



ALONG THE WAY

River Valley Martial Arts Newsletter
July, 2008



WORDS OF WISDOM

"If you will be a servant to this people, be considerate of their needs and respond with compassion, work things out with them, they'll end up doing anything you ask of them." 1 Kings 12:7

This month, we take a look at "Etiquette" in the Christian Martial Artist's Code of Conduct. This is learning to properly conduct ourselves in public (and in our private life) so we mirror the life of Christ in our words and our actions.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Etiquette: Rules of acceptable moral conduct or behavior.

1. Conventional requirements as to social behavior
2. Rules of acceptable conduct or behavior
3. Accepted code of manners used in ceremony or formal observances (events)
4. Code of ethical (moral) behavior

Why is Etiquette Important?

Here is a simple rule-of-thumb for behavior: Ask yourself what you want people to do for you, then grab the initiative and do it for them... (Matthew 7:12)

You are fortunate if your behavior and your belief are coherent (consistent)... (Romans 14:22)

You shouldn't act as if everything is fine when a friend who claims to be a Christian is crooked, rude, greedy, or misbehaves...don't we have some responsibility for those who are within our Community of believers? (1 Corinthians 5:9)

Your job is to speak out on things that make for solid doctrine...We don't want anyone looking down on God's Message because of their behavior... (Titus 2:1)

NEW FALL CLASS SCHEDULES COMING

Several of you have asked about moving Lil' Dragons and Kick'n Kids classes to the same nights to make it easier to get your kids to the dojo each week. We are working to facilitate this.

We are also strongly considering starting an "After School Martial Arts program as an alternative to daycare, and welcome your feedback on how to best serve your needs in this regard.

Also in discussion is a Cardio-Fitness Karate class for teens and adults and a "family" night for parents who want to train with their children. Watch for details as we finalize new fall schedules.

CHRISTIAN KARATE CAMP



July 25-27 is the date for the 12th Annual Christian Karate Camp. Once again, Camp Cyacoma will be the host campground for this fun-filled weekend.

Camp Cyacoma is located 10 miles north of Joplin MO, and features air-conditioned dormitories for men and women, as well as an air-conditioned cafeteria and chapel. The camp has two large swimming pools, recreation hall, outdoor tennis courts, basketball courts, Frisbee golf course, playground, and some beautiful scenery.

Seminars will be taught on Saturday by leading area black belts from various styles, and all activities and seminars will be conducted in a Christian atmosphere.

Registration fee is \$100 (\$90 if pre-registered) covers all seminars, overnight stays, meals, camp T-shirt, and camp tournament (2-star SWAT rated). Tournament will take place Sunday morning following Chapel service.

Applications are available at the dojo. Pre-registration ends on July 18th, so get your completed registration and fees turned in ASAP. Parents are welcome to attend with their children. Questions about camp? See your instructor or call Jim Riggs (Camp Director) at 417-472-3054.

KID-SAFE EVENT : AUGUST 10 AT 1 A/G

We will be conducting a "Kid-Safe" event at Russellville First Assembly of God Church on Sunday, August 10 from 11AM to 12 Noon in the morning Children's Church service.

We will discuss a variety of safety topics, perform some kid-safe demonstrations, and share a timely devotional in the service.

RVMA students are welcomed to attend this event and show your support of "Kid-Safe" and we ask that you remember this upcoming event in your prayers.

WOMEN-SAFE STARTS JULY 7



Our next session of "Women-Safe" self defense starts Monday, July 7. If you have not taken this course, and are a teen or adult woman, you should.

This 12-week holistic course helps train women to be "danger aware" and includes educational DVDs coupled with training in practical defensive countermeasures.

The course is \$100 (or \$35 a month) and meets each Monday for 12 weeks from 6:30pm to 7:30pm. Proceeds go to support the Kid-Safe activities we are doing in the River Valley.

Good Touch vs. Bad Touch

By: John L. Terry, III Kid-Safe Network

You can't turn on the news without seeing another missing child story. Abductions, assault and murder seem to be becoming the "new normal" in America as predators openly prey on those most vulnerable among us. You'll find sexual predators in your churches, at the playgrounds, in the malls, and just about anywhere else that children congregate and play.

Many states are finally taking strong stands against those who would abuse children, passing tough jail sentences to seek to stem the growing plague of predatory behavior taking place in the United States. However, this is but one part of the problem, as it only deals with the small percentage of those who are caught in the act and prosecuted. Far too many cases go unreported, as children are not often aware they are being abused, or fear reporting the abuse out of intimidation, guilt, or threat of violence.

Sadly, over 80% of children are abused by someone they know and trust. As seen in the twisted case of Brooke Bennett, this 12 year old was being abused by an uncle, and by some accounts starting as early as the age of 9. At this age, it is easier for the predator to coerce a young child to engage in deviant behavior through playful role playing. Children tend to trust family, and this makes it easier for a sick family member to gain the confidence of a child for their own diabolical end.

We recently added a new brochure to our website titled, "Good Touch vs. Bad Touch" to help parents create an open dialogue with their children regarding sexual abuse and inappropriate touching. Children need to understand their body is their own "personal space" and NO ONE has a right to invade their "space" without their permission. This thought provoking brochure touches on a very difficult subject in a relaxed, light-hearted manner allowing parents to talk with children as young as 3 or 4 yet still have an impact when talking with older children (up to and including pre-teens).

If you haven't had this important discussion with your children, please do so. If you do nothing more than read the brochure to your children, you will begin to create in them a sense of confidence that it is okay to say "NO" and that no one has the right to touch them in an inappropriate manner. It also helps assure the child they can come to you if someone does try to touch (or harm) them in some way, and that they will be accepted and believed.

Kid-Safe Note: We maintain a website (www.rivervalleykidsafe.com) to highlight the many dangers children face, and offer parents educational tools and common sense solutions to help make children more "danger aware". Our sister website, (www.rivervalleywomensafe.com) addresses the many dangers women face, again offering education and common sense solutions to raise awareness and minimize the risk of becoming a victim.

PADDED WEAPONS

We have had several students asking about weapons training, and we are considering starting a padded weapons program to facilitate this interest.



The course would meet once weekly, for one hour, and would be an "add-on" class for current students. The short sword, long sword and other padded weapons will be taught.

Weapons training offers a number of benefits: it increases hand/eye coordination, improves fitness, enhances open hand sparring skills, develops alternative self-defense skills, and more.

If you are interested in participating in a padded weapons class, please let your instructors know. We need at least 4-6 students to begin the program.

CARDIO-DEFENSE

Obesity is a growing problem in America, and Arkansas ranks very high in the percentage of overweight residents. We want to do something to address this.

Several of our former self-defense students have asked about a program that would focus on fitness and weight loss, but would also provide a forum to continually review and practice many of the skills learned in our NSA Women-Safe program.

We are considering starting a Cardio-Defense class that would combine cardio kickboxing and a periodic review of self-defense techniques that would meet for 45 minutes, 2X or 3X a week.

If you are interested, and know of others who may be want to participate in a fitness program, please let us know. We have a certified fitness trainer who will be offering physical assessments and helping participants with fitness and weight loss goals.

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