



ALONG THE WAY

River Valley Martial Arts Newsletter
September, 2010



WORDS OF WISDOM

"Be diligent, and turn from your indifference..."

Revelation 3:19 NLT

This month, we examine the character trait of Diligence. Our ability to be diligent in the affairs of life is an essential element to achieving greatness and the pursuit of excellence. Scripture speaks extensively about the importance of "best efforts", diligence and the integrity this requires.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

**Diligence: Focused Commitment to Complete a Given Task
(Diligence vs. Indifference)**

1. Constant, earnest effort to accomplish what is undertaken
2. Steady and careful application
3. The degree of care and caution required by circumstances
4. Earnest and persistent application of effort

Why is Diligence Important?

"Watch out so you don't lose what you have worked so hard to achieve. Be diligent so that you will receive your full reward."

2 John 1:8 NLT

"Lazy people don't even cook the game (food) they catch, but the diligent make use of everything they find."

Psalm 30:7 NLT

"Be diligent, and don't neglect this matter, for we must not permit the situation to harm the king's interest..."

Deuteronomy 6:17 NLT

"Be diligent & turn from your indifference." Revelation 3:19 NLT

SWAT FOUR-STATE OPEN - SEPT 25



The 19th annual "original" Four State Open will be held on Saturday, September 25 at Crowder College in Neosho MO.

Sponsored by the Southwest Association of Tournaments, this is one of the oldest tournament venues in the SWAT circuit, and one that our school has participated in for several years.

Competitions will be held in open-hand forms, weapons forms, musical forms and sparring. Multiple divisions will pair students by age and rank, and the venue is fair and family-friendly.

If you have questions, or are interested in competing in this upcoming tournament venue, please see your instructor. We hope to have representation from both our Clarksville and our Russellville schools at this venue.

RICHARD BUSTILLO - SEPTEMBER 18/19



The "Iron Dragon", Sifu Richard Bustillo will be doing two seminars in Arkansas in September.

Russellville (Sept. 18) Master Bustillo will be teaching muay thai/kickboxing and ground-fighting, from 10AM to 4PM.

Van Buren (Sept 19) Master Bustillo will be teaching Eskrima (stick fighting) and Jeet Kune Do from 10AM to 4PM.

Cost for a single session is \$60.00. Cost for both sessions is \$80.00. Pre-registration is strongly encouraged, as we are expecting a large turnout for this event in Russellville.

WOMEN-SAFE STARTS SEPTEMBER 13



The fall session of "Women-Safe" self defense will begin on Monday, September 13. This is a 12-week course, held on Monday nights from 8pm to 9pm.

Designed for women ages 12 and older, this holistic program focuses on teaching "danger awareness" and practical self-defense techniques through education and training.

Cost of the program is \$35 a month, and proceeds go to fund "Kid-Safe" activities in the River Valley.

DESTINATION DOWNTOWN - SEPTEMBER 23



River Valley Martial Arts will be a participating merchant in the upcoming " ATU Destination Downtown" event on Thursday, September 23.

The Downtown Association is planning a special night of activities to welcome ATU students back to Russellville, and to acquaint them with the downtown area of our city. Food, music, a scavenger hunt and a block party (with a live DJ) will be provided. Our school is a host merchant, and will be providing transportation with our school bus.

LIL DRAGONS CONTINUE "STRIKING"



The Lil Dragons have begun learning the 15 basic punches and strikes of Okinawan Karate. Over the next several weeks, we will learn how to make a proper fist, punch and use the open hand and fingers for striking / self-defense.

We will review our blocking drills, as well as cover some self-defense material from our "Kid-Safe" program in preparation for back to school.

A list of striking terms and definitions will be available at the dojos, both in Russellville and Clarksville.

Cancer cells slurp up fructose, U.S. study finds

http://news.yahoo.com/s/nm/20100802/hl_nm/us_cancer_fructose

WASHINGTON – Pancreatic [tumor cells](#) use fructose to divide and proliferate, U.S. researchers said on Monday in a study that challenges the common wisdom that all sugars are the same. Tumor cells fed both glucose and fructose used the two sugars in two different ways, the team at the University of California Los Angeles found.

They said their finding, published in the [journal Cancer Research](#), may help explain other studies that have linked fructose intake with pancreatic cancer, one of the deadliest cancer types.

"These findings show that cancer cells can readily metabolize fructose to increase proliferation," Dr. Anthony Heaney of UCLA's Jonsson Cancer Center and colleagues wrote. "They have major significance for cancer patients given dietary refined fructose consumption, and indicate that efforts to reduce refined fructose intake or inhibit fructose-mediated actions may disrupt cancer growth."

Americans take in large amounts of fructose, mainly in [high fructose corn syrup](#), a mix of fructose and glucose that is used in soft drinks, bread and a range of other foods. Politicians, regulators, health experts and the industry have debated whether high fructose corn syrup and other ingredients have been helping make Americans fatter and less healthy.

Too much sugar of any kind not only adds pounds, but is also a [key culprit in diabetes](#), heart disease and stroke, according to the American Heart Association.

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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) - SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu	7 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	8	9 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	10	11
12	13 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	14 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	15	16 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	17	18 Richard Bustillo Seminar—Rsvl
19 Richard Bustillo Seminar—FS	20 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	21 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	22	23 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adult Karate 8:00 JuJitsu - BJJ	24	25
26	27 5:30 Kick'n Kids (A) 6:00 Adults (A) 7:00 Combative JuJitsu 8:00 Women-Safe	28 5:00 Lil Dragons 5:30 Kick'n Kids 1 6:00 Kick'n Kids 2 7:00 Adults (B) 8:00 JuJitsu - BJJ	29	30		

SOLID ROCK MMA: SEPTEMBER CALENDAR

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

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Several states, including New York and California, have weighed a tax on sweetened soft drinks to defray the cost of treating obesity-related diseases such as heart disease, diabetes and cancer. The American Beverage Association, whose members include Coca-Cola and Kraft Foods have strongly, and successfully, opposed efforts to tax soda.

The industry has also argued that sugar is sugar.

Heaney said his team found otherwise. They grew pancreatic cancer cells in lab dishes and fed them both [glucose and fructose](#). Tumor cells thrive on sugar but they used the fructose to proliferate. "Importantly, fructose and glucose metabolism are quite different," Heaney's team wrote.

"I think this paper has a lot of public health implications. Hopefully, at the federal level there will be some effort to step back on the amount of high fructose corn syrup in our diets," Heaney said in a statement. Now the team hopes to develop a drug that might stop tumor cells from making use of fructose.

U.S. consumption of high fructose corn syrup went up 1,000 percent between 1970 and 1990, researchers reported in 2004 in the American Journal of [Clinical Nutrition](#).

Learn Continuous Chest Compression CPR with Sarver Heart Center's Newest Video

<http://medicine.arizona.edu/learn-continuous-chest-compression-cpr-sarver-heart-center%E2%80%99s-newest-video>

Every three days, more Americans die from sudden cardiac arrest than the number who died in the 9-11 attacks. You can lessen this recurring loss by learning Continuous Chest Compression CPR, a hands-only CPR method that doubles a person's chance of surviving cardiac arrest. It's easy and does not require mouth-to-mouth contact, making it more likely bystanders will try to help, and it was developed here at the University of Arizona College of Medicine. "This video is worth sharing," said **Gordon A. Ewy, MD**, director of the UA Sarver Heart Center and one of the research pioneers who developed this method.

Sarver Heart Center's newest video was developed to make it easy for people to learn Continuous Chest Compression CPR. Dr. Ewy is hoping the video, which is posted on YouTube, goes "viral" and gives more people the opportunity to be lifesavers. "Every day people are asked to forward e-mails to their entire contact lists. This is one e-mail link that can truly make a difference in people's lives," said **Karl B. Kern, MD**, professor of medicine at the UA College of Medicine, who chairs the Sarver Heart Center resuscitation group.

<http://www.youtube.com/watch?v=EcbgpiKyUbs>

If you see someone collapse who isn't responsive and has trouble breathing:

1. Tell someone to call 911 or make the call yourself.
2. Position the person with the back on the floor. Place the heel of one hand on the center of the chest (between the nipples) and the heel of the other hand on top of the first. Lock your elbows, position your shoulders over your hands and use your upper-body weight to "fall" downward. Lift your hands slightly each time to allow the chest wall to recoil. Try to compress at 100 beats per minute and about 2 inches deep until emergency help arrives.

Note: Mouth-to-mouth CPR still is recommended for drowning and very small children.

Upcoming Events

2010 Events

- September 13: Women-Safe Starts (Russellville)
- October 2: RVMA Demo @ St. John's School (Russellville)
- September 18: Richard Bustillo JKD Seminar (Russellville)
- October 16: Robson Moura BJJ Clinic (Benton)
- September 23: ATU - Destination Downtown (Russellville)
- October 22: MMA Venue—The Journey (Russellville)
- September 25: Four State Open (Neosho MO)

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