



ALONG THE WAY

River Valley Martial Arts Newsletter
August, 2008



WORDS OF WISDOM

"These are the wise sayings of Solomon, written down so we'll know how to live well and right, to understand what life means and where it's going; a manual for living, for learning what's right and just and fair...." **Proverbs 1:1 (The Message)**

This month, we take a look at "Wisdom" in the Christian Martial Artist's Code of Conduct. Wisdom is the right use of knowledge, and God's wisdom is the best wisdom we can obtain.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Wisdom: The right use of knowledge.

1. Knowledge of what is true or right
2. Scholarly knowledge or learning
3. Common sense or good judgment (discernment)
4. Wise sayings or teachings

Why is Wisdom Important?

Start with God, the first step in learning is bowing down to God; only fools thumb their nose at such wisdom and learning... (Proverbs 1:7)

Wisdom will be your close friend, and knowledge your pleasant companion. Good sense will scout ahead for danger and insight will keep an eye out for you... (Proverbs 2:9)

An empty headed person thinks mischief is fun, but a mind-full person relishes wisdom. (Proverbs 10:23)

The wise accumulate wisdom; fools get stupider by the day. (Proverbs 10:31)

Wisdom of the wise keeps life on track... (Proverbs 14:6)

RVMA WELCOMED INTO IMAC

River Valley Martial Arts has been accepted as a member school with the International Martial Arts Council (IMAC). John Terry has also been appointed a State Director with the organization.

IMAC is an international association of martial arts students, instructors, and schools of various disciplines whose membership includes Bill Wallace, Fumio Demura, Takayuki Kubota, Thomas Mitose, Gene Lebell, Frank Shamrock, Carlos Machado, Paul Vunak, Richard Bustillo and other great martial artists from around the globe, and hosts several tournaments and a national training camp each year.

REVISED CLASS SCHEDULES THIS FALL

Our school continues to grow, and we are excited to see new students join us on a regular basis. With growth often comes the need to make adjustments to accommodate our influx of new students.

Starting in September, we will be adding additional class days to our schedule to make it easier to attend classes. Our new schedule is as follows:

	M	T	W	Th	F
5:30	Lil Dragons 1	Lil Dragons 2	Lil Dragons 1	Lil Dragons 2	Intro Class
6:00	Kick'n Kids 1	Kick'n Kids 2	Kick'n Kids 1	Kick'n Kids 2	
7:00	WSD	Adults 2	Adults 1	Adults 2	
8:00	Adults 1	TBA	TBA	TBA	

The same class material will be taught Monday/Tuesday and Wednesday/Thursday so students can make up classes they may have missed due to illness or school activities.

If sufficient interest is indicated, we'll also begin a Cardio-Karate class on Tuesdays & Thursdays with an emphasis on fitness, nutrition, weight loss, and flexibility.

Thank you for your support and understanding as we make some adjustments to facilitate a growing student base.

KID-SAFE EVENT : AUGUST 10 AT 1 A/G

We will be conducting a "Kid-Safe" event at Russellville First Assembly of God Church on Sunday, August 10 from 11AM to 12 Noon in the morning Children's Church service.

We will discuss a variety of safety topics, perform some kid-safe demonstrations, and share a timely devotional in the service.

RVMA students are welcomed to attend this event and show your support of "Kid-Safe" and we ask that you remember this upcoming event in your prayers.

WOMEN-SAFE WORKSHOP-SEPT 15



First Baptist Church in Russellville will be hosting a Women-Safe educational workshop on Monday, September 15 from 6:30 to 7:30pm in their church fellowship hall.

We will be discussing 10 proactive steps women can take to reduce their risk of becoming the victim of a mugger or predator, as well as demonstrating some basic self-defense techniques women can use when escape or avoidance is not an option.

For more information, see a school instructor.

5 Pitfalls Martial Artists Fall Into With Their Footwork...

By: Sensei Jason Stanley, 4th Dan Shito-Ryu

There are several reasons many karate practitioners struggle with fast and efficient movement, and I want to discuss 5 of the basic mistakes today and give you solutions to these troubles.

Mistake #1 – Back Foot Blues

For true explosive dynamic movement your weight needs to be on the balls of your feet, with your back foot pointing forwards, not at right angles like an L.. Taking an L stance severely limits your ability to initiate any forward movement, as it doesn't allow you to have the spring from the ball of your rear foot. Instead your foot is producing far less forward force because the toes are at right angles to the direction you want to go. Sure you might get a little push forward but making repeated pushes becomes difficult and sluggish... just ask the Hunchback of Notre Dame. **Solution:** Turn your rear foot forwards!

Mistake #2 – Not Bending the Back Leg

"Uh oh... did you just say to bend the back leg? My sensei says that my back leg must remain straight!" I'm not going to get into a fully fledged discussion on your basic stances as every style is a little different, but consider for a moment any other athlete trying to move quickly and effectively with a straight back leg. That'd make an interesting 100m sprint wouldn't it? How about a game of "peg leg football"? Imagine trying to run, kick or pass the ball...What about a game of "stiff leg tennis"? You know, it's just like regular tennis but your back leg must remain straight! **Solution:** The point is that irrespective of how you might stand when you punch; the effective transition from point A to point B requires that your back leg be bent in order to utilize your powerful leg muscles efficiently (and not just those of your feet) to move you quickly. Then at the point of impact if you insist on making your back leg straight when you punch, that's perfectly ok.

Mistake #3 – Telegraphing

If you're not sure what telegraphing means when it comes to dynamic movement, dictionary.com explains it perfectly...*"To make known (an intended action, for example) in advance or unintentionally"*. Beginners are notorious for telegraphing their technique. And of course this is particularly unhelpful to them in making an effective punch or kick. If you let your opponent know ahead of time what's next it's a piece of cake for your opponent to deal with it, as the element of surprise is gone. At best you'll miss your target. At worst you'll get hit and wonder what the heck just happened. There are common signs of attack that people display like tightening of the lips, and other facial expressions. Also things like a shift in body weight, lifting of the front leg, pulling back of the rear hand, etc. Then there are unique signs that different people will show you. For example, when I first started karate, one of the brown belts at our club used to shuffle his front foot back, then proceed to do a little hop up in the air and then run forward directly at you with one punch after another. **Solution:** Learn the signs of attack and make sure that you cut down on as many telling signs as you can. Learn to disguise your technique so that you retain the element of surprise.

Mistake #4 – The Big Push

So you may have all 3 of the above actions under control which is great. It's a good start to becoming a dynamic fighter. Another common mistake particularly for those who have mastered the movements above is relying on one BIG PUSH...Let me explain. As you become a better dynamic mover you'll become more comfortable at fighting at a greater distance from your opponent. With this strategy, new challenges arise. Crossing the gap between you and your opponent becomes easy until you come up against another dynamic mover who can move backwards as quickly as you can move forwards. Then your advantage is gone. Fighters then become frustrated because they think they have to fight at a closer range to score, but the problem then becomes that they get hit more often because of their opponent's dynamic movement. To compensate our frustrated fighter might choose to return to long range and try to drive further forward with one big push. But as we already know, big body movements telegraph your technique. **Solution:** Instead of making one BIG PUSH from long range, break your dynamic movement up into two smaller and faster pulses. These will get you in range faster than a single giant push. A good analogy is to think of a relay throw by baseball or cricket players. Instead of throwing a long, high, looping ball all the way to the catcher (or wicket keeper in cricket), the outer fielder throws the ball flat and low to another fielder. The middle man catches it and then relays the ball to the final point. It's faster and more direct. When you fight, apply this same concept with a double shuffle instead of one big sluggish push.

Mistake #5 – Fetal Position Defense

Too many fighters shy away at the first attacking technique, often bringing their front foot back and turning their body (and head) while pulling their arms in close. It's a natural self protection reaction, which is disastrous for several reasons in a fighting environment. Firstly when you turn your head away you can't see what's next. Secondly, when you take this action you compromise your defense by giving your opponent more targets to hit. Thirdly you're now in an excellent position for your opponent to sweep and take you to the ground. **Solution:** Work on your circular dynamic movement. That means instead of simply moving backwards in reaction to a straight line attack, move to the side in a circular fashion and avoid the fetal position defense!

River Valley Martial Arts

PO Box 640 · 1809 Weir Road
Russellville AR 72811
P 479-890-6988
F 479-967-9898
E rvma@imga.com

www.rivervalley martial arts.com



International Karate Association