



ALONG THE WAY

River Valley Martial Arts Newsletter

February, 2007



www.rivervalley martial arts.com

WORDS OF WISDOM

Jesus said, "Blessed are the peacemakers, for they shall be known as the children of God." (Matt 5:9) In the martial arts, we teach "Karate ne sente nachi" (There is no first strike in karate). It is difficult at times to live at peace with others, but peace has great rewards.

People at peace have lower stress levels, better health, and an improved sense of well being. When we demonstrate peace in the midst of a stressful situation, it is contagious and can often defuse a tense situation.

Those we live a life of peace in the midst of an often chaotic world, we also demonstrate the difference Christ makes in our lives. When we put our faith and trust in Christ, and allow His spirit to work in and through our lives, we can live a life of peace regardless of the storm we may be facing in our lives.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Diligence

1. Constant and earnest effort to accomplish what is undertaken
2. Persistent exercise (practice) of body or mind
3. Steady effort, attentive care, focused effort

How do we demonstrate diligence?

1. Exercise: Putting 100% of your effort into every exercise without taking a "shortcut"
2. Schoolwork: Not putting off studies until the last minute and demonstrating "best effort" in completing homework assignments.
3. Time Management: Being where you are supposed to be at the appointed time, and not wasting your time or the time of others.
4. Technique/Kata: Perfect practice makes for perfection in performance. This means regular, consistent practice is an integral part of your routine at home and at the dojo.

OPEX HOUSE / TESTING

We will be hosting our "official" Open House on Saturday, February 10th, 2007 from 10:00AM to 12:00 Noon, with testing for eligible students to follow after lunch. Our schedule is as follows:

10:00 – 10:30 AM	Lil' Dragons
10:30 – 10:40 AM	Photo / Ribbon-Cutting
10:40 – 12:00 Noon	Self Defense Workshop (Teens/Adults/Women's Self Defense)

All students, family, and friends are welcome to attend Open House.

CLASS UPDATES

Lil' Dragons: The kids are making great progress. We started slow to assess the student's abilities and have started learning the four basic blocks over the past 2 weeks. Many of the students have already learned half of their first kata (form) for their first rank testing. We'll be learning basic punches and kicks in the coming weeks as we start a series on Stranger Awareness.

Kick'n Kids: Several of the students are testing this month, and we expect them to do quite well. Joshua Terry took 1st in fighting and 3rd in forms at the Midwestern Open in January, 2007. Congrats, Joshua.

Women's Self-Defense: We are having a lot of fun as we study a very serious subject. The women in our class are doing exceptionally well and we've been impressed with their work ethic and how quickly they are learning to defend themselves.

Teen/Adult: We welcomed two new students into our class, and they are doing quite well.

UPCOMING EVENTS

Southeast Kansas Open

Saturday, March 10, 2007
Columbus KS

SPECIAL GUEST: Bill Wallace (7 Time World Champion)

Registration opens @ 9:30AM
Competition begins @ 10:30AM

\$40 Entry Fee * (\$5.00 General Admission)
* Includes FREE 2007 SWAT Membership

Bill Wallace will be offering a workshop on Friday evening for youth and adults. Details are on the bulletin board at the dojo.

CBBA Clinic / Workshop

Thursday, April 12, 2007
6:00PM to 7:30PM

Dr. Riedner is the head (Soke) of the Christian Black Belt Association and will be privileged to have him visit our dojo for a special workshop. We will combine the Kick'n Kids and Teen/Adult class for this workshop. We are asking all students to contribute \$10 to help defray Dr. Riedner's travel expenses to visit our dojo.

GUEST PASS PROGRAM

One of the best ways you can help us grow is to invite your friends to visit our school for a FREE CLASS. We welcome your friends to come watch you, participate in a class, and "check us out".

We have printed Guest Passes for you to share with your friends. They include a place for your name, as well as class times.

If you bring a friend and they sign up for classes, we'll take \$10 off your next month's tuition as a "Thank You" for helping us grow our school. If 2 friends sign up, you'll save \$20 off next month's tuition, and so on.

So help us grow our school and earn a tuition credit in the process. Ask your instructor for a Guest Pass, or simply bring a friend to class with you.

How to Look Tight in White

By: Rosie Grey

Do you know someone who survives on Froot Loops and Burger King and still looks great? While we all know of someone who eats like this, most people can't eat these foods and expect to be fit and trim. Even martial artists are not immune from putting on a few extra pounds. Who hasn't seen at least one person with a black belt tied around a noticeable spare tire?

Statistics show that after thirty years of age, the average American gains fifteen pounds and continues to add to the scale year after year. The primary reason for this is due to a slowing of the metabolic process. Metabolism refers to the entire network of physical and chemical processes involved in maintaining life. It encompasses all the sequences of chemical reactions that occur in the body. These reactions enable us to release and use energy from foods, convert one substance into another and prepare the products for excretion. If you find yourself skipping breakfast, getting little sleep, eating a big meal late at night or drinking beer when you get home, guess what? You are not doing your metabolism any good.

All too often, instructors and students who want to reduce their body fat begin dieting. Dieting is one of the worse things you can do if you want to burn body fat. When you diet a dramatic and sustained reduction in the body's metabolic rate takes effect. In other words, the body's ability to burn fat comes to a screeching halt. In a landmark study at Rockefeller University in New York, a group of researchers found that when the body loses weight, metabolism slows down to become more efficient by burning fewer calories to do the same work. Similarly, if the body gains weight, metabolism speeds up. If the body is going to gain weight, it should be muscle. Added muscle increases metabolism and burns more calories and fat. Eating five to six meals per day (low fat, balanced meals that contain both carbohydrates and protein, no junk foods, and consumption of substantial amounts of water each day) keeps the body's metabolic rate high and will help the body maintain that all important muscle tissue.

Since the key to losing body fat is burning calories, you can do a whole lot of that during cardio kickboxing exercise. Not only does the body burn calories during a cardio kickboxing workout, but it continues burning calories once you've finished training. This process is called excess post exercise oxygen consumption, or EPOC for short. EPOC allows the body to burn fat long after you've left the studio. Cardiovascular exercise increases blood flow to working muscles which boost the metabolic rate. Continued with proper eating and added muscle from resistance training, cardio kickboxing (high intensity) exercise can make the body a fat burning machine. Resistance exercise facilitates the fat burning process by preserving the body's most important metabolic regulator muscle. The only way to maintain good metabolism, a toned body, overall strength and permanently alter your metabolic rate is to incorporate resistance training (weight lifting for instance). So hit the weight room and introduce your students to group resistance training by adding it to your present cardio program. A great way to end a cardio kickboxing class is to have your students pick up their dumbbells and follow you through a few resistance exercises.

Clearly, our bodies don't keep us at one weight our entire adult lives. The body adjusts its metabolic rate depending on age, food intake and amount of physical activity. Adjustments are slow and it seems to be a great deal easier to move the body's weight up rather than down. With this in mind, and knowing how to kick start your metabolism, make it a model of your school and lifestyle to look tight wearing white!

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.

\$72.95 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.

River Valley Martial Arts

108 No Commerce Ave
Russellville AR 72801
P 479-890-6988
F 479-967-9898

E rvma@imga.com

www.rivervalley martial arts.com



Christian Black Belt Ass'n