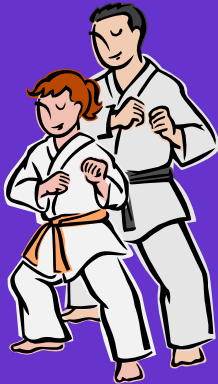


About River Valley Martial Arts

Combining traditional martial arts instruction and Christian principles, RVMA is the premiere Christian martial arts program in the River Valley. We are Karate for Christ certified,



and a member school of the International Karate Association. We are the area's only "Kid-Safe" and "Women-Safe" certified center by the National Security Alliance and a member of the International Martial Arts Council and the Christian Black Belt Association.

We offer classes for children, teens, and adults in a family-friendly atmosphere that focuses on fitness, self-defense, and positive character development.

While girls still participate in what are called the "aesthetic" activities, those which focus on appearance, gracefulness, and physique, the martial arts can provide a refreshing option for girls who want to get physical. A martial arts academy can be a place where girls aren't judged on aesthetics, but rather, by what they can personally accomplish through focus, perseverance, practice, and strength of character.

Dr. Robyn Silverman, , Child Development Expert
MASuccess, Aug 2008



River Valley Martial Arts

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Hang Up the Tights & Put on the Gi



Why Martial Arts is SO Great For Girls

www.rivervallemartialarts.com

Pink-Clad Girls Look Great in Black Belts

"It used to be that "sugar and spice and everything nice" came in one color, pink. But times are changing. Girls aren't just donning frilly tutus anymore. They're joining marital arts. And why shouldn't they? Benefits range from physical strength to powerful confidence." MASuccess (August 2008)

Martial Arts is NOT Just For the Boys

Girls are joining martial arts programs in growing numbers, and for a number of reasons, and not just for the ones you might think.

Martial Arts is a Body Positive Activity



Girls today have to contend with endless messages telling them they aren't "good enough", "smart enough", or "thin enough" to succeed. Research shows that attire and uniforms influence

how a girl feels about her body. Gender free martial arts uniforms don't focus on perceived flaws and developing body parts.

Aesthetic sports factor in appearance in the scores of competitive participants. In the martial arts, personal performance (not looks) determines the outcome of an event.

Martial Arts Encourages Personal Best



Rising through the ranks of the martial arts is one of personal achievement rather than a group competition. Someone else's success does not lead to another person's failure. Rank advancement is based on effort, technique and personal improvement. Advancements are a reward for hard work and a celebration of achievement.

Martial Arts Develops Physical Confidence

While girls can be "girly", there is nothing "ladylike" about the martial arts. Martial arts schools can give young girls a place to develop their physical self-confidence as well as



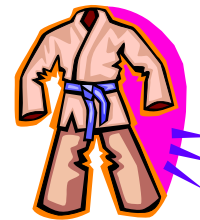
self-control, posture, and the ability to fight and defend themselves.

Through martial arts training, girls learn to tap into their amazing physical attributes, and explore their dominant and authoritative sides, becoming more confident leaders in school and in life.

Martial Arts Provides Character Education

Martial arts is much more than learning how to punch and kick...it's about building character from the inside out. The martial arts teaches discipline, respect, self-esteem, personal responsibility, and courtesy as core values. Perseverance, focus, determination, and patience are also essential qualities acquired through martial arts training. Being one's best depends on strong values, and living these values out in one's daily life.

Martial Arts IS For Girls Too



Through martial arts training, girls can become strong in body and in character, and these lessons can be applied to every area of her life. Girls learn they can be well rounded, kind and strong...all at the same time.