



ALONG THE WAY

River Valley Martial Arts Newsletter
October, 2008



WORDS OF WISDOM

"God, I didn't keep the news of your ways a secret...I told it all, how dependable you are, how thorough...." **Psalm 40:9**

This month, we take a look at being "**Dependable**" in the Christian Martial Artist's Code of Conduct. Being dependable is learning to say what we are doing to do, then doing it. This builds trust and enables others to have confidence in what we say we are going to do.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Dependable: Say what you're going to do, then do it.

1. Worthy of reliance of trust
2. One who can be trusted or depended on
3. Consistence in performance or behavior
4. Sound, solid, secure, stable

Why is Self-Discipline Important?

"Do your work, honoring God; be dependable and honest in your duties..." **2 Chronicles 19:8**

"He is a blessed man if, when the master shows up, he's being a dependable manager and doing his job..." **Luke 12:42**

"God, your Word and Truth are dependable as ever..." **Psalm 119:89**

"I can always count on you. God in dependable love, you always show up on time..." **Psalm 59:16**

BATTLE TO BE THE BEST - OCT. 18, 2008



The "Battle to Be the Best" open martial arts tournament is slated for Saturday, October 18, 2008 in Fayetteville AR.

Hosted by the International Martial Arts Council, this tournament will bring together competitors of all ages styles from Arkansas, Missouri, Oklahoma, and Kansas for a family-friendly martial arts competition.

IMAC will also host a submission grappling tournament that will run simultaneously with the martial arts tournament.

Event posters are at the dojo, and additional information on the event can be found at the IMAC website (www.imacusa.com). Please let your instructor know if you are interested in attending (and participating) in the tournament.

LIL DRAGONS TO START SPARRING CLASS



The Lil' Dragons will begin a sparring class once they complete their current martial arts module on "balance".

The purpose of this class is to help the students learn how to practically apply the blocks, kicks, and punches they are learning in a controlled, padded environment.

We also want to begin to teach the Lil Dragons how to spar for tournament competitions, as this is an opportunity for them to travel with their family, compete in a friendly competition with other kids their age, while having the opportunity to win medals and trophies for performing.

Sparring gear needs to be ordered for each child through the school office by the middle of October. A basic sparring gear package costs \$50 and includes hand, foot and head pads. The sparring gear comes in many colors: white, black, silver, purple, yellow, orange, or red.

Students will need to also have a mouthpiece, and boys will need to purchase a jockey strap with a protective cup. If you are interested in a chest protector or face guard (should your child wear glasses), check with your instructor for optional equipment and costs. We can also order martial arts gear bags for the kids to transport their equipment to and from class.

RVMA BUS UPDATE

Several of you have asked about our school bus. Shield's Signs recently added logos and graphics to the bus, and we are currently having a maintenance review to fix a few minor issues so the bus is road-ready when we want to use it.

We hope to have the bus ready to take to the Battle to Be the Best tournament in Fayetteville, and we'll keep you in the loop as the date approaches.

Watch for the RVMA Bus to arrive at the school lot shortly.

WOMEN-SAFE STARTS OCTOBER 6



Our next Women-Safe self defense class starts on Monday, October 6 at 8:00pm. This is a 12-week course that meets once weekly, and focuses on danger awareness education along with practical self-defense training. Cost is \$35 a month, for 3 months.

Designed for teen and adult women ages 13 and older, the Women-Safe program is the River Valley's only holistic self-defense program that is NSA certified and uniquely designed to address many of the common dangers women face. See an instructor for more information or an enrollment form.

Funakoshi Teaching Throwing

By: Sensei Iain Abernethy

The picture, below, was recently sent to us courtesy of school friend, Sensei Iain Abernethy. It is from the karate club of Waseda University and shows Gichin Funakoshi (founder of Shotokan and considered by many the founder of modern karate) teaching in 1935. Funakoshi, dressed in darker clothing on the far left of the picture, is photographed while teaching throwing applications to a group of students.



左端の方は船越義珍師範

One pair of students is showing a throw (reminiscent of the lifts in Chinto, Gankaku and other kata) while another pair are engaged in ground fighting. Notice how the one on the bottom has seized his partner's gi and the one on top is primed to punch him...perhaps to get him off so he can stand? Another way of viewing it is that the position could also be seen as jamming or blocking the guy's leg in order to avoid being kicked in the head while dealing with an opponent on his back.

It's an interesting picture not previously seen, and we give thanks to Genosuke Higaki (author of Hidden Karate 2) who shared this photo with Sensei Abernethy.

RVMA Comments: Many in the public think of the UFC/MMA sport fighting styles that are popularized on TV and Pay-Per-View as the only mixed martial arts systems. The traditional Okinawan karate system we teach is one of the original mixed martial arts systems, and incorporates sweeps, reaps, throws, joint locks, joint manipulations, and ground fighting applications along with the more commonly known blocks, punches and kicks.

As we've previously stated, the fighting systems of the ancients were recorded in kata, as video cameras did not exist at the time their art was developed, and still photography was not readily available. Many masters also were particular whom their art was shared with, and did not want their unique fighting styles publicized for common study.

It was through the recording of techniques and fighting applications in kata that the art was passed from one generation to the next, and even then only those who gained the favor and trust of the master were entrusted with the deeper knowledge of the systems.

We are honored to work with masters and grandmasters who are willing to share the deeper truths of the martial arts and their practical applications so we can pass this knowledge and history on to you, our students. The martial arts has a rich and distinguished heritage, and we are appreciative of the unique opportunity to be a continuation of this heritage in this generation.

Karate 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.

Anko Itosu, Creator of Pinan Katas

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