



ALONG THE WAY

River Valley Martial Arts Newsletter
September, 2009



WORDS OF WISDOM

"If God has given you leadership (or any other talent, gift or) ability, take the responsibility seriously..."
Romans 12:8 NLT

This month we take an in-depth look at the character trait of responsibility. Being personal accountable and answerable for the choices we make, as well as being reliable and dependable are all important elements of the Christian martial way.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Responsibility: Proactively knowing and doing what is expected of me. (Responsible vs. Unreliable)

1. Personally answerable or accountable
2. Competent, capable or trustworthy
3. Reliable or dependable
4. Answerable or serving at the discretion of another

Why is Responsibility Important?

"Your responsibility is to obey the terms of the covenant."
Genesis 17:9 NLT

"Potiphar gave Joseph complete administrative responsibility over everything he owned. With Joseph there, he didn't worry about a thing..."
Genesis 39:6 NLT

"Eleazar, son of Aaron the priest, was the chief administrator over all the Levites, with a special responsibility for the oversight of the sanctuary."
Numbers 3:32 NLT

"If God has given you leadership (or any other talent, gift, or) ability, take the responsibility seriously..."
Romans 12:8 NLT

COMBATIVE JUJITSU STARTS IN SEPTEMBER



RVMA will begin a Combative JuJitsu class starting in September. This class will meet for one hour, once weekly, each Wednesday, starting at 6:30PM. Cost is \$40 a month.

While Okinawan Karate includes many elements also found in JuJitsu, this program focuses exclusively on submission wrestling and the combative ground fighting elements of JuJitsu.

Both for self-defense purposes, as well as MMA cross-training, Combative JuJitsu is a belt-ranked training program for students interested in submission wrestling or ground fighting, or as an "add on" class for Karate practitioners who desire specialized training in the ground fighting elements of their given art.

HOLIDAY OPEN - SAT SEPT. 26



The 18th Annual "Holiday Open" Karate Tournament will take place on September 26 at Crowder College in Neosho MO.

Competition in forms, fighting, weapons, and musical forms will take place at the venue. \$40 admission covers the cost of one or all venues (\$30 if a 2009 SWAT member). Registration will begin at 9:30AM and competition begins at 10:30AM.

If sufficient interest is indicated, we will take the RVMA bus to the event. There will be a \$10 charge per person to help defray the fuel cost to and from the event.

Otherwise, we will carpool to the event from the dojo.

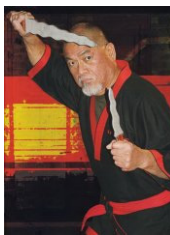
RVMA MAKE-UP TESTING - SEPT 14



Monday, September 14 is the test date set for those who were unable to make the last testing opportunity due to vacation, sickness, or travel (as well as those who may have outstanding requirements from the August 14 test).

Rank Testing will begin at 4:30PM and is expected to conclude by 5:30PM. If you are unsure if you are eligible to test, please check with your instructor. Testing fees are due prior to testing, see bulletin board for applicable fees.

GM BUSTILLO SEMINAR - NOV 7



We are honored to have Grandmaster Richard Bustillo as our special guest instructor for a day of cross-training on Saturday, November 7.

A first-generation student of the legendary Bruce Lee, GM Richard Bustillo brings a wealth of experience in JKD, Muay Thai, Eskrima, and more, and will be teaching 3 sessions during this special training day. \$50 pre-registration and \$60 day of the event. Make plans NOW to attend.

MARTIAL FITNESS BEGINS IN SEPTEMBER



RVMA will be starting a "Martial Fitness" program in September. With an emphasis both on cardio and strength (resistance) training, this class will meet for 45 minutes a day, 3X weekly.

In addition to its focus on exercise, the program will also focus on nutrition and lifestyle changes that will help participants tone, lose weight and maintain a "fit" lifestyle.

Classes will meet Monday, Tuesday and Thursday from 7:30PM to 8:15PM and will cost \$50 a month.

Kumite Karate—Taking Advantage of Downtime

By: Sensei Jason Stanley (KarateTips.com)

Many of my junior students have a lot of talent. Youth is on their side and they have the acrobatic skills of alley cats. They can punch and kick with both sides of their bodies almost equally well, and they have flexibility that makes grown men cry. There is one student who stands head and shoulders above the rest. He's the leader of the pack. He's always at training, has good technique, listens well and has great timing when he fights...He loves to go to tournaments and usually does ok, but not as great as he could do given his exceptional skills.

The reason he fails at tournament kumite is that he experiences something that I too was no stranger to in my early karate life...and I dare say you've experienced it also. Until I learned to combat it, this hostage-taker held me for ransom at tournament after tournament. This hostage-taker's name is "downtime".

Downtime in karate terms is the mental "switch off" between brain and body. It's the time when you relax and let go of all tactical thought, you drop your hands and stop moving. It's the time when you're too relaxed; the time when you get hit. Yet it's something that you are in control of 100%. Your opponent has no control over your downtime, unless you allow them to (which we'll discuss in a minute).

Here are some examples of when people "switch off" and experience downtime.

- After a score
- When they think they've been hit
- When they think they've hit their opponent
- When changing stance
- When you/your opponent thinks they've scored and looks at the referee for validation
- When you/your opponent take your eyes off each other
- When the buzzer goes off, but before the ref says "yame" (stop)
- After you've been hit with a good technique
- When you're not in the danger zone
- When you/your opponent drops their hands

This past weekend I took 10 or so junior students to a local tournament, and while we came back with 6 medals, the reason we didn't come back with more (and more gold, specifically) was largely due to the kids experiencing downtime. It's not JUST kids who experience it mind you. I know plenty of adults who switch off during their fights too. I know I have, and I bet you have too. So with that in mind let's look at ways to guard against downtime.

It should be no surprise that if you train like you fight and you always practice staying sharp and focused you'll experience far less downtime than those people who sometimes practice staying sharp and focused. Conversely if you rarely practice staying sharp and fast but you expect to be able to do it when you fight, then you're kidding yourself.

Tip – Always practice staying sharp and focused. Soon it'll become second nature.

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International Karate Association

September, 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:00 Lil Dragons 5:30 Kick'n Kids (B) 6:30 Adults (B) 7:30 Martial Fitness	2 5:30 Weapons 6:30 Jujitsu	3 5:00 Lil Dragons 5:30 Kick'n Kids 6:30 Adults 7:30 Martial Fitness	4 5:30 Black Belt Club	5
6	7 5:30 Kick'n Kids (A) 6:30 Adults (A) 7:30 Martial Fitness	8 5:00 Lil Dragons 5:30 Kick'n Kids (B) 6:30 Adults (B) 7:30 Martial Fitness	9 5:30 Weapons 6:30 Jujitsu	10 5:00 Lil Dragons 5:30 Kick'n Kids 6:30 Adults 7:30 Martial Fitness	11	12
13	14 Make-Up Test 5:30 Kick'n Kids (A) 6:30 Adults (A) 7:30 Martial Fitness	15 5:00 Lil Dragons 5:30 Kick'n Kids (B) 6:30 Adults (B) 7:30 Martial Fitness	16 5:30 Weapons 6:30 Jujitsu	17 5:00 Lil Dragons 5:30 Kick'n Kids 6:30 Adults 7:30 Martial Fitness	18	19
20	21 5:30 Kick'n Kids (A) 6:30 Adults (A) 7:30 Martial Fitness	22 5:00 Lil Dragons 5:30 Kick'n Kids (B) 6:30 Adults (B) 7:30 Martial Fitness	23 5:30 Weapons 6:30 Jujitsu	24 5:00 Lil Dragons 5:30 Kick'n Kids 6:30 Adults 7:30 Martial Fitness	25	26 SWAT Tourney Neosho MO
29	30 5:30 Kick'n Kids (A) 6:30 Adults (A) 7:30 Martial Fitness					

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)

That's only \$30 a month 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.

How to stay sharp and focused

- Physical reminder – when warming up, try not to tense up. Stay relaxed when executing your technique.
- Mental reminder – consciously tell yourself using your inner dialog “light and sharp”, instead of “crush, kill, destroy”.
- Visual reminder – write down the things you do during your downtime and then focus on the opposite. For example, if you drop your hands a lot, then write down “hands up”. Remember what you focus on expands, so it’s important to focus on what you want instead of on the mistake you’re making.
- Auditory reminder – have your friend/sensei/coach tell you “stay sharp and focused”. You repeat it back to them.

So now that you know how to guard against downtime, let’s look at how to elicit downtime in others...

Tip – A great way to win a fight is to make your opponent think one thing while you hit them with another.

Body language experts have shown time and time again that when one person makes a certain posture, often the other will subconsciously follow. Sales people have known this for decades and use these kinds of techniques to put their prospect at ease so they are more likely to be persuaded and agree with them and subsequently make the sale.

So how can you apply this to karate kumite?

- Drop your hands (careful – ensure proper distance so you don’t get hit)
- Relax your body after a failed attempted score (a novice opponent will mimic your body language and also switch off).
- Look at the referee... opponent might also? (again ensure proper distance)
- Can you think of any others?

Once you’ve gotten your opponent to “switch off”, you can take them by surprise...Many years ago back in Australia at my first national titles, I was fighting the reigning national champion, and I had him cornered. He pulled off his mitt and held his hand high to get the referee’s attention (a tactic I suspect he was using to have the referee stop the match and bring us back to the center of the tatami). As soon as he did this, I looked at the ref too! This was a perfect example of him eliciting downtime in me.

Thankfully for me, my coach yelled at me, “Don’t stop!! Hit him!” My opponent was expecting the ref to stop the fight and allow him to fix his glove, but the ref didn’t buy his ploy. At this time my opponent experienced downtime of his own and I took advantage, and slapped his cheek with my front leg mawashi geri (roundhouse kick). This time his “downtime attack” backfired! But it was a valuable lesson that I’ve never forgotten.

In closing...Remember YOU are in control of your own downtime/uptime unless you decide to play victim and allow your opponent to dominate the fight. Always train like you want to fight (focused and with zero downtime) and it’ll become part of you, so that eventually you’ll experience 100% uptime. Aiming for 100% uptime allows you to think tactically, to be proactive and put you in a better position to control the fight. There is nobody to blame for your own downtime other than yourself. Being caught off guard because you feel tired, aren’t warmed up or whatever other reason gives your opponent control. And who wants to allow their opponent to control the fight?

Upcoming Events

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| <ul style="list-style-type: none"> • September 1: Martial Fitness Begins • September 2: Combative JuJitsu Begins • September 14: Make-Up Testing @ 4:30pm • September 25: SWAT Tourney (Neosho MO) | <ul style="list-style-type: none"> • October 17: SWAT Tourney (Adrian MO) • October 24: Kyle & Callie Wedding (Mt. Nebo State Park) • November 7: GM Bustillo Seminar @ RVMA • November 14: RVMA Testing • December TBA : RVMA Christmas Banquet |
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