



# ALONG THE WAY

River Valley Martial Arts Newsletter  
December, 2007



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

## WORDS OF WISDOM

*"And she shall bring forth a son, and thou shalt call his name Jesus; for he shall save his people from their sins."* **Matthew 1:21**

We celebrate the birth of Christ this month. It is a time of giving and receiving, and a time of joy and excitement. We remember the greatest gift ever given to man, and that was the gift of God's only son, Jesus, who came to earth to restore right relations between God and man. What an awesome gift, the gift of love.

So as we gather around the tree this Christmas and share gifts with each other, let us pause to reflect on the free gift of salvation given to mankind through Jesus Christ, and be thankful.

*Kyle Bennett*  
Instructor

*John Terry*  
Instructor

## THEME OF THE MONTH

### Generosity

*Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.."* **Luke 6:38**

1. Readiness or liberality in giving
2. Freedom from meanness (or smallness of character)
3. A generous act (without expectation of reciprocation)
4. Largeness or fullness (abundance)

### Why is Generosity Important?

1. It demonstrates God's love to those less fortunate
2. It demonstrates God's character (in our attitude)
3. It is a willingness to give a part of ourselves to others
4. It is a reminder of God's abundance

## LAST CHANCE FOR CHRISTMAS ORDERS

**Christmas Catalogs:** Century Christmas Catalogs are in, and we'll be processing orders for Christmas items once a week through the middle of December. There are some great gift-giving ideas in this catalog, and some nice discounts for the Holiday season.

Make your checks payable to RVMA when you turn in your order, and we'll send one check to Century with each order. If you don't have a Christmas catalog (or need another one), please see your Instructor.

**Colored T-Shirts Available:** In addition to our standard white T-shirts, RVMA T-Shirts can be ordered in color. Colored short-sleeved T's are \$12.00 each, and colored long-sleeved T's are \$18.00 each. White T's are \$15.00 each. Golf (polo style) shirts are also available, and we are looking into having warm-ups available, too.

Many thanks to Gage's parents, Bobby and Kim Adams (Sportscene) in serving as our new T-shirt screen printer. Colored T-shirts, sweatshirts, and warm ups make great Christmas gifts, too.

## RVMA CHRISTMAS PARTY - DECEMBER 14

Our 2007 RVMA Christmas party for Friday, December 14, from 6:30pm to 8:00pm. We'll have Lil' Dragons that Friday, then set up for the party at 6:30pm.

As we did last year, we will have a pot-luck dinner, with everyone bringing something to eat. The school will provide paper plates, eating utensils, napkins, and soft drinks.



We are asking each student to bring a wrapped present (no more than \$20 please), and mark them "BOY" or "GIRL". We'll then exchange gifts, so everyone can have a "surprise" from another student. This was a LOT of fun last year, and we saw some creative gifts.

Yury Terry will be coordinating the set-up and decorating of the school prior to the event, and we'll have to do in "Christmas Celebration" mode as we move into December. If you are interested in helping decorate the dojo for the Holiday season, please let Yury know.

It's a great time for all our classes to get together for a time of fun, fellowship, and thanksgiving as we celebrate Christ's birth.

## IKA RANK TESTING - JANUARY 26, 2008

We are tentatively scheduling our next IKA Rank Testing for Saturday, January 26, 2008, at the RVMA dojo. IKA black belts will comprise the testing panel.

Students who were either not able to travel to Berryville or were not quite ready to test will be evaluated for this testing cycle. Those who are new to our school, or are not ready, will have an opportunity to test during or March-April testing cycle.

We do not test our students simply to advance them. Students are required to effectively demonstrate techniques, kata (forms), and applications. A rank advancement is earned, not given.

## SWAT STARTS - FEBRUARY 2, 2008

The 2008 SWAT Tournament Season begins February 2 in Neosho MO. We will be taking a tournament team to the event to participate. 2007 SWAT Rankings will be announced, and we expect to have some of our students ranking in the 4-state circuit.

Jim Riggs, SWAT Director, will have the full SWAT schedule posted by Christmas, and we'll have copies available for our students once the final dates are published. SWAT will host 8-10 tournaments in the 2008 season, and we will plan to attend several of these.

We also encourage you to start planning now to attend SWAT's Christian Summer Camp. This is a fun-filled weekend, held at Camp Cyakoma (Alba, MO). The camp features training from a number of black belt instructors, swimming, sports, and a camp tournament following the Sunday morning worship service.

## The Martial Arts Code of Conduct

By: John L. Terry, III

The martial arts are more than a form of exercise or physical training one does for fitness or self-defense. It is a path to confidence and peace both with oneself and others. The "do" in karatedo means "way" or "path", referring to the adoption of a lifestyle one chooses to model his or her life after. As Christian martial artists, violence is always a last resort, and peace with God and man is always our goal.

There are 12 character traits Christian martial arts should seek to demonstrate. These are:

1. Courtesy: Being well-mannered and considerate
2. Gentleness: Living with affection and compassion
3. Honesty: Being truthful
4. Humility: Acting without self-importance
5. Intelligence: Understanding what prevents peace
6. Kindness: Caring for others as you would like to be cared for
7. Order: Being aware of what creates disorder
8. Responsibility: Meeting life's challenges with a brave spirit
9. Wisdom: Living without fear
10. Love: Being a martial artist for peace
11. Courage & Commitment: Fighting injustice
12. Respect: Honoring the dignity of all life

The highest goal of the martial artist is to stop conflict **BEFORE** it starts – to **AVOID** and therefore **PREVENT** it. Learning to resolve conflict without fighting helps bring about peaceful and humane relationships with others, and that comes from developing our mind as well as our body.

The greatest gift we have to offer in the martial arts is **CHARACTER DEVELOPMENT**, which infuses the student with values that create capable and responsible moral citizens. Our emphasis is on resolving conflict nonviolently, and learning to live at peace with all men. We are confident in our abilities to defend ourselves, so we are at peace. By incorporating the character traits listed above, we are able to demonstrate the true character of the martial arts, and our Christian faith, to others around us.

Paul told Timothy, "Follow me as I follow Christ." As Christian martial artists, we are to do likewise.

## RVMA STUDENT MANUAL - UPDATE COMING SOON

A revised student manual for RVMA students is being finalized, and will be distributed soon. This will answer many commonly asked questions, and be a source of information for both new and current students about our school, our organizational affiliations, testing details, tournaments, camps and more. Student pledges, history of the martial arts, and more are also included.

## 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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International Karate Association