



ALONG THE WAY

River Valley Martial Arts Newsletter
February, 2007



www.rivervalleymartialarts.com

WORDS OF WISDOM

"And let us not be weary in well doing; for in due season we shall reap (a reward) if we faint not (give up)." Galatians 6:9

Paul's letter to the Galatians reminds each of us that there is a price to pay for success, and that is hard work. It takes time to earn something of value, and the martial arts are no exception to the rule.

As you continue along the Way, you may be tempted to be distracted from the task at hand. But be mindful, keep your eyes on the prize (your goal), and run your race to win (1 Corinthians 9:24).

At times the work is hard, but worth it. Hang in there when times get tough and you may feel like you're ready to quit. That's a sign you are about to break through to the next level of success.

We are proud of you, and know you can, and will, succeed!

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Honesty

1. Quality or fact of being honest; uprightness and fairness
2. Truthfulness, sincerity, or frankness
3. Freedom from deceit (lying) or fraud (trickery)

How do we demonstrate honesty?

1. We are characterized by being truthful at all times.
2. We treat others fairly, not showing favoritism
3. We are open and transparent with others, and do not talk behind their backs. We are not two-faced.
4. We take personal responsibility when something happens that was our fault, and not make excuses or blame others.

CBBA CLINIC COMING IN APRIL

Dr. Clement Riedner, Founder (Soke) of the Christian Black Belt Association, will be our guest on **Thursday, April 12**, for a special clinic with our Kick'n Kids and Adult class, from **6:00PM to 7:30PM**.

Dr. Riedner is a long-time practitioner of the martial arts, and is the founder of the Shiho Karano Ryu system. He is also the Senior Chaplain with the Martial Arts Chaplains Association, a Department of Defense introducing chaplaincy program.

Soke Riedner earned his BA and MA from Bob Jones University, another MA from Columbia Bible College, and his Phd, MDiv, and LHD from Great Plains Baptist College.

There will be a \$10 charge per student to help defray Dr. Riedner's travel and lodging expenses in coming to visit our dojo and presenting this informative clinic. Parents and guests are welcome to attend.

CLASS UPDATES

Lil' Dragons: Our Lil' Dragons just completed their first "Safety Skill" certification in Fire Safety. They will be learning the second half of their first form, 9-Step, in March. We will also be starting our "Stranger Danger" safety skills programs this month.

Kick'n Kids: Our Kick'n Kids class continues to grow, and we are preparing for the Southwest Open Tournament (April 14). We welcome Angel Perez, Gabe Adam, and Luke Barnard. Glad to have you guys!

Women's Self-Defense: We will be completing our inaugural WSD class this month. A new "basic" program will start on Monday, April 2 and run for 13 weeks. If there is sufficient interest, we will offer an "advanced" self-defense class starting on Tuesday, April 3.

UPCOMING EVENTS

Southwest Open

Thursday, April 14, 2007
Neosho MO

Registration opens @ 9:30AM
Competition begins @ 10:30AM

\$40 Entry Fee * (\$5.00 General Admission)
* \$10 Discount for 2007 SWAT Members

This will be Shihan Rooks' "traditional" tournament for the year, and we expect to take a large contingent of students, and to bring home a LOT of trophies. Shihan Anderson will also be assisting in coordinating and running this tournament.

Party in the Park

Saturday, April 28, 2007
10:00AM to 10:30AM
Hughes Community Center
Russellville AR

Our school will be presenting a 30-minute "History of the Martial Arts" presentation as part of the annual Party in the Park weekend. Students from our school will be demonstrating weapons and open hand forms at this event. All students are encouraged to attend and support those participating in this workshop.

MARCH = BUDDY BASH

We have designated March as "Buddy Bash" month. It's your chance to invite your friends to our school and participate in a free week of classes.

If you bring a friend and they sign up for classes, we'll take \$10 off your next month's tuition as a "Thank You" for helping us grow our school. If 2 friends sign up, you'll save \$20 off next month's tuition, and so on.

The student who brings two or more "buddies" to our school in the month of March will be eligible to receive a special prize. Prior visitors don't count, sorry. The one with the most visitors (2 or more) will win. In case of a tie, we'll have a drawing for the winner.

Ask for a "Buddy Pass" from your instructor today. All students are eligible to participate in this promotional activity.

Why Training in the Martial Arts is Important

By: Shihan Fred Anderson

One of our IKA Senior Instructors, Shihan Fred Anderson (4th Dan, Shito-Ryu), recently shared an inspirational story with us that really reminds us all of one the many reasons families should consider martial arts training, and maybe not for the reasons you may think. Shihan Anderson's story follows:

"We have had some cold weather here in Northwest Arkansas, southern Missouri with daytime highs of 20 degrees and low nighttime temperatures of single digits. We recently had snow and lots of ice on the ground as well.

After training the other night we couldn't help but notice one family who failed to attend; father, mother and four boys. With an upcoming rank test set for the weekend we couldn't quite understand the absence. The mother of the family had just started karate a couple of months ago was set to test for her yellow belt and was quite excited about this. She had started training in Karate after her 4 sons and husband had been in martial arts for several months. The mother had just had her 41st birthday!

Upon arriving home that night I received a phone call from the husband telling me the mother had had an accident and was in the hospital. It seems she was out running with her two dogs as she does every day and slipped on some ice falling breaking her leg in two places and dislocating her finger as well. If this happened in the city you could have help on the way in a matter of minutes with the sound of sirens, flashing lights. This family lives in the country on 50 acres along with mountain terrain with narrow trails, rocks, and streams that is a part of the Ozark Mountains. The mother laid there for a few minutes and the dogs laid down beside her. No one was around to hear her calls for help. She realized she would have to make it 1/2 mile to some neighbors to get some type of assistance.

She tried crawling however the pain was intense, as she had broken her leg in two places. She managed to crawl into the woods off the trail and get two large sticks and used those to lift herself up. Each step she took she counted in Japanese....Ichi, Ni, San and up to 10. She concentrated on counting and moving. With the temperatures in the low teens she continued to count and move. She struggled the 1/2 mile on two sticks with a severe broken leg to the neighbors and aid was sent to take her to the hospital. The husband called me to inform me she wouldn't be able to take her test and she was very disappointed. The mother told me she was very thankful for every pushup she did, every mile she ran, every physical and mental challenge she had endured. These physical/mental challenges along with her religious prayers brought her through this ordeal.

She underwent surgery and will be off her leg for 6 weeks. Her goal is to take the karate test she worked hard for. To me, her instructor, she has already succeeded in that rank and many more after that. She has taught all of us here what it means to receive real life challenges and endure with a "never give up, never surrender, never quit attitude." It indeed is a great honor to have her as a student."

We may all face times of hardship in our lives, and the martial arts are an excellent way for people to prepare themselves physically and mentally to overcome sometimes very difficult circumstances. And it's a great pastime for folks of all ages, and a family-friendly fitness program that can be a whole lot of fun, too. And, it just might save your life.

SAFETY / SECURITY PRODUCTS



Personal Alarm with Safety Light

130-decibels of ear-piercing sound, plus an emergency light, and strap. A great defensive tool for women, seniors, and mature children.

Retail: \$12.95 + shipping RVMA Price: **\$8.50** each (incl. shipping)



Multi-Purpose Alarm System

130-decibels of ear-piercing sound, plus an emergency light, and strap. Also includes a door and window sensor so you can use at home, hotel room, or college dorm.

Retail: \$15.95 + shipping RVMA Price: **\$11.50** each (incl. shipping)



Self-Defense Keychain

Created by Takayuki Kubota, this 5-1/2" metal baton (known as the kubotan) is an excellent self-defense weapon. Great for men and women.

Retail: \$4.95 + shipping RVMA Price: **\$3.95** (incl. shipping)

MARTIAL ARTS EQUIPMENT



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



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 Warrior Gear Set *
* Includes shipping

\$55.00 Rival Gear Set *
* Includes shipping

Remember our liability coverage requires that all equipment be purchased through our school. See your instructor for equipment needs or sizing.



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



Christian Black Belt Ass'n