



ALONG THE WAY

River Valley Martial Arts Newsletter
September, 2007



www.rivervallemartialarts.com

WORDS OF WISDOM

"Give, and it will be given back to you..."

Luke 6:38

If you plant a seed in the ground, it will grow and produce a harvest. What we plant in the lives of others is what we will receive back from them in the future. Good or bad, we receive a harvest from what we have planted. You can't expect oranges if you plant apples, nor can you expect kindness if you plant selfishness. Be careful what you sow.

Kyle Bennett
Instructor

John Terry
Instructor

THEME OF THE MONTH

Discipline

"Do not reject (ignore, refuse to accept) the discipline of the Lord. For whom the Lord loves, he disciplines, even as a parent corrects their children". Proverbs 3:11-12

1. A set of rules and regulations
2. Training to act in accordance with rules
3. Behavior in accord with rules of conduct
4. Punishment for correction and training

Why is Discipline Important?

1. It sets the boundaries for proper, moral behavior
2. It allows us to be focused and complete tasks
3. It allows us to train for maximum results
4. It is used to correct bad behavior or bad habits

CLASS UPDATES

Lil' Dragons: Congrats to all who successfully passed their last rank testing. We will be starting a new Life Skills module this month, "Discipline", as well as working on our Martial Arts Skills merit badges.

Kick'n Kids & Teens / Adults: We will be working primarily on kata and sparring for most of the month, as our last major tournament of the year will be held on September 29th in Neosho MO. October will bring a focus on self-defense and learning new technique.

Women's Self-Defense: We will finish up our Summer class this month, with a video on Home Safety and a focus on "putting it all together". We'll spend a lot of time putting together the individual components of our program into a cohesive response to threats.

New classes will be forming in October, so help spread the word about our upcoming classes to those who may have an interest.

REMINDER: RVMA T-shirts can be worn in lieu of uniform top during the summer, due to hot temperatures. If you need order additional T-shirts, they are \$10 each. Golf-style shirts are \$20 each. Add \$5 for XL and \$10 for XXL shirts.

T-shirts for new members are being printed with our updated logo, and should be ready by the middle of September.

FOUR STATE OPEN - SEPTEMBER 29

Four State Open – September 29

The 16th annual Four State Open will be held on Saturday, September 29, at Crowder College in Neosho MO. This will be the last major SWAT-rated tournament for 2007 we will be attending, and a great chance for you to showcase your training against your peers from AR, OK, MO and KS.

Registration opens at 8:30AM
Musical Kata begins at 10:00AM
Traditional Forms/Weapons begin at 10:30AM

Registration is \$40 for participants, \$5 for spectators. SWAT members pay only \$30.

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.

A fall or spring camp is being considered. Details to follow.

KFCI - CBBA PATCHES

River Valley is currently the ONLY school in Arkansas that has completed the certification process with Karate for Christ International. We are honored that KFCI has recognized our commitment to upholding Biblical truth as we also teach the martial arts to our students, young and old.



When you join RVMA, you are also becoming a member of Karate for Christ. As such, you are eligible (and encouraged) to wear the KFCI patch on your uniform.

Patches are \$10.00 each, and may be purchased at the dojo.

This is a GREAT way to share your faith in Christ in the community and at martial arts events we regularly participate in throughout the four-state region we compete in.



You can also join the Christian Black Belt Association. Membership dues are \$15 a year, and includes a CBBA patch for your uniform.

Ask you instructor for CBBA enrollment forms.

Fists Like Lightning

By: Rod LaPointe (Rod is a Free-lance writer for Black Belt Magazine and Kung-Fu Instructor in Arlington, VA)

Practicing Combinations

A great way to accelerate your punches involves overlapping the movements of a combination you happen to favor. If you're familiar with the computer concept of "pipelining," you know that overlapping can speed up a set of actions that are supposed to be executed sequentially.

To illustrate, consider the left-jab-right-uppercut combination. Begin with both hands up in a traditional boxer's stance. You have an easy jab from this position, but it's difficult to throw the uppercut without cocking your right hand low before it comes up. Cocking the hand violates the principle of "point of origin"—or firing from where you are, rather than chambering your weapon—so you don't want to do that.

A viable solution—one that increases speed, improves your defense and adds power to the first technique—is as follows: When you execute the left jab, rotate your body slightly to the right while bending your right leg, dropping your right shoulder (but not your hand, which will drop by virtue of the shoulder being lowered) and moving your head to the right. Without telegraphing anything, you've cocked your right hand and sped up the combination.

Whatever combination you opt to use, remember not to rush. When you hurry, you not only tense your muscles but also make mistakes. The result is often that you perform the move at less-than-maximum speed and with less-than-optimal form.

Brazilian *jujutsu* master Rorion Gracie agrees: "More important than doing the move fast is to focus on doing the move right at slow speed many times. Speed is a result of practice."

Hitting a Heavy Bag

Every martial artist knows how to do a heavy-bag workout. To most efficiently transform your routine into a speed-hitting session, consciously follow these principles:

- Relax. Don't tense up when you punch. Don't strain. As boxers say, "Don't flex, punch." Just relax and let your fists fly.

"Speed is a relaxed muscle contracting very quickly," says *Black Belt* Hall of Fame member Bill Wallace. "The problem is that most people anticipate the action they're about to perform and tense the muscles they're going to use. What happens then is they're trying to move an already contracted muscle.

They now have the antagonistic and agonistic muscles working against each other, and this hurts their speed." You can avoid that by staying relaxed.

- Use push/pull. Again, remember what boxers tell us: "Don't hit with your arm; hit with your body." When you throw a punch, use your entire upper body by consciously drawing back the shoulder of your non-hitting arm.
- Don't give away your speed advantage by telegraphing. One of the easiest ways to teach yourself not to telegraph is to be sure you're moving your striking body part before you move anything else. If you want to throw a punch, your hand must move first. (Note that doing this will also force you to relax.)
- Bring it back fast. Don't just speed up your outbound movement; accelerate the retrieval as well.

If you train according to the aforementioned four principles, you'll transform your slugging-it-out heavy-bag workout into a speed-hitting workout that trains your body to execute faster and harder strikes.

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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International Karate Association