



ALONG THE WAY

River Valley Martial Arts Newsletter
May, 2008



WORDS OF WISDOM

"Be humble, and regard others as more important than yourselves...."

**Philippi-
ans 2:3**

This month, we take a look at "**Humility**" in the Christian Martial Artist's Code of Conduct. We are either characterized as one who is prideful and arrogant, or one who is courteous, respectful, and modest. As Christian martial artists, we are taught to mirror

THEME OF THE MONTH

Patience: Calmness in the midst of adversity

1. The ability or willingness to suppress restlessness or annoyance when confronted with delay.
2. Steady perseverance, even-tempered care.
3. To endure hardship, difficulty or inconvenience without complaint.
4. Calmness, self-control, restraint, or endurance.

Why is Patience Important?

*The fruit of the spirit is love, joy, peace, **patience**, kindness, goodness, faithfulness...* (Galatians 5:22)

*With humility, meekness and **patience**, forbear one another and make allowances because you love one another.*

(Ephesians 4:2)

*May the Lord direct your hearts into His love, and into the steadfastness and **patience** of Christ...*

(2 Thess. 3:5)

*I persevere and stand my ground with **patience** and endure...*

(2 Timothy 2:10)

POPE COUNTY EMS VISITS LIL' DRAGONS

Lil' Dragons were visited by Pope County EMS paramedics on April 29 to discuss home safety.



The paramedics discussed the dangers faced in the kitchen and shared a number of safety tips with students and parents.

Lil' Dragons then toured the EMS ambulance and learned what happens when 9-1-1 dispatches an ambulance to the scene of an accident or injury.

The Lil' Dragons were then treated to a light/siren show by EMS before they concluded their "Home Safety" clinic. We will be concluding our "Home Safety" module with a Merit Test in May. Watch the White Board for dates for Merit Testing.

INVITE YOUR INSTRUCTOR TO LUNCH

It has been our privilege to have lunch with a handful of our Lil' Dragon and Kick'n Kids students this year. Some of you have asked, "*When are you coming to our school for lunch?*" Our answer, "*When you invite us!*"

We'd be happy to have lunch with you, meet your friends, and tell them about our school. We'd also be happy to speak to your class about the history of karate, kid-safety or other topics. But you have to invite us (for lunch) or have your teacher contact us (for a classroom talk).

RELAY FOR LIFE DEMO - MAY 17



RVMA's Lil'Dragons, Kick'N Kids & Adults were a BIG hit at Party in the Park, held at the City Park on Saturday, April 26

Our 30-minute performance was viewed by over 200 spectators and we received numerous calls from area residents complementing us on our demonstration and the politeness and poise of our students at the event.

We have been asked to do a demonstration on Saturday, May 17 at the River Valley Relay for Life event, to be held at Berkle Field on the Arkansas Tech University campus. Watch the White Board for details

KID-SAFE FAIR - POTTSVILLE AR

Pottsville Assembly of God has asked us to help promote a safety fair on Saturday, May 31 to kick off their Vacation Bible School program. We will be coordinating with local law enforcement and emergency services personnel to speak to a variety of safety topics, offer the Rapid Search Network enrollment, and our students will be performing some demonstrations at the event. We will need volunteers to help!

Watch the White Board and your email for updates and times, and let us know if you will be available to assist at the event..

RVMA GOES YOUTUBE.COM

We now have our own YouTube.com channel and we've posted our first RVMA demonstration video (from Party in the Park) on YouTube.com. For those of you who are not familiar with YouTube, it is a video hosting site where you can post videos to share with family and friends.

We will be adding other videos of demonstrations, clinics, and RVMA events on YouTube.com regularly, and they will also be linked to our school website for easy access.

Our school's YouTube channel name is **RVMAKarate** if you are searching their website or want to subscribe to the channel.

Sexual Predators: What Parents Need to Know

<http://www.wsav.com/midatlantic/sav/news.apx.-content-articles-SAV-2008-04-14-0018.html>

Statistics show eight out of every twelve Americans will become victims of crime at least once in their lifetime. Frightening numbers, which is why every year the US Government, holds National Crime Victims Rights Week. It's an effort to get the message out and raise awareness about challenges facing victims.

"If they were aware they would probably be more scared," says Greg McConnell a child abuse prosecutor for Savannah Georgia's District Attorney's Office.

"I've been doing this for twenty years in Chatham County and I have indicted and prosecuted over one thousand three hundred cases and we only prosecute the tip of the iceberg. Most cases go un-prosecuted," says McConnell.

One in ten to be more precise, so for every child that comes forward there are nine that aren't saying a word. This is why Kris Rice of Coastal Children's Advocacy Center says parents need to talk to their kids about molestation.

"It's important for children to know that should report any kind of look or touch or words that feel uncomfortable to them not just if someone touches you in your genitals," says Rice.

At the time same parents also need to be more aware of whom their children are spending time with.

"Not just okay you are going over to the neighbors' house and we've seen them in the street they need to know who is in the home," points out Rice.

Just because you know where the registered sex offenders are in your neighborhood doesn't mean your child is in the clear. While many parents preach the dangers of strangers McConnell says 95 percent of molesters are people your children know love and trust.

"Effective child molesters are good with children most child molesters are well known to their children," says McConnell.

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". We have just launched a sister website to address the many dangers women face (www.rivervalleywomensafe.com), 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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