



ALONG THE WAY

River Valley Martial Arts Newsletter
October, 2007



www.rivervalley martial arts.com

WORDS OF WISDOM

"Death and life are in the power of the tongue; and they that love it shall eat the fruit thereof."
Proverbs 18:21

A father told his son, who had a bad temper, to hammer a nail into the family's white picket fence each time he lost his temper. The first day, the son drove 37 nails. Over the next few weeks, the boy learned to control his temper, and hammered fewer nails into the fence.

The father, encouraged by the son's progress, told him for each day he held his temper to pull a nail from the fence. Many weeks later, the fence was free of nails. That evening, the father took the son to the fence and showed the son the holes that remained.

"Son, you've done good, but our fence will never be the same. These holes represent the wounds you've driven into the lives of those you've hurt by your angry words over the years. You can say 'I'm sorry', but you can't undo the hurt, the wound is still there.

Our tongue is a powerful force, and we should use it to speak words of encouragement and life to those around us. Be an encourager.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Courtesy

"Do unto others as you would have them do to you". Luke 6:31

1. Excellence of manners or social conduct
2. Respectful or considerate act or expression
3. Polite, considerate or thoughtful behavior
4. Generosity in providing something needed

Why is Courtesy Important?

1. It shows honor and respect to other people
2. It demonstrates other people's worth
3. It demonstrates how YOU want to also be treated
4. It is a helpful, willingness to serve another person

CLASS UPDATES

Two New 2nd Stripes: Congrats to Jessie Terry and Gayle Terry, who both successfully passed their 2nd Stripe (9th kyu) test at the Joplin Karate Academy on Saturday, September 29, 2007. After a long day of tournament, these two students traveled to the JKA dojo for rank testing, and earned their next stripe. Good job.

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 (SportsScene) in serving as our new T-shirt screen printer.

RVMA "TOP SCHOOL" HONORS



RVMA students took "Top School" honors at the 16th annual Four State Open, held Saturday, September 29, 2007 at Crowder College in Neosho MO. RVMA students took 16 trophies and 2 medals at the event.

Tournament "Top Team" competitors pictured are, (first row) Gage Adams (5th place - Forms), Sydney Lane (3rd place - Forms), Joshua Terry (1st Place - Forms, 1st place - Fighting), Jessie Terry (3rd place - Fighting). (Second Row) Samantha Bratton (1st Place - Fighting), Cade Koch (4th Place - Forms; 3rd Place - Fighting), Justin Stuntz (1st Place - Forms, 1st Place - Fighting), and Jon Taylor (4th Place Fighting). (Third Row) Instructor Kyle Bennett (3rd Place - Forms, 3rd Place - Weapons, 3rd Place - Fighting), Gayle Terry (2nd Place - Forms), and Instructor John Terry (4th Place - Weapons, 1st Place - Forms, 1st Place - Fighting). John also took Grand Champion honors.

IKA TRAINING SCHEDULED - OCTOBER 20

River Valley Martial Arts is a member of the International Karate Association, which serves as our sanctioning body for rank recognition. Member IKA schools from AR and MO will gather in Berryville AR on October 20 (10AM to 3pm) for a FREE joint training session.

Students age 10-12 with a rank of 8th Kyu (Yellow Belt) or higher and all students age 13 or older are invited and encouraged to attend.

Classes will be taught on kata, weapons (bring your own bo staff), and self-defense. This will be a great opportunity to cross-train with other IKA students from AR and MO, and to enjoy a fun time of fellowship with some really nice folks.

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, and proceeds help to defray the ongoing ministry costs of operating the CBBA. The CBBA was founded in 1970, with Soke's vision of using his experience as a martial artist to reach others for Christ. Dr. Reidner sees the CBBA as a service organization to help equip other Christian martial artists to actively incorporate their faith into their curriculum.

The Pinan / Heian Fighting System

By: Iain Abernethy

The Pinan / Heian series are often the first katas taught in the majority of modern dojos. This can lead to the Pinan / Heian katas being thought of as nothing more than introductory forms that are really only suitable for children and junior grades. However, it is my belief that the Pinan / Heian katas are grossly undervalued and do in fact represent a coherent fighting system in their own right.

It was Anko Itosu who developed the Pinan / Heian katas. Itosu was born in the Shuri Region of Okinawa in the 1830s. In Gichin Funakoshi's book, ' *Karate-do Nyumon* ', Anko Itosu is described as being of average height with a huge chest that gave him 'the silhouette of a barrel.' Funakoshi goes on to say that despite Itosu's long flowing beard he had the face of an innocent child. It is also said that Itosu possessed great physical strength - in particular his grip strength was said to be exceptional - and that he was a very able martial artist.

The word 'Pinan' is made up of two ideograms. The original Okinawan pronunciation of the first ideogram is 'pin', whereas the Japanese pronounce it 'hei.' Wado-Ryu & Shito-Ryu practitioners tend to favour the Okinawan pronunciation of 'Pinan', whereas Shotokan stylists favour the Japanese pronunciation of 'Heian'. Regardless of favoured pronunciation, the word 'Pinan' means, 'peaceful mind'.

In ' *Karate-Do Kyohan* ' Gichin Funakoshi, who was a student of Itosu's, said that the name 'Pinan' was chosen for the series because once these katas have been mastered, the karateka can be confident in their ability to defend themselves in most situations. If this is true, it would mean that the Pinan series would need to include techniques for uses at all ranges of fighting. In addition to the familiar strikes, they would also need to include throws, takedowns, holds, chokes, locks etc. It is my understanding that the Pinan series does indeed include all these methods; however, it would be fair to say that these methods are not widely practised.

As mentioned earlier, the Pinan katas are often thought of as training methods for beginners or children and therefore they are often undervalued by more experienced karateka. One of the reasons for the Pinan series being viewed in this way is the fact that they were established in the early 1900s, which was around the same time that Itosu was introducing karate onto the curriculum of Okinawan schools. Some say that the Pinans are merely watered down versions of the advanced kata and were developed solely for children. If this were the case then why did Itosu also teach the Pinans to his adult students? Also, why did he choose a name which is said to be related to the combative function of the katas if they have no combative function?

It is far more likely that Itosu had developed the Pinans over a period of time prior to the introduction of karate onto the Okinawan school system and meant for them to be a synthesis of his favoured methods. When Itosu was introducing karate into the Okinawan schools, the Pinans would be the natural choice of kata because they are relatively short. The main difference between the adults' and children's training would simply be a matter of approach. The children would be taught the solo forms, without their applications, and would perform them as a form of group exercise; whereas, the adults would be taught the complete fighting system. As time has passed, it is the 'children's approach' that has become the most widely practised.

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