



ALONG THE WAY

River Valley Martial Arts Newsletter
November, 2007



www.rivervallemartialarts.com

WORDS OF WISDOM

"Let the peace of Christ rule in your hearts, to which indeed you were called in one body, and be thankful."
Colossians 3:15

At this time of the year, we pause to count our blessings. As we celebrate the Thanksgiving season, we should be mindful of God's many blessings in our lives, both big and small.

How often do we take for granted the necessities of life? Food, clothing, a bed to sleep in, a house that is warm in the winter, a car to transport us, our health, our jobs? All of these are gifts of God, and we should take time more often to tell Him, "Thanks!"

Being thankful for the opportunity to train in a Christian-based martial arts program is also something to be thankful for, and we are thankful to each of you whom we have the privilege to teach. It is an honor to be your instructors, and we count it a joy to share our art with you.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Thankfulness

"Let the peace of Christ rule in your hearts, to which indeed you were called in one body, and be thankful."
Colossians 3:15

1. Aware and appreciative of a benefit
2. Expression of gratitude
3. State of being beholden or obliged

Why is Thankfulness Important?

1. It acknowledges a kind act or deed
2. It demonstrates gratefulness & appreciation
3. It recognizes both the gift and the giver

CHRISTMAS CATALOGS ARE HERE

Christmas Catalogs: Century Christmas Catalogs are in, and we'll be processing orders for Christmas items once a week through the middle of December. There are some great gift-giving ideas in this catalog, and some nice discounts for the Holiday season.

Make your checks payable to RVMA when you turn in your order, and we'll send one check to Century with each order. If you don't have a Christmas catalog (or need another one), please see your Instructor.

Colored T-Shirts Available: In addition to our standard white T-shirts, RVMA T-Shirts can be ordered in color. Colored short-sleeved T's are \$12.00 each, and colored long-sleeved T's are \$18.00 each. White T's are \$15.00 each. Golf (polo style) shirts are also available, and we are looking into having warm-ups available, too.

Many thanks to Gage's parents, Bobby and Kim Adams (Sportscene) in serving as our new T-shirt screen printer. Colored T-shirts, sweatshirts, and warm ups make great Christmas gifts, too.

CBBA CLINIC SCHEDULED - NOVEMBER 8

River Valley Martial Arts will host Dr. Clement Reidner, Soke of the Christian Black Belt Association / Martial Arts Chaplains Association on Thursday, November 8, 2007.



Dr. Reidner, a black belt in Shiho Karano Ryu, will present a clinic for our Kick'n Kids and Adult classes. Dr. Reidner's practical style and practical techniques will help add a new dimension to self-defense.

We encourage all students to bring an offering to give to help the Christian Black Belt Association continue its work to share Jesus through martial arts schools throughout the United States..

Students may also consider joining the Christian Black Belt Association. Dues are \$15 per year

IKA RANK TESTING - DECEMBER 1

River Valley Martial Arts will be participating in an IKA regional rank testing event on Saturday, December 1. Berryville Community Karate Center has been tentatively selected as a centralized meeting place for the testing. IKA black belts will comprise the testing panel.

We will be evaluating students during the first two weeks of November, and will advise eligible students (and their parents, if applicable) if we believe they are ready to test before the IKA panel.

Times, location, and driving directions will be provided. A testing fee of \$35 per student will be assessed. This fee includes the cost of their new rank belt.

RVMA CHRISTMAS PARTY - DECEMBER 14

We have tentatively scheduled our 2007 RVMA Christmas party for Friday, December 14, from 6:30pm to 8:00pm. We'll have Lil' Dragons that Friday, then set up for the party at 6:30pm.

As we did last year, we will have a pot-luck dinner, with everyone bringing something to eat. The school will provide paper plates, eating utensils, napkins, and soft drinks.

We are asking each student to bring a wrapped present (no more than \$10 please), and mark them "BOY" or "GIRL". We'll then exchange gifts, so everyone can have a "surprise" from another student. This was a LOT of fun last year, and we saw some creative gifts.

Yury Terry will be coordinating the set-up and decorating of the school Christmas tree prior to the event, and we'll have to dojo in "Christmas Celebration" mode as we move into December. If you are interested in helping decorate the dojo for the Holiday season, please let Yury know.

It's a great time for all our classes to get together for a time of fun, fellowship, and thanksgiving as we celebrate Christ's birth.

Itosu's "10 Precepts"

NOTE: Anko Itosu wrote this in 1908 as a guide to his students in the training of karate, so they could be prepared to defend themselves against any attacker. This is a modern translation of his original Okinawan text.

1. Karate is not merely practiced for your own benefit; it can be used to protect one's family or master. It is not intended to be used against a single assailant but instead as a way of avoiding injury by using the hands and feet should one by any chance be confronted by a villain or ruffian.
2. The purpose of karate is to make the muscles and bones hard as rock and to use the hands and legs as spears. If children were to begin training naturally in military prowess while in elementary school, then they would be well suited for military service. Remember the words attributed to the Duke of Wellington after he defeated Napoleon, "Today's battle was won on the playing fields of our schools".
3. Karate cannot be quickly learned. Like a slow moving bull, it eventually travels a thousand leagues. If one trains diligently for one or two hours every day, then in three or four years one will see a change in physique. Those who train in this fashion will discover the deeper principles of karate.
4. In karate, training of the hands and feet are important, so you should train thoroughly with a sheaf of straw (#). In order to do this, drop your shoulders, open your lungs, muster your strength, grip the floor with your feet, and concentrate your energy into your lower abdomen. Practice using each arm one to two hundred times each day.
5. When you practice the stances of karate, be sure to keep your back straight, lower your shoulders, put strength in your legs, stand firmly, and drop your energy into your lower abdomen.
6. Practice each of the techniques of karate repeatedly. Learn the explanations of every technique well, and decide when and in what manner to apply them when needed. Enter, counter, withdraw is the rule for torite.
7. You must decide if karate is for your health or to aid your duty.
8. When you train, do so as if on the battlefield. Your eyes should glare, shoulders drop, and body harden. You should always train with intensity and spirit as if actually facing the enemy, and in this way you will naturally be ready.
9. If you use up your strength to excess in karate training, this will cause you to lose the energy in your lower abdomen and will be harmful to your body. Your face and eyes will turn red. Be careful to control your training.
10. In the past, many masters of karate have enjoyed long lives. Karate aids in developing the bones and muscles. It helps the digestion as well as the circulation. If karate should be introduced, beginning in the elementary schools, then we will produce many men each capable of defeating ten assailants.

If the students at teacher training college learn karate in accordance with the above precepts and then, after graduation, disseminate this to elementary schools in all regions, within 10 years karate will spread all over Okinawa and to mainland Japan. Karate will therefore make a great contribution to our military. I hope you will seriously consider what I have written here –

Anko Itosu, October 1908

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.

River Valley Martial Arts

PO Box 640 • 1809 Weir Road
Russellville AR 72811
P 479-890-6988
F 479-967-9898
E rvma@imga.com

www.rivervalley martial arts.com



International Karate Association