

maFastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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“Success seems largely a matter of hanging on after others have let go.”

– William Feather, author, *As We Were Saying*

“I don’t measure ‘success’ every day. I measure how much we have left to do.”

– Daniel Snyder, president & CEO, Snyder Communications, Inc.

“The successful man is the one who had the chance and took it.”

– Roger Babson, founder, Babson-United, Inc.

“The secret to success is to start from scratch and keep on scratching.” – Dennis Green, former NFL coach

“Educated risks are the key to success.” – William Olsten, CEO, Olsten Services Corporation

“Success on any major scale requires you to accept responsibility ... In the final analysis, the one quality that all successful people have ... is the ability to take on responsibility.” – Michael Korda, author, *Success and Power! How to use It, How to Get It*

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Defining Success

“Whenever an individual or a business decides that success has been attained, progress stops.” – Thomas J. Watson, Sr., founder, IBM

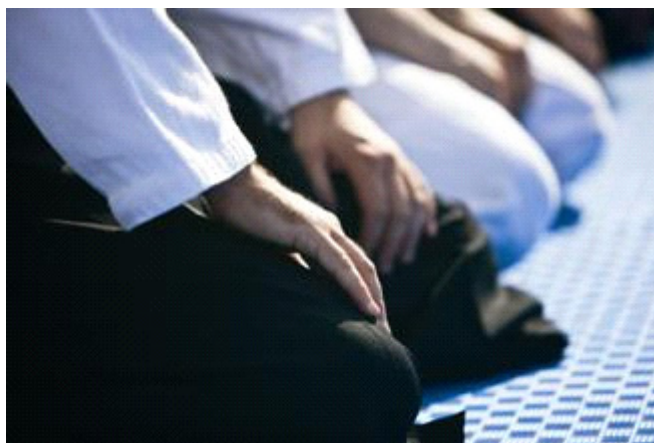
Success

means different things to different people. For some, it means having great wealth. For others, it’s fame. Some consider power the ultimate measure of success. Still others define it as contributing something meaningful to the lives of others. However you define success, there are some consistent elements that are necessary to achieve it.

First, you must be dedicated to your endeavor. You cannot do something half-hearted and expect to be successful. You must commit yourself fully. This means sometimes sacrificing other things you might want in order to achieve the success you are seeking. It also means being tenacious, not giving up because the road has become difficult. As William Feather, author of *As We Were Saying*, notes, “Success seems to be largely a matter of hanging on after others have let go.”

Success also involves risk. In the movie *Dead Poets Society*, Robin Williams’ character teaches his students the Latin phrase, “carpe diem” – seize the day. This requires a certain amount of risk taking. We’re not talking about the kind of risk that would be classified as “risky behavior” – drug use, alcoholism, philandering, etc. We’re talking about taking risks that will help you grow as an individual and stretch your talents and abilities. This sometimes means doing something others would be afraid to do. It means seizing an opportunity others don’t see. Roger Babson, founder of Babson-United said, “The successful man is the one who had the chance and took it.”

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WHAT’S INSIDE

School Calendar

Tips for Healthy Living from RealAge.com



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Your School Calendar:

August 8, 2009 - SWAT Tournament, Pittsburg KS

August 15, 2009 - RVMA Testing

August 17, 2009 - New Class Schedule Begins

August 21, 2009 - RVMA Demo @ Grind Station

September 26, 2009 - SWAT Tournament, Neosho MO

October 10, 2009 - Inferno MMA Fights, Clarksville AR

October 24, 2009 - Kyle and Callie Wedding, Mt. Nebo State Park

November 14, 2009 - RVMA Testing

Coming in September:

Dr. Clement Reidner, Head of the Christian Black Belt Association, will be making his fall tour and is expected to visit our dojo. Date and times to be announced.

Martial Fitness: A Cardio-Fitness program incorporating martial arts training with a high intensity cardio/strength training workout.

Combative Jujitsu: A specialized class focusing on the ground fighting elements found in Karate and Japanese Ju-Jitsu.



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Tips for Healthy Living from RealAge.com

RealAge.com is an online source of health information. It provides a variety of tips on how to keep your “real age” as young as possible. Below is some recent tips offered by the website:

Lower Your Blood Pressure

Want to keep your blood pressure down? Try drinking beet juice. According to the site, one study revealed that people who drank a serving of beet juice had a drop in blood pressure just one hour later. In addition, their systolic blood pressure remained low twenty-four hours later! The site warns against consuming large amounts of beet juice, but indicates that a serving per day can help drop your blood pressure significantly.

Protect Yourself Against Night Colds

According to a study cited by RealAge.com, one of the best protections against night colds is getting enough quality sleep. Says the site, “Getting a little less sleep – under 7 hours instead of 8 or more – made people three times more likely to get sick after exposure to a cold virus.” In addition, it may be more important that the sleep you get is quality sleep than lengthy sleep. Again, according to the study, people “were five times more likely to get sick when their sleep quality dipped – even if it just dipped a smidge.”

Avoiding the Late Night Munchies

According to RealAge.com, if you want to reduce the amount of food you’re eating late at night, then choose comedies over tearjerkers. Another recent study revealed that people who watched funny movies ate nearly thirty percent less buttered popcorn than those who watched sad movies. The study points out sad feelings trigger cravings for “comfort food.” Another part of the study determined that people who read the labels on snack foods were also less likely to eat as much popcorn as those who didn’t.

The Benefits of Ginger

Ginger has a variety of benefits. Its newest, according to a recent study, is reducing joint pain. According to the study, people with stiff, sore, osteoarthritic knees took ginger for six weeks, they felt significantly better than those in the study that took a placebo. Ginger is also suspected to have some anti-cancer properties. And, it’s a natural nausea reliever. Feeling bad, try some ginger.



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Defining Success

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In addition, success requires us to take a personal inventory of our talents and abilities, likes and interests, resources, and values. When we know these things we can effectively utilize them in the right way to achieve success. If we don't know what our abilities are, how can we use them to achieve the success we seek? This is why Warren Bennis, founder of the Leadership Institute of the University of Southern California said, "The key to success is identifying those unique modules of talent within you and then finding the right arena to use them. Knowing who you are and what you can do is critical to being successful.

Finally, being successful requires a different attitude about failure. Ross Perot, founder of EDS & Perot Systems, and a former presidential candidate, stated, "Failures are like skinned knees – painful, but superficial." Successful see failure as the stair steps to success. They know that not every endeavor

will be successful, but the trying, the competing, the striving is what will produce ultimate success.

As you consider these four keys to success – dedication, risk, personal inventory, and failure – examine them in the context of your martial arts training. Are you a "successful" martial artist? How do you define success in your training? Are you dedicated to your training? Do you take risks that will stretch your abilities? Do you regularly evaluate your abilities? And do you let failure paralyze you or motivate you to improve?

Challenge yourself to apply these principles of success to your martial arts training and to other areas of your life. And remember National Football League coaching legend Vince Lombardi's encouragement, "In great attempts, it is glorious even to fail."

National Training Camp Re-Cap

The 2009 United States Martial Arts Hall of Fame National Training Camp was once again an incredible event. More than 20 hours of instruction were taught by world-class instructors from the United States and around the globe.

Guests included Richard Bustillo (first generation student of Bruce Lee and Board Member of the Bruce Lee Education Foundation); Cacoy Canete (highest ranking Eskrima master in the world, age 90); Irving Hoffman (first generation student of Chuck Norris, began his first school at age 14); Vic Moore (the Man Who Fought Them All); Frank Dux (NinJitsu); Jerry Cook (Kung Fu Grandmaster and Walking Martial Arts Encyclopedia); Ron Pierce (Kajukenbo); Pete Mills (Isshin-Ryu); Ashita Kim (Kung Fu); Doug Dwyer (Black Dragon Fighting Society Head of Family); OJ Guerra (Motion Picture Stunt Coordinator & Knife Figher); Ted Molina (Kung Fu); Danny Sobreraro (MMA: Team Thunder); Don Wilhelm (Kajukenbo); Professor Marty Cale (Jujitsu) and more.

Sensei Kyle, Sensei Callie and Joshua Terry were chosen to perform as part of the demonstration team before the Council of Grandmasters on Friday evening. Sensei Kyle performed an Okinawan Bo kata, Sensei Callie performed Pinan Godan, and Joshua performed a musical adaptation of Pinan Shodan and Pinan Yondan.

Next year's event will be in Nashville TN from July 30 through August 1, 2010.



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