

## River Valley Martial Arts

River Valley Martial Arts is the premiere martial arts / fitness school in the Arkansas River Valley, and offers classes for children, teens, and adults.

In addition to having certified martial arts & fitness instructors on staff, RVMA is a designated “Kid-Safe” and “Women-Safe” self-defense training center by the National Security Alliance.

Our certifications and professional memberships include the International Martial Arts Council, International Karate Association, Christian Black Belt Association, Karate for Christ, and Christian Martial Arts Council.

RVMA offers a fun, family-friendly place to train, with classes for all ages. Rates are affordable, and we don't require a long-term contract.



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A Martial Arts  
Fitness Program  
Designed for  
Children Ages 3-6

# RVMA Lil' Dragons

## More Than Punching & Kicking

Focusing on fitness and fun, the Lil' Dragons program at River Valley Martial Arts delivers a safe, energetic, fun-filled environment for children ages 3-6 to develop.

Fitness: One in three children today are overweight, and our martial arts/fitness helps keep kids active, and teaches the importance of good nutrition. Drills and games help make exercising fun, while building strong bodies and promoting a healthy lifestyle.

Martial Arts Skills: Our Lil' Dragons program teaches children the basics of the martial arts, including:

- Punching
- Kicking
- Blocking

Emphasis is placed on self-defense, dealing with bullies, and stranger danger. We also help our children improve mental focus through memorization of forms (a grouping of individual techniques into a pattern).

Martial arts instruction also teaches respect and reinforces self-discipline and self-control, as well as positive character development and self-esteem.

Safety Skills: Today's children grow up in a world that is much different than those of their parents. Our Lil' Dragons program teaches a variety of safety skills, including:

- Anti-Drug
- Fire Safety
- First Aid
- Health
- Holiday Safety
- Home Safety
- Stranger Awareness
- Traffic Safety
- Weather Safety

Life Skills: As children grow, it is important they develop the necessary life skills to excel in life. Our Lil' Dragons program focuses on teaching essential life skills, including:

- Balance
- Cooperation
- Coordination
- Discipline
- Exercise
- Listening
- Memory
- Nutrition
- Respect

Tournaments: Lil' Dragons can compete in family-friendly competitions against other kids their own age, and earn medals or trophies if they do well. This rewards individual effort, and is a great place to make new friends.

Classes: Students meet for 30 minutes, twice weekly, at our training facility. Girls and boys train together, and have a lot of fun while learning to value and encourage each other in a respectful way.

Certified Instructors: In addition to being certified martial arts instructors, we also have a certified youth fitness instructor, nutrition consultant and personal trainer on staff.

Kid-Safe Center: Our school is the only school in the River Valley to be NSA-certified as a "Kid-Safe" Center, and we are proud participants in the Kid-Safe Network Rapid Search Network Child-ID program.

Check Us Out: We believe we have the #1 martial arts/fitness program for children (and adults) in the Arkansas River Valley and encourage you to see for yourself.

We offer an introductory class to allow your children (and you) to evaluate our program. Our rates are affordable, and we don't require a long-term commitment.

Our Lil' Dragons program help parents raise children with a core set of positive character values, along with life and safety skills, that improves their chances to excel both at school and in life.