



ALONG THE WAY

River Valley Martial Arts Newsletter
January, 2008



WORDS OF WISDOM

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be sympathetic, be courteous.." **1 Peter 3:8**

This month, we begin a 12-month series on the Christian Martial Artist's Code of Conduct. Karate-do means "way of karate" and was intended to shape a student's character, not just prepare the student for defense or battle. It was learning to live a lifestyle of respect, dedication, selflessness, and honor.

These same traits are an integral part of our Christian walk, and we begin this month with another look at Courtesy.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Courtesy

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be sympathetic, be courteous.." **1 Peter 3:8**

"Do unto others as you would have them do to you." **Luke 6:31**

Why is Courtesy Important?

1. It shows honor and respect to other people
2. It demonstrates other people's worth
3. It demonstrates how YOU want to also be treated
4. It is a helpful, willingness to serve another person

WOMEN'S SELF-DEFENSE STARTS JAN 14

The next 12-week session of the National Security Alliance "Women-Safe Self-Defense" program will begin on Monday, January 14, 2008.

The NSA Women-Safe program is a "holistic" approach to teaching self-defense, both through education and training in practical defensive countermeasures to the common threats many women face.

The 12-week format is designed to help train the mind and the body to be "danger aware", and how to respond to a variety of attack scenarios. While no system is perfect, women taking the course will benefit from an increased awareness and sense of confidence and control.

The cost for the program is \$35 per month (or \$100 if paid in a lump sum). Additional immediate family members are \$30 per month (or \$80 if paid in a lump sum).

Class times are 6:30pm to 7:30pm each Monday through March 31. The curriculum is designed for women ages 12 and older. Participants are encouraged to wear comfortable clothing. No shorts or sleeveless shirts, as we will be working on the ground.

Classes will be held at the River Valley Martial Arts studio, located at 1809 Weir Road (1 mile north of Wal-Mart, right off of Exit 83).

LIL' DRAGONS UPDATE

Lil' Dragons are working on their "Falling" Merit Badge, and will continue through January on this module.



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.

At the end of this module, we will be testing and awarding the Lil' Dragons their Martial Arts "Falling" Skills Merit Badges.

KONO - MARTIAL ARTS COMICS

We are privileged to be one of the first schools in the country to offer KONO - The Martial Arts Magazine for Kids to its students. This action-packed magazine will highlight different aspects of the martial arts, and is filled with fun activities, great articles, comics, and some awesome pictures of martial artists performing incredible moves.

This is a magazine you can share with your friends to encourage them to learn more about the martial arts, and to visit our school.

MIDWESTERN OPEN TOURNAMENT - FEB 2

The 2008 SWAT Tournament Season begins February 2 with the Midwestern Open, held at Crowder College in Neosho MO. We will be taking a tournament team to the event to participate. Joshua Terry, one of our Kick-N Kids Students, will be honored at the 2007 SWAT Awards Ceremony, to be held at the intermission of the tournament.

The cost is \$40 per participant (for one or all events), and includes your 2008 SWAT membership (reducing your entry fee at future SWAT tournaments). Spectators will pay a \$5.00 admission fee.

First, Second, and Third place participants will receive a trophy in their respective division, and Fourth place participants will receive a medal and ribbon. All who place in the top 4 positions are awarded points, which are accumulated throughout the year, and the top competitors for the season are recognized at the first tournament of the following year.

We have published the entire 2008 SWAT Tournament Schedule on our website and we plan on attending several events during the year. We will also notify you of other tournaments, seminars, and workshops in the four-state area that we intend to support.

Check the website, as we update it regularly. There are several new pictures on the site from our last testing of 2007. We hope to have pictures from the Christmas party on the site shortly.

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.

RVMA Student Pledge

Courtesy: Karate for Christ International

As a part of our desire to focus on positive character development and to remind ourselves of the reasons we participate in the martial arts, we will begin opening our classes with a ceremony that includes our student pledge. As a Karate for Christ Certified School, we believe the KFCI Student Pledge speaks clearly to these traits, and we have published their pledge below for your memorization (along with the corresponding Scripture verse).

We will also pledge allegiance to the American flag, Christian flag, and the Bible in our opening ceremony.

I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.

Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

I intend to develop self-discipline and self control, in order to bring out the best in myself and others.

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may be able to prove what is that good and acceptable and perfect will of God."

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

Colossians 3:17 "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him."

I'm on a quest to be my best!

Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."

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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International Karate Association