



ALONG THE WAY

River Valley Martial Arts Newsletter
February, 2008



www.rivervallemartialarts.com

WORDS OF WISDOM

"A gentle answer turns away wrath, but harsh words stir up anger."
Psalms 15:1

This month, we take a look at "Gentleness" in the Christian Martial Artist's Code of Conduct. The words we speak either build a person up or tear them down, and as Christian martial artists, we are taught to "speak the truth, in love".

We can always apologize for words wrongly spoken, but we can't undo the damage those words caused. If you drive a nail in a piece of wood, you can remove it, but the hole created by the nail remains.

Let us use words to build others up, and be a source of inspiration. For in doing so, we demonstrate the love of Jesus to those around us.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Gentleness (Living with affection and compassion)

"A gentle answer turns away wrath, but harsh words stir up anger."
Psalms 15:1

"For the fruit of the spirit is ...gentleness..."
Galatians 5:23

"I urge you to live a life worthy of the calling you have received. Be humble, gentle, and patient, bearing one another in love."
Ephesians 4:1-2

Why is Gentleness Important?

1. An absence of bad temper or belligerence (bullying)
2. A deliberate of voluntary kindness in dealing with others
3. The absence of harshness or severity
4. A submissive spirit in the face of insult or adversity

LIL' DRAGONS UPDATE

Lil' Dragons are completing their work on their "Falling" Merit Badge, and will be testing on February 15th.



Learning to fall correctly, and to recover, is an integral part both of self-defense and trips, pushes and slips that are a regular part of growing up.

We are covering falling backward, forward, and sideways in this module, as well as learning how to recover from a fall, slip or a push.

Students need to be practicing their back-falls, front-falls, and their tuck-and-rolls to prepare for their Merit Skills Test. They should be focusing on tucking their chins, staying in a "ball" and recovering quickly to their feet.

PARENTS NIGHT OUT

For Valentine's Day, RVMA will be hosting a Parents Night Out.



The event will be held on Friday, February 8, 2008 from 6pm to 10pm for RVMA students (and their friends) ages 4 and older. We will have pizza, drinks, games, and a movie.

The cost for P-N-O will be \$5.00 per attendee, to us help defray the cost of pizza and drinks.

A sign-up sheet is in the lobby for those who plan to attend.

KID-SAFE RAISES \$15,000 IN ST. LOUIS

Charlie Foxman's martial arts school in St. Louis MO recently raised \$15,000 in Kick-A-Thon donations to benefit the Kid-Safe Network's efforts in the St. Louis metro area. Top fund raisers earned 6' trophies and great prizes, and all participants received a "Kid-Safe" T-shirt.

The money went to purchase Rapid Search Network ID kits, including fingerprint cards, DNA swabs, ink strips, medical, allergy & dental profiles, latex gloves, emergency contact info and ID cards, as well as laptop computers, cameras, and backdrops for enrolling children into the Rapid Search Network system. Executive Director Ed Copley was on hand to present the trophies, shirts, and supplies.

SUMMER CAMP - JULY 25-27, 2008

The 2008 Christian Summer Camp has been slated for the last weekend in July (July 25-27). Once again, the camp will be held at beautiful Camp Cyacoma, located in Alba, MO (about 30 minutes north of Joplin MO).

Each year, the camp features seminars by black belts in a variety of styles, allowing students to experience other styles and learn new techniques for sparring, forms, self-defense and more.

The camp has two large swimming pools, tennis courts, basketball courts, two playgrounds, Frisbee golf, and a large fish pond. Dorms, chapel, dining hall and workout areas are air-conditioned.

There are separate sleeping areas for boys and girls, with hot showers and bunk-bed dorm type sleeping. Food is great, and the fun and fellowship is excellent. The chapel service on Sunday is always a great time of encouragement, and a tournament for camp participants is held after the Sunday chapel service.

We'll have more on Summer Camp as the date approaches, but we wanted to get the word out now so you could start saving your money and get this date on your calendar. This is a fun family get-away weekend, and we'd like to take a good group of students to this year's summer camp.

To see pictures of the facility and some of the activities at past Summer Camps, visit www.swatkarate.net.

Self-Discipline

Courtesy: Martial Arts Industry Association

Self-Discipline is the training and control of oneself and one's conduct, usually for personal improvement (Answer.com). It is a fundamental life skill; the importance of which we want to impress on students of all ages. Self-discipline plays a key role in learning how to successfully manage responsibilities at home, school, the community, and helps prepare students for the road ahead.

Self-discipline can also be described as focus, willpower, self-control, restraint, composure, stability, patience, and poise.

Focus is the ability to ignore distractions in life that make it easy to "stray off course" from what is important, and self-discipline is how we stay "on task" and helps us prioritize how we manage our time and resources.

A major aspect of self-discipline involves self-control and the ability to resist temptation. For young and old, this is a very difficult area that young and old struggle with. Temptation is the desire to have or do something that you know you should avoid. As we learn to practice self-discipline, we can focus on doing what is right in all circumstances and situations and say "no" to temptation.

Exercising good self-discipline is about having a great attitude about self-improvement. Self-discipline is not negatively limiting yourself, but positively managing your life. Self-discipline is about focusing on something beyond your own selfish desires to achieve great and lofty goals.

To manage self-discipline:

1. Focus on your goals – Push distractions out of your mind.
2. Resist temptation and situations you know are going to lead you into temptation.
3. Make a plan to keep yourself accountable, and ask others to help you be accountable.
4. Trust and have faith in your willpower. Ask the Lord for help when you need it.

Self-discipline is fundamental to understanding and practicing martial arts, and as a Christian martial artist, it is an important part of living our lives after the example set by Jesus Christ in all we do and say.

KID-SAFE SEMINAR / SELF-DEFENSE WORKSHOP - FEB 23

We will be conducting a NSA "Kid-Safe" seminar and self-defense workshop on Saturday, February 23 at The Journey Church (next to Lowes) from 10AM to 12 Noon. The event will include self-defense training, educational information for parents and children, and optional enrollment in the NSA Rapid Search Network Photo-ID system.

The NSA has just updated their "Rapid Search" kit, which now includes fingerprint cards, DNA swabs, dental and medical records history, personal history, and storage information. A limited number of these kits will be available at the event, on a first-come, first-served basis. Other Kid-Safe resources will also be available to participants in the event.

RVMA students are encouraged to attend the event, and use this as an opportunity to bring their friends (with their parents) to participate in a free self-defense workshop and to be enrolled in our 9-1-1 Rapid Search Network program.

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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