



ALONG THE WAY

River Valley Martial Arts Newsletter

August, 2007



www.rivervalley martial arts.com

WORDS OF WISDOM

"Iron sharpens iron; so a man sharpens the countenance of his friend."
Proverbs 27:17

As an iron file is used to take the rough edges off of a blade so it can more effectively perform its function, so we are to be mutually accountable to others in Christ so we can become more effective as witnesses for him. Receiving and following instruction is not always easy, sometimes it hurts. But the end result of instruction and correction is maturity and perfection, something we should continually be striving for on a daily basis in every area of our lives.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Accountability (*Ready to Answer for Your Actions*)

"Iron sharpens iron; so a man sharpens the countenance of his friend."
Proverbs 27:17

1. The state of being answerable or liable to another
2. Liable to being called to account for actions
3. Responsible to someone, or for some activity or action

To Whom Are We Accountable?

1. Jesus Christ, as our Lord and Savior
2. Our Parents
3. Those in Authority Over Us
4. Each Other

CLASS UPDATES

Lil' Dragons: We continue to conclude "Health/Hygiene" during the month of August. Parents, rank testing is coming up at the end of the month, and it will be very helpful if you will take a few minutes each day to drill them on their techniques and kata (forms).

Kick'n Kids & Teens / Adults: Rank testing is coming up at the end of the month, so please make every effort to be at class regularly. Many of you will be testing, so it is important that you be practicing both at home and paying close attention in class.

Women's Self-Defense: During August, we will continue to add to and expand upon the basic self-defense techniques and applications learned so far. We will begin to work on putting combinations together and start examining the actual mechanics of a predator attack.

New Class Being Considered: We're considering starting a "Cardio/Self-defense" class that would meet twice weekly, focusing on fitness coupled with a belt-ranked self-defense system. Your input & comments are both welcome and encouraged.

REMINDER: RVMA T-shirts can be worn in lieu of uniform top during the summer, due to hot temperatures. If you need order additional T-shirts, they are \$10 each.

RANK TESTING - AUGUST 25TH

Rank Testing – August 25

We will be holding rank advancement testing on Saturday, August 25, starting at 1pm. Shihan Kal Rooks & Sensei Jeannie Rooks & Shihan Fred Anderson and Sensei Nancy Anderson will be sitting on our testing panel. This will be an IKA-recognized testing.

Tentative testing schedule is as follows:

Lil' Dragons: 1:00pm – 2:00pm
Kick'n Kids: 2:00pm – 3:30pm
Teens/Adults: 3:30pm – 5:00pm

Testing fees are \$35, including new rank belt & certificate.

CHRISTIAN KARATE CAMP RESULTS

Eight RVMA staff and students traveled to Alba, MO for the 11th Annual Christian Karate Camp. We arrived Friday night was a Pizza/Pool Party, participated in 4 clinics on Saturday (pool party after dinner), and enjoyed a great Chapel service Sunday, with a tournament following.

RVMA staff and students captured a total of 12 medals at the event:

Kira Terry (Under 6 Novice) 1st Place – Forms
Jessie Terry (7-9 Novice) 2nd Place – Forms, 2nd Place – Fighting
Justin Stuntz (10-12 Novice) 1st Place – Forms, 1st Place – Fighting
Joshua Terry (10-12 Advanced) 1st Place – Forms, 3rd Place – Fighting
John Backer (Adult Novice) 2nd Place – Forms, 1st Place – Fighting
John Terry 2nd Place – Weapons, 1st Place – Forms, 1st Place Fighting

A fall or spring camp is being considered. Details to follow.

IKA - CERTIFIED

Our school received its official credentials as an International Karate Association member school. The IKA is one of the premiere martial arts organizations in the world, and we are pleased to be accepted for school membership.

In 1953, the International Karate Association was formed in Tokyo, Japan. Since its inception, the primary goal of the IKA has been to promote traditional Japanese Karate. In 1964, Grand Master Kubota relocated the Association's headquarters to the United States and was able to attract talented young students that later formed the core of the American branch of the IKA.

Under Grand Master Kubota's leadership, the IKA has achieved widespread recognition in the karate world, and has made important contributions in the tournament circuit. – Soke Kubota also founded Gosoku Ryu, Hard/Fast style, that is taught in IKA schools worldwide.

Shihan Fred Anderson (Berryville AR) is the State Director for the IKA and a regular member on our testing panel. Shihan Kal Rooks (Joplin MO) is the MO State Director, and is head of our school's Shorin-Ryu curriculum and testing panel.

Twenty Reasons To Train

Professor Keith Yates, Dallas Theological Seminary

Keith D. Yates has been an active instructor for more than 40 years. He's a former adjunct professor of physical education at Southern Methodist University and currently serves as an adjunct professor at Dallas Theological Seminary.

1. Fit people have better self-esteem than out-of-shape people.
2. The greater amount of fatty tissue, the greater the risk of infection after surgery.
3. You can lower your blood pressure by losing just 5% of your body weight.
4. A pound of muscle takes up about 22% LESS SPACE than a pound of fat.
5. Working out helps relieve stress, which is a major cause of overeating.
6. Your back, hips and knees will feel better if you are at proper body weight.
7. A physically active person has up to a 20-year advantage in terms of functionality over a sedentary person (so you will not only live longer, but live BETTER!)
8. Gastric bypass surgery isn't covered by insurance.
9. Being fit can save you money (up to 15% on medical bills).
10. Active people have a lower risk of cancer.
11. Physically fit people have a lower risk of falls and broken bones (especially people over 50).
12. Exercise helps your brain to work more efficiently (people who use dumbbells aren't dumbbells!)
13. Strength and flexibility training can make you up to a quarter inch taller.
14. Fit people sleep better.
15. Better blood circulation reduces the risk of hearing problems.
16. People who exercise said work was more fun (well, at least more tolerable).
17. Fit people have better digestion, less constipation, and better complexions.
18. Weight-bearing exercise reduces the risk of osteoporosis.
19. Statistically, fat people are poorer than fit people.
20. A fit body is more attractive to others, especially those of the opposite sex.

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)

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

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 Double Padded Gear Set *
 * Includes shipping

\$55.00 Single Padded Gear Set *
 * Includes shipping



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