



ALONG THE WAY

River Valley Martial Arts Newsletter
March, 2008



www.rivervallemartialarts.com

WORDS OF WISDOM

"A truthful witness does not deceive, but a false witness pours out lies."
Proverbs 14:5

This month, we take a look at "**Honesty**" in the Christian Martial Artist's Code of Conduct. We are either characterized as one who is truthful or one who is not, and as Christian martial artists, we are taught to be honest and truthful in all things.

The Bible says that lying is one of the seven sins that God despises above all else. When we can't be truthful in our conversations, then it creates a problem with trust in our relationships with others.

Let us be truthful and honest in all things. For if the words we speak cannot be trusted, then neither can we.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Honesty (Being truthful in all things)

1. Uprightness and fairness
2. Truthfulness, sincerity, or frankness
3. Freedom from deceit or fraud

"A truthful witness gives honest testimony, but a false witness tells lies."
Proverbs 12:17

"The Lord detests lying lips, but he delights in men (and women) who are truthful."
Proverbs 12:22

"A truthful witness does not deceive, but a false witness pours out lies."
Proverbs 14:5

Why is Honesty Important?

1. An absence of bad temper or belligerence (bullying)
2. A deliberate of voluntary kindness in dealing with others
3. The absence of harshness or severity
4. A submissive spirit in the face of insult or adversity

LIL' DRAGONS UPDATE

Lil' Dragons have started work on their "Home Safety" Merit Badge this month.



Many accidents occur in and around the home, and this module is designed to address many of these safety issues and help Lil' Dragons to be careful at home.

We will cover safety issues surrounding animals, electricity, and unsafe hiding places, as well as outdoor / playground safety.

We encourage parents to listen in on our "mat chats" with the Lil' Dragons to reinforce what we are discussing with your children. At the end of this module, the Lil' Dragons will have to complete a short quiz with their parents to qualify for their Home Safety Merit Badge.

TESTING - MARCH 15

RVMA Rank Testing (IKA-Certified) will be held Saturday, March 15.



We will begin testing Kick'n Kids starting at 10:00AM, and should conclude by 12:00 Noon. We will test Teens/Adults starting at 1:00PM.

Shihan Kal Rooks will be heading the IKA testing panel.

RVMA instructors will be advising students who are eligible to test for rank advancement. Testing fees (which include a new belt) will be due at the testing. Make checks payable to "RVMA" and we'll write one check to the Panel for test fees.

SPIRIT PLUS PERFORMANCE AT THE JOURNEY

Our good friends at Spirit Plus Martial Arts (Van Buren, AR) will be performing an illustrated sermon at The Journey on Saturday, March 29th at 6:00pm. Instructor Raymond Yarbrough and his team of martial arts students will be using Christian-music themed martial arts demonstrations (as well as board & brick breaking) to share the power of the Gospel and how to live an overcoming life at this event.

We encourage our martial arts students to use this opportunity to invite their friends and families to see and experience a unique service and see the Gospel shared through the martial arts.

KFCI MINI-CAMP - APRIL 12, 2008

Our school will be hosting a Karate for Christ "Mini-Camp" for students and instructors on Saturday, April 12. We are expecting several KFCI schools from across the state to attend.

This "Mini-Camp" is for students ages 7 and older and will include cross-training opportunities and a chance to get to know and fellowship with other Christian martial artists in Arkansas.

The KFCI Mini-Camp will begin at 10AM and end at 3PM. There is NO COST to attend this event, and students are encouraged to bring a sack lunch and drink for lunch. Kevin Wagner, Arkansas KFCI State Rep will be attending, and we are hoping to have David Dunn, KFCI Vice-President, as our special guest for the event.

PARTY IN THE PARK - APRIL 26, 2008

Our school has been asked to participate at Party in the Park on Saturday, April 26. This is the second year our school has been honored with an invitation to showcase some of our students, and we will be working to prepare for this event over the next 2 months.

The event will be held at the Hughes Community Center & City Park. This year, we will be performing (weather permitting) on an outdoor stage in the Park. This will provide greater visibility to those who are attending, and a larger area for performing.

As the event draws closer, we will have more information regarding specific performance times and stage location. Check the white board at the dojo for details as they become available.

Kata – The Essence of Karate?

By: John L. Terry, III

"Why do I have to practice kata so much?" It's a common question asked by virtually every martial artist (regardless of style). In a traditional martial arts curriculum, kata is the foundation of karate. Yes, it is a requirement for advancing in rank and also serves a useful purpose in exercising our bodies and our minds. But there is a principle many students overlook...perfection.

When the founders of the various styles of karate created their fighting systems, they were done so to exploit the weaknesses of an untrained fighter in battle. These grandmasters sought to create a civilian form of self-defense that was simple, yet effective. They assembled a number of techniques to deal with the most common forms of attack a civilian might experience, and this compilation of techniques became known as "kata" (forms).

Each kata represents a complete fighting system, as created by its founders, and the kata was the equivalent of photographing or videotaping the techniques to preserve them for future generations. Students did not rush through the learning of kata, and some spent years learning a single kata (and its applications). As an example, Gichin Funakoshi (founder of Shotokan) spent the first 9 years of his martial arts career studying only the Nahanchi kata and its self-defense applications.

The continual practice of kata engrains these practical, effective fighting movements into the mind of the martial arts practitioner. Eventually these techniques become "automated responses", which is the desired outcome. Much like learning to hit a baseball, shoot a basketball, throw a football, or kick a soccer ball, it is only through continual practice that we perfect a desired skill and are able to perform under pressure without having to think about it.

In Japan, this is called "Mushin" (meaning literally, "no mind"). It is the ability to respond to a dangerous situation using your martial arts skills without having to think about what you are doing. As kids, we experienced this once we learned how to ride a bike or roller-skate. As adults, we learned this when we learned how to drive. In the martial arts, learning to perform kata correctly makes it possible to defend oneself without having to ask yourself, "okay, he's trying to choke me, so I need to perform a high block or inside block..." You simply, and effectively, respond to an attack scenario and bring it to an end.

Kata also affords the student with a great exercise, both physically and mentally, but this is a by-product and not the intent. Kata was intended to engrain fighting principles so civilians could protect themselves if attacked...nothing more. Kata is the very essence of karate, and is a time-proven method to teach students, young and old, how to use individual techniques in correct combinations to gain an advantage over an attacker.

So perfect practice makes for a perfect performance, and in a self-defense scenario, this could very well save your life.

KID-SAFE SEMINAR & SERMON - STILLWELL BAPTIST CHURCH, CLARKSVILLE AR - MARCH 12 - 6:30 PM

Instructor & CBBA Chaplain John Terry will be speaking on Wednesday, March 12 at Stillwell Baptist Church in Clarksville AR. John will be speaking to the Awanas (Grades K – 6th) group. The first 20 minutes will be a mini "Kid-Safe" event focusing on some basic self-defense and predator awareness tactics, and concluding with a 20 minute devotional on "Fighting the Good Fight of Faith".

The church is located 2-1/2 miles north of the University. Take the first Clarksville exit and go North to Main Street (Hwy 64). Turn left at the 2nd stoplight on College. Stay on College Avenue 2-1/2 miles past the College to the Church. The program will be held in the Youth facility, and begins at 6:30pm. All RVMA students are welcome to attend.

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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