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“There is in this world no such force as the force of a man determined to rise. The human soul cannot be chained,” according to — *W.E.B. DuBois.*

Indomitable spirit is a combination of inner strength and commitment. It's what keeps the last-place marathon runner going until she crosses the finish line, long after the crowds have gone home. Indomitable spirit is confidence and a winning attitude. Indomitable spirit is infinite patience, perhaps best demonstrated by Mother Nature: It's how the Colorado River carved out the Grand Canyon! — *By Jason Gould*

Strength does not come from physical capacity. It comes from an indomitable will. — *Mohandas Gandhi*

We learned to be patient observers like the owl. We learned cleverness from the crow, and courage from the jay, who will attack an owl ten times its size to drive it off its territory. But above all of them ranked the chickadee because of its indomitable spirit. — *Tom Brown, Jr.*

Quiz: Fitness Fact or Fitness Fiction?

It's April, the relentless commitment to New Year's resolutions have gone by the wayside for many of us, so here's a quick quiz about the facts of fitness to combat the myths that abound. Even the most fitness-savvy can be duped by fitness fiction, and following outdated or unproven advice may keep you from getting the maximum benefit from your regimen.

Can you separate fitness fact from fitness fiction? Take this quiz to find out — and consider renewing your commitment to your fitness regimen. Answer True or False to the following questions.

1. When you exercise, go for the intense burn in your muscles.
2. Aerobic exercise is all that really matters.
3. When you strength train you are likely to bulk up.
4. Exercising in the evening may make it difficult to sleep.
5. Exercise has to be strenuous to be beneficial.
6. You can eat whatever you want if you exercise enough.
7. Abdominal exercises will flatten your stomach.
8. Aerobic exercise permanently speeds up your metabolism.
9. Exercising daily will cause you to be exhausted.
10. The more you sweat, the more fat you'll lose.

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Martial Arts Manners

You may be new to the martial arts or you may be a seasoned black belt- whatever your rank, it's always a good idea to practice your martial arts manners. If you are a parent of a student, reinforcing manners at home is key to growing the character of your children.

A popular reason for enrolling children in the martial arts is to develop "life skills." These skills include discipline, self-control, patience, confidence, and courage, among others. The idea with these skills and this motivation is to reinforce what is already being taught at home. Martial arts classes can be a valuable tool for helping to really drive home the points you make at home in a very real way.

Proper etiquette is a cornerstone of Martial Arts. While each martial arts school may vary in what is considered proper, there are certain rules that remain consistent throughout the worldwide martial arts community.

The atmosphere inside any martial arts school is one of courtesy and respect, which is often very different from the atmosphere outside the classroom. For example, inside the school students must address instructors with a respectful title, no matter the age of the instructor. However, outside the school, students are accustomed to calling people by their first names. So it is no surprise that those new to the martial arts often are confused by the etiquette of Martial Arts.

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Your School Calendar:

<p>Saturday, April 5, 2008</p> <p>IKA Rank Testing</p> <p>Youth: 10AM to 12:30PM</p> <p>Adults: 1:30PM to 4:00PM</p>	<p>Friday, April 11, 2008</p> <p>Dwight Elementary School RVMA School Demonstration</p> <p>5:40—6:00PM</p> <p>Dwight Elementary School Russellville AR</p>	<p>Saturday, April 12, 2008</p> <p>Karate for Christ Mini-Camp</p> <p>10AM to 3PM</p> <p>RVMA Dojo Russellville AR</p> <p>No Charge to Attend Bring your Own Lunch</p>
<p>Saturday, April 19, 2008</p> <p>Southwest Classic Tournament Neosho MO</p> <p>Tournament Starts @ 10:30AM</p> <p>Leave from Dojo @ 7:00AM</p>		<p>Saturday, April 26, 2008</p> <p>Party in the Park RVMA Demonstration</p> <p>1PM to 1:30PM</p> <p>City Park Russellville AR</p>

Quiz: Fitness Fact or Fitness Fiction?

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The correct answer to EACH of the questions is ... FALSE! Read details for each question below.

1. “No pain, no gain”? Not true. Exercise doesn’t need to hurt. A little muscle soreness when you do something new isn’t unusual, but soreness doesn’t equal pain. If it always hurts, you’re probably pushing yourself too hard.
2. Aerobic exercise is important, but a balanced fitness program also includes strength training and stretching, as well as exercises to improve balance and stability. Martial arts is a great workout which integrates aerobic exercise, strength training, and flexibility.
3. If you simply want to improve your strength and muscle tone, don’t worry about pumped-up muscles. Genetics and gender also affect your “bulk ability”.
4. Regular exercise can actually help you fall asleep faster and deepen your sleep. The timing is up to you — but if you’re having trouble sleeping, you might want to try late afternoon martial art workouts. If you exercise too close to bedtime, you might be too alert to drift off when it’s time to go to sleep.
5. You don’t have to push yourself to extremes to get the benefits of exercise. You can fit plenty of physical activity into your life by doing things you enjoy. Supplement your martial arts training with an occasional hike, bike ride, or swim. If you’re short on time, take 10-minute activity breaks — think jumping jacks, brisk walks, running in place — throughout the day.
6. You deserve a reward for sticking to a workout routine, but eating with abandon isn’t the answer. If you consume more calories than you burn in a day, you’ll gain weight — no matter how much you exercise. Instead, strike a sensible balance between what you eat and how much you exercise.
7. Crunches and other ab exercises can help you strengthen your abs and improve your posture and abdominal muscle tone. But muscle is muscle and fat is fat. If you have excess abdominal fat, you won’t be able to see your ab muscles, no matter how many crunches you do. To lose the fat — and show off those toned abs — you need to burn more calories than you consume.
8. Your metabolism — the rate at which you burn calories — speeds up while you’re exercising, and perhaps for a short time afterward. But it doesn’t stay that way all day. If you want to rev up your metabolism overall, supplement your martial art training with some light weight training. You’ll build calorie-burning muscle while you’re working off excess fat. Ask your instructor which strength training exercises will best complement your martial art training.
9. Regular exercise can actually leave you feeling energized and looking better, which may have a positive effect on your self confidence. But there’s more to it than that, exercise improves your circulation, which can lead to a healthy glow.
10. The harder you work out, the more calories you’ll burn — and the more fat you stand to lose. But how much you sweat is not a reliable indicator of how hard you’re working, and any weight you lose through sweating is almost entirely water. The weight will return when you drink after your workout.

Martial Arts Manners

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In this martial arts school, we strive to teach all students proper etiquette that always applies in the martial arts school and hopefully, everyday life; it is courtesy and respect that make true martial artists stand out in all aspects of their lives. And if there are situations for which there is no clear rule, it is always wise — whether wearing a uniform and belt or not — to strive always to be modest, courteous and respectful to all, in particular those who are senior to you.

RVMA Student Pledge

I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.

I intend to develop self-discipline and self-control, in order to bring out the best in myself and others.

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

I'm on a quest to be my best!



River Valley Martial Arts

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