



# ALONG THE WAY

River Valley Martial Arts Newsletter  
January, 2007



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

## WORDS OF WISDOM

With the coming new year, many of us make new resolutions to do something new or better. Sadly, the vast majority of people who make these decisions fail to follow through, leaving them disappointed.

The martial arts "way" is a lifelong pursuit. It's not just about punching and kicking, learning kata, or sparring. It's about learning how to live a life of integrity, honor, respect, and discipline.

We demonstrate the martial arts "way" when we obey our parents, teachers, employers, and those in authority; doing our very "best" at whatever we put our hands to do; showing courtesy and respect to others; and living a lifestyle that is pure and wholesome.

Remember, people will remember you more for who you are than what you can do. So we challenge you to commit in 2007 to focus on development in the "way", and let your example inspire others.

*Kyle Bennett*  
Instructor

*John Terry*  
Instructor

## THEME OF THE MONTH

### Integrity

1. Adherence to moral and ethical principles
2. Soundness of moral character
3. Honesty

### How do we demonstrate integrity?

1. The example you set is a reflection of Jesus Christ
2. Your word is your bond. Follow through with commitments.
3. You refrain from actions or activities that do not promote moral excellence or virtue.
4. You demonstrate goodness in your dealings with others.
5. You are characterized by "always doing the right thing" in every circumstance and situation (consistent, trustworthy)

## MEMBERSHIP OPPORTUNITIES

### Christian Black Belt Association (CBBA)

Several RVMA students are already members of CBBA and Instructor John Terry is a Chaplain with this organization. Our School Charter with CBBA requires all students be enrolled in this organization. Dues are \$15 a year, and students receive a certificate and patch.

Enrollment forms are available at the dojo.

### Karate for Christ, Int'l (KFCI)

Karate for Christ is a non-profit organization designed to help promote Christian values and principles in the martial arts. RVMA is a Member School of KFCI. Student enrollment in KFCI is voluntary, and lifetime membership in this organization is \$20 (includes certificate and patch).

Enrollment forms are available at the dojo.

## NEW CLASSES IN 2007

**Lil' Dragons:** A fitness/self-defense program designed for pre-school children ages 4-6, Lil' Dragons teaches teamwork, cooperation, safety skills, life skills, while learning the basics of the martial arts. It's a fun-filled, fast-paced program that meets on Tuesdays and Fridays from 5:30PM to 6:00PM. \$35.00 per month.

**Women's Self-Defense:** A 12-week program to teach practical self-defense techniques and danger awareness, this class will meet on Mondays from 6:30PM to 7:30PM. This course provides both self-defense training as well as educational material on how women are targeted, and is designed for women ages 16 and older. \$35.00 per month.

**Adult Black Belt (Basic):** A reality-based martial arts program with an emphasis on physical fitness and self-defense. This is a mixed martial arts program combining elements of Shorin-Ryu, Kenpo, and Ju-Jitsu to respond to real-life situations. This class meets Tuesdays (6:00PM to 7:00PM) and Thursdays (6:30PM to 7:30PM). \$50.00 per month.

## UPCOMING EVENTS

### Midwestern Open Karate Tournament

Saturday, January 27, 2007  
Registration opens @ 9:30AM  
Competition begins @ 10:30AM

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

The 2006 SWAT Awards Ceremony will take place during this event, and congratulations are extended to the following RVMA staff and students who will be honored at this ceremony:

Joshua Terry	1 <sup>st</sup> Place	Fighting	Age 8-9 Intermediate
Jordan Terry	3 <sup>rd</sup> Place	Forms (Kata)	Age 13-14 Intermediate
John Terry	1 <sup>st</sup> Place	Fighting	Senior Men
John Terry	1 <sup>st</sup> Place	Forms	Senior Men
John Terry	1 <sup>st</sup> Place	Weapons	Senior Men

We look forward to several RVMA students participating regularly in the 2007 SWAT Circuit and being honored next year.

## INVITE A FRIEND

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".

So invite your friends, family, neighbors or co-workers to come and try out a free class and help us grow our school.

## EQUIPMENT / UNIFORMS

We have several sources for uniforms and equipment (and great pricing, too). If you're looking to buy new uniforms, training aides for the home, or sparring gear, we have a huge variety available.

We require that you purchase your uniforms and equipment through our dojo to maintain uniformity and assure liability compliance.

## Facing the Giant – Bruce Lee

By: Chuck Norris

[http://www.wnd.com/news/article.asp?ARTICLE\\_ID=53584](http://www.wnd.com/news/article.asp?ARTICLE_ID=53584)

Through the years one of the questions I've been asked most has been, "What was it like to fight Bruce Lee?" Of course we never actually fought off-screen, because Bruce didn't compete with me in professional tournaments. We did, however, periodically spar. Believe it or not, it was fun! I can say that because Bruce and I were friends, and we deeply respected each other as masters of martial arts.

### My debt to Bruce Lee

In a way, Bruce gave me my first movie break in 1968, when he was the stunt coordinator for the "Wrecking Crew," starring Dean Martin. My part was a fight scene with Dean, preceded by one whole line of dialogue! In 1972, Bruce was directing "Return of the Dragon" and wanted me to be in it. "I want you to be my opponent. We'll have a fight in the Coliseum in Rome," Bruce said with excitement. "Two gladiators in a fight to the death! Best of all, we can choreograph it ourselves. I promise you the fight will be the highlight of the film."

"Great," I said, "Who wins?" "I do," Bruce said with a laugh. "I'm the star!" "Oh you're going to beat up on the current world karate champion?" "No," said Bruce. "I'm going to *kill* the current world karate champion." I laughed and agreed to do the movie, after gaining twenty pounds at his request (he wanted me to look more formidable as his opponent)

### Hotels, mannequins and denim jeans

That jabbing dialogue pretty much summarized our wit with each other. My mind races through other examples too. One time we were in New York, staying at the same hotel. As we went up in the elevator, we started sparring and kept doing so in the hallway of our rooms until 4 a.m.! I still wonder why we weren't turned in to hotel security. (Maybe we were, but they refused to detain us!) Another time, when we both lived in Southern Calif., I was over Lee's house. In his garage he had several mannequins set up for practicing martial arts techniques. He was particularly proud of the one with a head that bobbed.

"Do a round-house to its head," he said with a smile. Wearing then some pretty tight '70s denim jeans (remember?), I told him, "Not with these pants." After a little more prodding by Bruce, I quickly pivoted by body around and jostled its head like a teeter-totter in fast motion. Of course we both laughed hysterically when my jeans tore in two at the crotch and literally dropped down to my ankles!

### Giants come in small packages too

Lee, pound for pound, might well have been one of the *strongest* men in the world, and certainly one of the quickest. Whether doing one-handed, two-finger push-ups, or horizontally holding up a 125-pound barbell, Lee was impressively strong for his size, especially at only 140-145 pounds. The fact is Bruce was a giant in so many ways. I was so deeply saddened when he died in 1973, at only 32 years of age. He was an inspiration to so many of us. And while he has been gone for 33 years now, his legend continues to live on.

### Resolve to face your giant

Back on the filming of "Return of the Dragon," it was an eerie feeling standing with Bruce in one of the tunnels leading out into the Roman Coliseum. And I was humbly awed by the thought of real fights to the death that once took place regularly in the arena almost two millennia ago.

You may never engage in hand-to-hand combat with someone like Bruce Lee, or, even more, face real gladiators like others did back then, but the fact is you have your own giants with which or whom to contend. They come in all shapes and sizes: loneliness, addictions, hopelessness, dietary desires, relational incompatibilities, finances, physical disabilities, or maybe even a New Year's resolution to finally obtain some lifelong goal.

Whatever the case, don't let the Goliaths in your life intimidate you, even if they do! Don't fear them, or admit defeat, even if they've dominated you before. I've failed many times in my life, but God has even used those to bring other successes. You can't win without risk and perseverance, plain and simple. Or as Bruce wisely and comically put it, "A fight is not won by one punch or kick. Either learn to endure or hire a bodyguard."

### That was then, this is now

It's strange to think Bruce and I were born in the same year (1940), and we would have shared our 66th birthday this past year. If still alive, I'm sure we would have reminisced about old times and discussed recent ventures of martial arts advocacy and humanitarian assistance. But, most of all, I think we would have talked about how we were still striving to bring down the giants in our lives. At 66, I'm still tackling those Goliaths, some personal and some professional, and attempting to make my life and this world a better place.

I don't know everything that 2007 holds in store, but I do know this: I will forget the mistakes of the past and press on to greater achievements. Lee similarly said, "I am happy because I am growing daily and I do honestly not know where the limit lies. To be certain, every day there can be a revelation or a new discovery. I treasure the memory of the past misfortunes. It has added more to my bank of fortitude."

Or as the Bible says, "I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead."

A good word for a new year, from "a few good men" and the Good Book! Happy New Year!



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.rivervalleymartialarts.com



Christian Black Belt Ass'n