



ALONG THE WAY

River Valley Martial Arts Newsletter
October, 2010



WORDS OF WISDOM

"But all who listen to me will live in peace, untroubled by fear of harm."
Proverbs 2:5 NLT

This month, we examine the character trait of Fearlessness. Our ability to live a life free of fear is essential if we want to be a victor in life. Boldness, confidence and peace are the byproducts of fearlessness, and a fundamental character trait of the martial arts practitioner.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Fearless : **Living Life Unafraid**

(Fearless vs. Fearful)

1. Undisturbed by distress, apprehension or alarm
2. Without undue concern or anxiety
3. The act of living unafraid
4. Boldness in the midst of impending danger or pain

Why is it Important to be Fearless?

"What I always feared has happened to me. What I dreaded has come true."
Job 3:25 NLT

"Fear gripped me, and my bones trembled."
Job 4:14 NLT

"Why are you afraid? Do you still have no faith (boldness/confidence)?"
Mark 4:40 NLT

"But all who listen to me will live in peace, untroubled by fear of harm."
Proverbs 2:5 NLT

IMAC FALL TOURNAMENT-NOVEMBER 6



The IMAC Fall "Battle to be the Best" Tournament will be held on Saturday, November 6, 2010 in Fayetteville AR.

Competition in forms, fighting, self-defense and creative (musical) forms will be offered, with divisions based on age and rank. Trophies will be offered for 1st, 2nd and 3rd place, with a medal going to 4th.

Poster and registration information will be posted at the Dojo, and we hope for a good representation at this tournament. We are an IMAC-Member school, and this is our organization's fall tournament...so we appreciate your support of this event.

If you have questions about the tournament, please talk with your instructor.

FALL FEST- OCTOBER 30



River Valley Martial Arts will again be a part of the Downtown Association's Fall Festival on October 30th.

We will have an informational booth at the event, where we will be sharing information on our school, and will be doing a 30-minute demonstration near midday.

Some of our students will be helping with the demo, and we can also use some help in manning the booth during the event (9AM to 3PM). Booth volunteers will earn a blue star, and demo team members will earn a red star for their participation. Wear your RVMA T-shirt and come support us on October 30.

CLARKSVILLE TESTING-NOVEMBER 12



The next scheduled testing for Clarksville students is Friday, November 12. Students will be testing both in Karate and JuJitsu.

Testing will begin at 6:00pm and is expected to last about 2 to 2-1/2 hours. Fees for testing will need to be paid prior to the test, and can be prepaid (or collected on the day of testing).

If you have questions about your testing requirements, please talk with your instructor.

RUSSELLVILLE TESTING-NOVEMBER 19



The next scheduled testing for Clarksville students is Friday, November 19. Students will be testing both in Karate and Combative JuJitsu.

Testing will begin at 6:00pm and is expected to last about 2 to 2-1/2 hours. Fees for testing will need to be paid prior to the test, and can be prepaid (or collected on the day of testing).

If you have questions about testing, please see an instructor.

ROBSON MOURA SEMINAR - OCTOBER 16



7-Time World Champion Robson Moura (Nova Uniao) will be conducting a special Brazilian Jiu-Jitsu seminar at Revolution MMA in Benton on Saturday, October 16.

This is a unique opportunity to train with one of the top competitors and trainers in the world in BJJ, and space is very limited. Only the first 40 participants are eligible to train.

A special "Kid's Camp" will also be offered for younger grapplers and will include training and a pizza party. See your instructor for details, as this seminar will fill up fast.

7 Reasons to Trim Your Tummy Now

http://www.newsmxhealth.com/headline_health/reasons_trim_tummy/2010/08/23/343638.html?s=al&promo_code=A931-1

Measuring your waist may give you a better indication of your risk for many diseases than either your bathroom scale or even your body mass index (BMI). Scientists and doctors have known for years that a big belly is a health risk, but recent studies are backing up the theory with hard facts.

Fat that is stored around vital organs is called visceral fat. And it's deadly. Unlike the fat stored in other parts of the body, which can convert into energy, **belly fat continuously creates inflammatory compounds that wreak havoc in your body.**

To measure your waist, place a tape measure around the narrowest part of your waist, just above your hipbone. Make sure the tape is snug and level, but don't pull it tight. Exhale — don't suck in — and measure your waist. **Men whose waists are larger than 40 inches and women with waists bigger than 35 inches are at risk.**

Even people who are normal weight may be in danger if they carry extra weight in their stomach. Here are seven serious health reasons — including premature death — to lose visceral fat now:

1. Diabetes

A study in Diabetes Care showed that although obesity is a big factor in predicting insulin resistance, the biggest factor is stored fat in the belly. Belly fat surrounds organs necessary for regulating blood and makes it difficult for them to function properly, such as blocking the liver's ability to control insulin. **Experts say that losing belly fat can prevent 90 percent of people from developing pre-diabetes and can actually reverse Type 2 diabetes.**

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NATIONAL TRAINING CAMP : JULY 21-23, 2011 (CROWNE PLAZA - ADDINGTON TX)

2011 National Training Camp



2011 United States Martial Arts Hall of Fame Induction Ceremony

Make plans now to attend the 2011 National Training Camp, to be held from Thursday, July 21 through Saturday, July 23 at the Crowne Plaza Hotel in Addington (North Dallas) TX. Centrally located near many of the major tourist attractions in the Dallas Metroplex, 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: \$90/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 4 people can sleep in a room. Assuming 4 people to a room, here is how the costs break down:

\$150.00	Camp Participation Fee
\$100.00	Hotel (4 Nights, 4 People to a Room, Inc. Est. Tax)
\$ 60.00	Hall of Fame Banquet (Black Tie Affair)
\$310.00	Estimated Total Cost (Does not include fuel or food cost)

Start making your plans now to attend. We are working on getting discounted tickets to some of the nearby Dallas Metro attraction, making this a unique opportunity for the entire family. There are several local restaurants nearby, and many who attend the venue pack snacks, fruit and drinks. You're just a few minutes from Six Flags, Wild River Country, the Dallas Zoo and other family-friendly, quality attractions. We expect this to be one of the largest gatherings of martial artists in the history of IMAC.

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International Karate Association

RIVER VALLEY MARTIAL ARTS (RVL) - OCTOBER CALENDAR

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

SOLID ROCK MMA: OCTOBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5:30 Women's Kickboxing	2
3 2:00 Fight Team	4 7:00 No-Gi 8:00 Kickboxing	5 8:00 Brazilian Jiu-Jitsu	6 7:00 No-Gi 8:00 Kickboxing	7 8:00 Brazilian Jiu-Jitsu	8 5:30 Women's Kickboxing	9
10 2:00 Fight Team	11 7:00 No-Gi 8:00 Kickboxing	12 8:00 Brazilian Jiu-Jitsu	13 7:00 No-Gi 8:00 Kickboxing	14 8:00 Brazilian Jiu-Jitsu	15 5:30 Women's Kickboxing	16 Richard Bustillo Seminar—Rsvl
17 2:00 Fight Team	18 7:00 No-Gi 8:00 Kickboxing	19 8:00 Brazilian Jiu-Jitsu	20 7:00 No-Gi 8:00 Kickboxing	21 8:00 Brazilian Jiu-Jitsu	22 5:30 Women's Kickboxing	23
24 2:00 Fight Team 31 2:00 Fight Team	25 7:00 No-Gi 8:00 Kickboxing	26 8:00 JuJitsu - BJJ	27	28	29	30

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

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2. Heart Disease

Danish researchers found that having a spare tire around your middle may be worse for your heart than being obese. Their study, published in *Circulation: Journal of the American Heart Association*, found that women with too much belly fat had a higher risk of atherosclerosis than those who carried their fat in their hips, thighs, and buttocks. **Belly fat boosts the production of LDL ("bad") cholesterol**, which forms plaque in arteries, then becomes inflamed and swells, causing blockages.

3. Dementia

Boston University School of Medicine researchers found a link between smaller brain volume and big bellies in older adults. And a Kaiser Permanente study of more than 6,500 people found that those people who had spare tires when they were in their 40s had a greater risk of developing Alzheimer's disease and other forms of dementia in their 70s. **Those people who had the most belly fat raised their risk by 145 percent when compared to people with the least amount.**

4. Cancer

Korean researchers found that people who had a large waistline in their 40s more than doubled their risk of developing precancerous polyps in their colons. They had the same risk as men in their 50s who were of normal weight. The scientists suggested that men with a lot of belly fat undergo colon cancer screening at 45 years of age instead of 50.

5. Breathing issues

French researchers studied more than 120,000 people and found that those with excess abdominal fat were twice as likely to have impaired lung function than those without it. The association applied even to those whose weight was normal. Before the study, experts believed that a person had to be severely obese for fat to interfere with lung function.

6. Depression

A recent study from Rush University Medical Center in Chicago of more than 400 middle-aged women found a strong link between depression and belly fat. The depressed women had 24.5 percent more visceral fat than women who weren't depressed, and the **association was strongest in women who had a spare tire and were also obese.** Researchers said the connection seemed to be chemical and wasn't associated with a negative body image.

7. Early death

A study involving more than 350,000 people published in *The New England Journal of Medicine* discovered that having a spare tire can almost double your risk of dying prematurely — even if your BMI index says your weight is normal. **People at risk are those of those of normal weight who don't exercise and have excess fat around their bellies.**

Martial arts training includes an excellent fitness regimen, as those who are involved know. Coupled with good nutrition, martial arts training can benefit those looking to lose weight, tone muscle, improve flexibility and improve cardiovascular health. Most personal trainers and health care professionals recommend at a mere minimum you get 20-30 minutes of exercise a daily. Recent studies show that most people need at least 60 minutes of moderate exercise daily to maintain good fitness.

However, we believe exercise in class is not enough. That's why we encourage our students to regularly walk, jog, lift weights and practice martial arts outside of class. We have a commercial treadmill, a commercial elliptical and a weight machine in the back of the dojo and encourage our students to use these outside of class. Parents of our students are also welcome to use this equipment, or one of the many jump ropes, dumbbells or other exercise equipment we have onsite to improve your personal fitness level.

Upcoming Events

2010 Events

- October 2: RVMA Booth @ KidFest (Clarksville)
- October 2: RVMA Demo @ St. John's School (Russellville)
- October 16: Robson Moura BJJ Clinic (Benton)
- October 30: Fall Fest (Russellville)
- November 12: Testing (Clarksville)
- November 19: Testing (Russellville)

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