



ALONG THE WAY

River Valley Martial Arts Newsletter
June, 2008



WORDS OF WISDOM

"Rather as servants of God we commend ourselves in every way ...in purity, understanding, patience and kindness; in the Holy Spirit, and in sincere love..." **2 Corinthians 6:6**

This month, we take a look at "**Kindness**" in the Christian Martial Artist's Code of Conduct. This is a character trait that is sadly being lost among far too many youth and adults today.

Kyle Bennett
Instructor

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Instructor

THEME OF THE MONTH

Kindness: Calmness in the midst of adversity

1. The quality of being warmhearted, considerate, humane and sympathetic.
2. Tendency to be of a benevolent nature of disposition.
3. The act of gentleness or mildness.
4. Loving, affectionate, or considerate behavior.

Why is Kindness Important?

...with everlasting kindness I will have compassion on you, says the Lord your redeemer... (Isaiah 54:8)

Let him who boasts boast about this, I am the Lord, who exercises kindness, justice and righteousness on earth. (Jeremiah 9:24)

Consider therefore the kindness and sternness of God; sternness to those who fell, but kindness to you... (Romans 11:22)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness and faithfulness... (Galatians 5:22)

POTTSVILLE "KID-SAFE" A SUCCESS

Lil Dragon, Kick'n Kids and Adult students helped make our first "Kid-Safe" outreach in Pottsville a great success. Over 125 kids attended the days activities, and 58 were enrolled in the Rapid Search Network program.

A very special thanks to Jimmy and Tess Taylor and Callie Causey for manning the Rapid Search Network Photo ID table, as well as the volunteers from Pottsville A/G, law enforcement, and emergency services personnel who assisted with the event.

For all of you who participated, Kid-Safe says "THANK YOU!"

KUNG FU PANDA MOVIE NIGHT



We are planning a group trip to see "Kung Fu Panda" as a group of Friday, June 13. We plan to make the early showing, and hope to have as many of our Lil'Dragons, Kick'n Kids and Adult students meet us to enjoy Kung Fu Panda.

All students are encouraged to wear their RVMA T-shirts to show their school spirit. We think this will be a fun, entertaining movie that will inspire a new generation of kids to enroll in martial arts training. So let's go watch a movie.

PARENT NIGHT OUT - FRIDAY JUNE 20

We are planning our next "Parents Night Out" on Friday, June 20, from 7pm until 10pm. We'll have pizza, games, and a movie (family friendly, of course).

Parents Night Out is open to all our Lil Dragons and Kick'n Kids students. The cost will be \$5.00 per student to help defray the cost of pizza, drinks and snacks for the evening.

We will have a sign-in-/sign-out sheet so please let us know if someone other than you will be picking up your child(ren). We also ask that they be picked up NO LATER than 10pm as we have to travel to Joplin on Saturday morning for an Instructor training session.

KARATE CAMP COMING - JULY 25-27

Just a reminder that the SWAT Christian Karate Camp is planned for June 25-27 in Alba MO. Camp starts at 7pm on Friday night with orientation, pizza and a swimming party.

Saturday will feature 5-6 training classes, along with time to play, practice, swim and meet new people. Sunday will feature a Chapel service and conclude with a Camp Tournament.

This is a fun-filled weekend for parents and students alike. For details, watch the White Board or check online.

RVMA IS "NSA" MASTER CERTIFIED



We are the only school in the state of Arkansas that is a Certified "Kid-Safe" Center by the National Security Alliance, the world's leading educator on safety and danger awareness issues for children.



We are also the state's only master certified NSA Women-Safe training center, and are authorized to teach the "Women-Safe" self defense, a 12-week holistic program coupling education with practical defensive countermeasures.

Internet Safety

June has been designated "Internet Safety Month" and we've prepared an informative flyer (Keeping Your Kids Safe in Cyberspace) to highlight the many dangers children and adults face while online. In addition to the growing number of viruses that can wreck havoc with your computer, identity theft, cyberbullying, and the ever-present threat of sexual predators perusing the Internet for their next victim make life in the "virtual world" one that can be dangerous.

This free flyer can be picked up at the school, or by visiting the River Valley Kid Safe website and downloading the flyer.

River Valley Kid-Safe encourages you to make sure your computer is safe, both from viruses and hackers. Having antivirus protection and a good firewall is important to keep viruses and hackers out of your computer. We also recommend you consider having a filter installed on your computer to block access to questionable material, and to monitor your children's activities while online.

On the River Valley Kid-Safe website, we offer both the Tuki Internet Filter and the McGruff Internet Filter. Both are designed to help parents protect their children from inadvertently accessing inappropriate content (and chat rooms). They also include interactive games and educational tools to teach kids important Internet safety tips.

At any given time, more than 3,000,000 people can be found in anonymous online chat rooms. MySpace recently worked with the FBI to identify 29,000 registered sexual predators who also had MySpace accounts (and using their real name). While MySpace and other Internet chat room providers are working to minimize the number of predators who are using their services, it remains difficult (if not impossible) to identify sexual predators who are hiding their true identity while interacting with others online.

One of the fastest growing abuses online is the threat of cyberbullying. Cyberbullying is any act to defame, humiliate, blemish, damage, degrade, denigrate, smear, malign or disgrace another person through online postings or email. Cyberbullying can take the place of posted pictures or text on a webpage (or inserted into an email or instant message), or any electronic form of threat, menace, ridicule, or inappropriate verbage used to offend, denigrate, embarrass or humiliate another person.

The Internet offers a world of interesting and useful resources, but care should be taken whenever you are online.

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, 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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