our daily lives.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Discretion: *Considering Others Before We Speak or Act (Discretion vs. Recklessness)*

1. Exercising wise self-restraint in speech or behavior
2. Being modest in one's speech or conduct w/ others
3. Respecting privacy or maintaining silence about something of delicate nature
4. Careful consideration of the implication of words or actions

Why is Discretion Important?


"Discretion is a life-giving fountain to those who possess it, but discipline is wasted on fools..."
Proverbs 16:22 NLT

"A beautiful woman who lacks discretion is like a gold ring in a pig's snout..."
Proverbs 11:22 NLT

"The wise are cautious and avoid danger, but fools plunge ahead with reckless confidence..."
Proverbs 14:6 NLT

"The prudent (wise) carefully consider their steps..."
Proverbs 14:15 NLT

RUSSELLVILLE : TESTING (MAY 14)

 Rank advancement testing for Combative JuJitsu and Karate classes will take place on Friday, May 14, starting at 6pm.

Karate testing will begin at 6pm, with Combative JuJitsu testing beginning as soon as karate testing concludes (around 8pm). Tests are cumulative in scope, requiring demonstration of past requirements as well as current techniques for advancement.

Physical fitness and stamina are also an integral element of rank advancement testing. Higher rank students will also be required to demonstrate practical self-defense applications.

Testing fees must be paid before a student can test. Fees can be paid in advance of, or the day of, testing. Questions? See your instructor.

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 Brian Wilson, Wayland Beavers and Levi Johnson.

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)

CONGRATS TO CLARKSVILLE STUDENTS



Parents, students and supporters filled the Clarksville dojo on Wednesday, April 14 for advancement testing. Ashley Sparks, David Kendrick, Kyle Bennett and John Terry comprised the testing panel as 24 students tested.

Congrats to Izaiah, Juan, RJ, Bailey, Caitlin, Eli, Aaron, Abel, Kevin, Calah, Chad, Brandon, Christopher, Jeremy, Savannah, Christopher, Damian, David, Miguel, Trystin, Ryan, Christopher, Ashton, AJ and Devin for earning rank advancement.

MIGUEL TORRES SEMINAR - BENTONVILLE



WEC Superstar, Miguel Torres, will be teaching a 6 hour seminar at the Inferno MMA Complex in Bentonville AR on Saturday, May 15.

Miguel will devote 3 hours to ground fighting and 3 hours to stand-up training, all from a MMA perspective. \$65 for one session or \$95 for both. This is an excellent training opportunity for MMA fighters, as well as those who compete in "No-Gi" grappling venues. For more information, visit the Inferno website: www.infernofightclub.com.

RIVER VALLEY INVITATIONAL : JUNE 12



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

Venue location has not been finalized at the time of publication, but will be announced in class in a few days. 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, both in Russellville and Clarksville.

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. Students will be issued a new ID card in May, 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.

As an incentive, we will “lock in” your current tuition rate and guarantee this rate as long as you stay actively enrolled with our program (active enrollment = no more than a 30 day gap in training). So you can “lock in” today’s tuition rate and not have to worry about keeping track of whether you wrote a check for this month’s tuition any more.

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.

River Valley Martial Arts

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International Karate Association

May, 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 10:00 Fight Team
2	3 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	4 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	5 5:30 Staff Mtg. 7:30 Grappling 8:15 Kickboxing	6 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu	7 7:00 Kickboxing 8:15 Grappling	8 10:00 Fight Team
9	10 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	11 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	12 5:30 Staff Mtg. 7:30 Grappling 8:15 Kickboxing	13 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu	14 7:00 Kickboxing 8:15 Grappling	15 10:00 Fight Team
16	17 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	18 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	19 5:30 Staff Mtg. 7:30 Grappling 8:15 Kickboxing	20 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu	21 7:00 Kickboxing 8:15 Grappling	22 10:00 Fight Team
23 / 30	24 / 31 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 JuJitsu	25 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B)	26 5:30 Staff Mtg. 7:30 Grappling 8:15 Kickboxing	27 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu	28 7:00 Kickboxing 8:15 Grappling	29 10:00 Fight Team

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).

Welcome Instructor Brian Wilson



We welcome Brian Wilson to our instructor staff. Brian is a MMA fighter and grappler who holds a blue belt in Brazilian JuJitsu, with more than 3-1/2 years experience in ground fighting. He is from the Inferno MMA program in Clarksville, and recently joined our school to help us expand our JuJitsu program, as well as to assist Dave Kendrick in growing our kickboxing, grappling and MMA platforms.

Brian will be teaching JuJitsu, both from a combative and sports perspective, as well as kickboxing and MMA. He will teach both traditional (Gi) jujitsu and no-gi (sport/MMA) classes, as well as join the MMA coaching team.

Welcome Inferno Fight Club Team Members

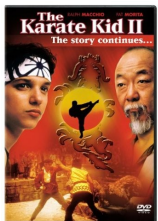


Solid Rock MMA welcomes several of the MMA fighters and grapplers who have transitioned from the Clarksville dojo to Russellville. Many of these fighters trained in the CMAS (Comprehensive Martial Arts Solutions) program, and are ranked in Nova Uniao (an internationally recognized Brazilian JuJitsu organization). A great group of guys, they bring a lot of experience and knowledge to our school and new students joining our programs will have a stable of seasoned team members to train with and learn from.

River Valley Martial Arts/Solid Rock MMA are now CMAS and Nova Uniao member schools, with rank in kickboxing, mixed martial arts and jujitsu being recognized by these organizations. Students will also have access to regular camps and seminars offered by other CMAS and Nova Uniao instructors, plus the opportunity to compete in a variety of tournament venues sponsored by CMAS and Nova Uniao member schools.



Karate Kid 2 “Pizza & A Movie” Parents Night Out Party



On Friday, June 4, we will host a “Retro” Karate Kid Pizza and a Movie Night. You and a friend can come and watch the original 1984 release of “The Karate Kid 2” while parents enjoy a night on the town. We will open at 6:30pm, with activities starting at 7:00pm. Cost is \$7.00 per student. Bring a friend (who has never visited our school) and pay only \$10 for you and your guest. Each additional guest is \$5.00.

Space is limited, so pre-register today to reserve your place at our “Pizza and a Movie” Parents Night Out.

We will watch the original “Karate Kid 2” movie, then get on the floor and practice the moves from the movie, as well as review some “Bully Buster” self-defense techniques. We will conclude with a “Next Karate Kid” competition to see who can show us their best “Daniel-San” demonstration, along with a review of our “Bully Buster” program.

Parents are encouraged to return to the school around 9pm to watch the competition and Bully Buster demonstration and take their children home when we conclude around 10pm. Children will need to be picked up no later than 10pm from the school.

The movie depicts Daniel San traveling to Okinawa (the birthplace) of karate and again having to deal with bullies, and a life and death struggle that illustrates the importance of believing in oneself and when it is important to fight..and when to walk away.

A positive message, with a great look at the traditions of Okinawan karate. This will be a fun night, and we hope that you will make plans now to attend this special Karate Kid 2 Parents Night Out.

Upcoming Events

2010 Events

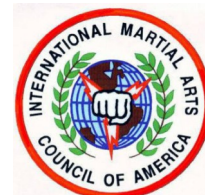
- May 14: RVMA Testing (Karate / Combative JuJitsu)
- May 15 : Miguel Torres MMA Seminar (Bentonville)
Session #1 Grappling
Session #2 Kickboxing
- June 4: Karate Kid 2 - Parent’s Night Out
- June 12: River Valley Invitational (Tournament)
- July 29-31 : IMAC National Training Camp (Nashville TN)
“Superfoot” Bill Wallace, Special Guest

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Recurring Payment Plan Authorization Form

Bank Account or Credit Card

Schedule your payment to be automatically deducted from your checking account, or charged to your Visa, MasterCard, American Express or Discover Card.

The Recurring Payment Plan will help you in several ways:

- It's convenient (saving you time and postage)
- Your payment is always on time (even if you're out of town), eliminating late charges
- It's easy to sign up

Here's how the Recurring Payment Plan works:

You authorize regularly scheduled charges to your checking/savings account or credit card. You will be charged each billing period the total amount due for that period. A receipt of payment will be emailed to you and will appear on your statement.

Please complete the information below:

I _____ authorize River Valley Martial Arts to charge/debit my
 (name)

account on the _____ of each month for payment of my bill.
 (date of transaction)

Billing Address _____ Phone# _____

City, State, Zip _____

Checking/ Savings Account

<input type="checkbox"/> Checking	<input type="checkbox"/> Savings
Name on Acct _____	
Bank Name _____	
Account Number _____	
Bank Routing # _____	
Bank City/State _____	

Credit Card

<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard
<input type="checkbox"/> Amex	<input type="checkbox"/> Discover
Cardholder Name _____	
Account Number _____	
Exp. Date _____	
CVV (3 digit number on back of card) _____	

SIGNATURE _____

DATE _____

I agree to notify the business in writing of any changes in my account information or termination of this authorization 15 days prior to the next due date of the charges. For ACH debits to my checking/savings account, I understand that because this is an electronic transaction, these funds may be withdrawn from my account each month as soon as the above noted transaction date. I acknowledge that the origination of ACH transactions to my account must comply with the provisions of U.S. law. I will not dispute the company's recurring billing with my bank or credit card company; so long as the transaction corresponds to the terms indicated in this agreement.