



# ALONG THE WAY

River Valley Martial Arts Newsletter

April/May, 2007



[www.rivervallemartialarts.com](http://www.rivervallemartialarts.com)

## WORDS OF WISDOM

*"Let those who seek to be wise listen to instruction and become even wiser. Let those who understand receive wise guidance." Proverbs 1:5*

True training in the martial arts involves a lifetime of learning. In the eyes of those who study karate in the far east, a black belt is not a master, but rather a serious student of the art who is committed to a lifestyle of discipline, respect, honor, and personal training.

We learn best when we listen with an attitude of learning. As a teacher, it is far easier to teach one who is willing to learn than one who simply goes through the motions.

Your attitude determines your outcome. Commit yourself to getting the most from each teaching session and watch your progress soar.

*Kyle Bennett*

Instructor

*John Terry*

Instructor

## THEME OF THE MONTH

### Prudence

1. Caution with regard to practical matters (discretion)
2. Regard for one's own interests (sensible, sober)
3. Care in the management of one's resources (frugal)

### How do we demonstrate prudence?

1. *Only fools believe everything they are told! The prudent carefully considers their steps. (Proverbs 14:15)*
2. *A prudent person sees the danger ahead and takes precautions; the fool goes blindly on and suffers the consequences. (Proverbs 22:3)*
3. *If you obey God's laws carefully, you will display your wisdom and intelligence to others. When they hear about these laws, they will exclaim, 'What other people are as wise and prudent as these!' (Deuteronomy 4:6)*

## PARTY IN THE PARK - APRIL 28

### "A History of the Japanese Martial Arts"

RVMA Students and Staff will be performing at "Party in the Park" from 10:00AM to 10:30AM. Exhibitions of martial arts weaponry, as well as open hand applications will be demonstrated.

### "Akido - The Way of Peace"

Shihan Kal Rooks and students from our sister school, Joplin Karate Academy, will be performing an Akido demonstration from 1:00PM to 1:30PM at "Party in the Park".

Party at the Park demonstrations will be held at the Hughes Community Center, at the corner of Parkway and North Knoxville. There is NO CHARGE to attend, so come out and support us.

## CLASS UPDATES

**Lil' Dragons:** We are studying "Stranger Awareness" in this module, as well as honing our 9-step kata skills. April and May will also introduce new kicking techniques.

**Kick'n Kids:** Classes continue to grow, as we welcome Irish Robertson (moving up from Lil' Dragons) and Tyler Thomas to our school. We prepare for upcoming testing in late May or early June.

**Women's Self-Defense:** April brings a new group of women into our WSD class. As we move into May, we will complete learning the "basics" and start the transition into "grouping" techniques into a cohesive self-defense response system.

## TOURNAMENT RESULTS

### Southwest Open

Saturday, April 14, 2007  
Crowder College  
Neosho MO

A 4-Star SWAT Rated Event



In a field of 92 competitors, River Valley Martial Arts instructors and students dominated their respective divisions at the Southwest Classic, held in Neosho MO on Saturday, April 14, 2007. Kyle Bennett, co-owner and instructor at RVMA, was named Grand Champion in the Adult division.

Pictured above: **Josh Whitlow** (1<sup>st</sup>, Adult Men Novice Forms); **Jordan Terry** (1<sup>st</sup> Fighting, 3<sup>rd</sup> Forms, 14-15 Advanced); **Joshua Terry** (1<sup>st</sup> Forms, 1<sup>st</sup> Fighting, 8-9 Advanced); **Kyle Bennett**, (1<sup>st</sup> Forms, 3<sup>rd</sup> Fighting, 3<sup>rd</sup> Weapons Adult Advanced); **Jessie Terry** (3<sup>rd</sup>, Fighting 6-7 Novice); **John Terry**, co-owner and instructor, (1<sup>st</sup> Fighting, 1<sup>st</sup> Forms, 3<sup>rd</sup> Weapons, Senior Adult); **Callie Causey** (1<sup>st</sup> Fighting, 2<sup>nd</sup> Forms) **Beth Whitlow** (1<sup>st</sup> Fighting, 1<sup>st</sup> Forms, Adult Women Novice). **Jordan Terry** and **Callie Causey** also took 3<sup>rd</sup> place in team musical kata.

## CHRISTIAN KARATE CAMP - JULY 27-29

SWAT will host its 11<sup>th</sup> annual Christian Karate Camp at Camp Cyokamo (10 miles north of Joplin MO) from July 27-29, 2007. RVMA will be participating in this fun and exciting event.

All seminars (youth and adult) and activities are conducted in a positive, Christian atmosphere. Great fun and fellowship.

- Air-conditioned dorms, cafeteria, and chapel
- Two large swimming pools & recreation hall
- Outdoor tennis, basketball, Frisbee golf, playground, fishing pond

\$100 Registration Fee (\$90 if pre-registered) covers all seminars, meals, camp T-shirt, and participation the camp tournament following Sunday morning worship (2-Star SWAT Rated).

Start saving now and make plans to attend this fun-filled event. It's a great family "get-away" weekend. If you can't go, consider sponsoring a student who may need financial assistance.

## Why Training in the Martial Arts is Important

James Suzuki - Orange County Martial Arts Association

Why go to martial arts over other hobbies or sports? Can't you get the same thing from popular sports. Isn't martial arts just another way to get a workout? The answer is quite simply, no. In this article, we'll cover some of the many things martial arts offers.

Martial Arts is not a lifestyle or temporary solution for your short-term goals. It can be a workout but its so much more than that. It can make you feel more confident but its more than that.

Martial Arts does not come easy with a couple of years of practicing and achieving certain ranks. Nothing worth your while is easy. Once you find a martial art that fits you, you always remember how much of an impact it has or had on you. If you stop practicing, you always want to return. Martial arts takes a hold of you and doesn't let go. Martial Arts is a lifetime commitment.

Martial Arts requires the full integration of body, mind, and soul. Other hobbies or sports just don't come close. The calming effect of martial arts takes you to the place that you function at your optimum performance. Martial Arts is actually an art that has been developed by monks to protect themselves from being robbed during their travels as missionaries. It originated in China many centuries ago. The monks combined meditation and health developmental exercises into martial arts, or kung fu as it was called.

Martial Arts requires that one keeps a certain path, ideology, and commitment. Staying on the true path is important in both life and martial arts. Your commitment to your own development is of the utmost importance.

Martial Arts requires that one keeps a certain fitness level. The more fit you are, the better you will perform. Although martial arts in its self can help you to keep this fitness level, if fitness is your only goal in martial arts you should look elsewhere.

Martial Arts requires one to keep a lifestyle that fits one's level of commitment. What you eat and drink make up what your body is made of. If you put negative things in your body, you'll get negative things out of it. Whether it be fatigue, weight, fat or a bad heard, the old saying of you are what you eat holds true.

Martial Arts requires one to maintain and enhance a level of ethics, etiquette and self-control. With great power comes great responsibility. Martial arts can give you plenty and turn your hands and feet into weapons. Like any weapon, you must use martial arts responsibly.

Martial Arts requires one to nourish a level of patience. Many of the things that help you to develop in martial arts can seem boring. They teach patience and a sense of inner calmness.

### SAFETY / SECURITY PRODUCTS



#### Personal Alarm with Safety Light

130-decibels of ear-piercing sound, plus an emergency light, and strap. A great defensive tool for women, seniors, and mature children.

Retail: \$12.95 + shipping RVMA Price: **\$8.50** each (incl. shipping)



#### Multi-Purpose Alarm System

130-decibels of ear-piercing sound, plus an emergency light, and strap. Also includes a door and window sensor so you can use at home, hotel room, or college dorm.

Retail: \$15.95 + shipping RVMA Price: **\$11.50** each (incl. shipping)



#### Self-Defense Keychain

Created by Takayuki Kubota, this 5-1/2" metal baton (known as the kubotan) is an excellent self-defense weapon. Great for men and women.

Retail: \$4.95 + shipping RVMA Price: **\$3.95** (incl. shipping)

### MARTIAL ARTS EQUIPMENT



#### 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



#### 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 Warrior or P2 Gear Set \*  
\* Includes shipping

\$55.00 Rival or Century Gear Set \*  
\* Includes shipping

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



Karate for Christ, Intl.

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