



ALONG THE WAY

River Valley Martial Arts Newsletter
April, 2008



www.rivervallemartialarts.com

WORDS OF WISDOM

"Be humble, and regard others as more important than yourselves..."
Philippians 2:3

This month, we take a look at "**Humility**" in the Christian Martial Artist's Code of Conduct. We are either characterized as one who is prideful and arrogant, or one who is courteous, respectful, and modest. As Christian martial artists, we are taught to mirror the life of Christ in our daily lives, and this includes living a life of humility.

The Bible promises us great rewards if we demonstrate true humility in our daily lives, and this is a prize worthy of our pursuit.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Humility: Acting without self-importance

1. Modesty, not demonstrating pride or arrogance
2. Courtesy, respectfulness
3. Meekness (gentleness or kindness) in behavior, in attitude or in spirit

"The reward of humility and respect toward God are riches, honor and life."
Proverbs 22:4

"Walk in a manner worthy of your calling in Christ with humility, gentleness, and being patient with one another."
Ephesians 4:1-2

"Be humble, and regard others as more important than yourselves..."
Philippians 2:3

Why is Humility Important?

1. It is the absence of pride or arrogance in speech or attitude
2. It is modesty in our appearance and our behavior
3. It is the demonstration of courtesy in our dealings with others
4. It is putting the needs of others before our own

LIL' DRAGONS UPDATE

Lil' Dragons have started work on their "Home Safety" Merit Badge this month.



Many accidents occur in and around the home, and this module is designed to address many of these safety issues and help Lil' Dragons to be careful at home.

We will cover safety issues surrounding animals, electricity, and unsafe hiding places, as well as outdoor / playground safety.

We encourage parents to listen in on our "mat chats" with the Lil' Dragons to reinforce what we are discussing with your children. At the end of this module, the Lil' Dragons will have to complete a short quiz with their parents to qualify for their Home Safety Merit Badge.

BRING A BUDDY CONTEST

April is "Bring a Buddy" Contest month at RVMA. Once a year, we have a friendly competition to see which of our students can bring the most new visitors into our school, and win a great prize as well.

We have Guest Passes available for you to share with your friends you can customize with your name. When your visitor present this guest pass, you are credited with that visitor. The one who brings the most visitors (minimum of 3) will receive a cool prize.

Get your guest passes, as the contest starts on April 1.

IKA TESTING - APRIL 5

RVMA Rank Testing (IKA-Certified) will be held Saturday, April 5.



We will begin testing Kick'n Kids starting at 10:00AM, and should conclude by 12:00 Noon. We will test Teens/Adults starting at 1:00PM.

Shihan Kal Rooks will be heading the IKA testing panel.

RVMA instructors will be advising students who are eligible to test for rank advancement. Testing fees (which include a new belt) will be due at the testing. Make checks payable to "RVMA" and we'll write one check to the Panel for test fees.

KFCI MINI-CAMP - APRIL 12, 2008

Our school will be hosting a Karate for Christ "Mini-Camp" for students and instructors on Saturday, April 12. We are expecting several KFCI schools from across the state to attend.

This "Mini-Camp" is for students ages 7 and older and will include cross-training opportunities and a chance to get to know and fellowship with other Christian martial artists in Arkansas.

The KFCI Mini-Camp will begin at 10AM and end at 3PM. There is NO COST to attend this event, and students are encouraged to bring a sack lunch and drink for lunch. Kevin Wagner, Arkansas KFCI State Rep will be attending, and we are hoping to have David Dunn, KFCI Vice-President, as our special guest for the event.

PARTY IN THE PARK - APRIL 26, 2008

Our school has been asked to participate at Party in the Park on Saturday, April 26. This is the second year our school has been honored with an invitation to showcase some of our students, and we will be working to prepare for this event over the next 2 months.

The event will be held at the Hughes Community Center & City Park. This year, we will be performing (weather permitting) on an outdoor stage in the Park. This will provide greater visibility to those who are attending, and a larger area for performing.

As the event draws closer, we will have more information regarding specific performance times and stage location. Check the white board at the dojo for details as they become available.

How to Tell if Your Child is a Victim of Bullying

SOURCE: <http://www.bullyingadvice.info/>

There are many warning signs of bullying, and if you suspect that your child may be getting picked on at school, looking for these signs can help confirm that your suspicion is true. Some signs are more subtle than others, but they can all point to a case of bullying.

If you notice that your child frequently comes home with damaged belongings, torn clothes, or is missing property, this may indicate that they are the victim of bullying. Taking or damaging property is a way that children bully each other as well as physically harming their victim. Likewise, if your child frequently comes home with unexplained bruises, scrapes, and other injuries they may be a victim of bullying.

If your child has few friends or is withdrawing from friends they once associated with, they may be the victim of bullying. While friends do come and go throughout school, sudden decreases in friendships may indicate that your child is a victim of bullying. Children who are bullied often withdraw from things they once cared about because of the stress of their situation. Less popular children are also at an increased risk for bullying so if your child has problems making friends they may be a target for bullying.

A sudden unexplained fear of going to school or a sudden loss of interest in school and activities may also indicate that your child is the victim of bullying. Children are often hesitant to talk about bullying experiences and instead become afraid or uninterested in things they once liked.

If you find that your child refuses to talk about school or other activities where bullying could take place this is also a sign that your child could be the victim of bullying. If your child is reluctant to talk about their experiences, reassure them that no matter what is going on you are there to help and can only make the situation better.

Another sign that your child may be the victim of bullying is mood swings, depression, or unexplained illnesses and complaints of aches and pains. Children who are the victims of bullying will often make up excuses why they do not want to go to school or come home in a bad mood.

Children will typically try to avoid situations where they are being bullied using these excuses and it is a classic indicator of a bullying problem, especially if these problems happen unexpectedly.

If ignored, these symptoms can cause a child who is the victim of bullying to lose self esteem and do poorly in school. While these symptoms are not always caused by bullying, they are common signs that bullying has occurred. If your child exhibits any of these symptoms, you should further investigate to see what the cause of the problem is and to find ways to solve it. Children often do not want adult help because they fear that it will only make the situation worse. If they refuse to talk to you, consider consulting your child's teacher to get better insight into what is going on.

UPCOMING KID-SAFE / WOMEN-SAFE WORKSHOPS

NSA Regional Director, John Terry, has been invited to host a Women-Safe Clinic at the LDS Church on South Cumberland Avenue on Wednesday, April 9 from 7:00PM to 8:15PM. We will be discussing danger awareness and covering some basic self-defense tactics to deal with common predator threats.

We will be also be participating in the Yell County Literacy Family Fun Fair on Thursday, April 24, 2008. This event will be held at the Dardanelle Middle School Gym from 5pm to 7pm. We will be providing handouts on a number of safety matters, answering questions, and (space permitting) conducting a photo ID session for Rapid Search Network.

SPARRING GEAR



Sparring Gear Sets

A complete set of sparring gear. Includes foam-dipped head, hand, and foot gear and a mouthpiece. Colors include black, blue, pink, silver, and red.

\$70.00 Double Padded Gear Set *
* Includes shipping

\$55.00 Single Padded Gear Set *
* Includes shipping

STUDENT UNIFORMS



Tournament Cut Uniform

Medium weight, 100% cotton, 10 oz. canvas uniform, tournament (competition) cut. A great uniform for tournaments, yet light enough for regular workout use.

\$50.00 Uniform Only *
\$55.00 Uniform + White Belt *
* Includes shipping

Don't forget to ask about a Gear Bag for Uniforms & Equipment!

Remember our liability coverage requires that all equipment be purchased through our school. See your instructor for equipment needs or sizing.

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