



# ALONG THE WAY

River Valley Martial Arts Newsletter  
September, 2008



## WORDS OF WISDOM

*"Follow you father's good advice; don't wander off from your mother's teachings...For sound advise is a beacon, good teaching is a light, moral discipline is a life path...."* Proverbs 6:20  
**(The Message)**

This month, we take a look at "**Self-Discipline**" in the Christian Martial Artist's Code of Conduct. Self-Discipline is learning to control our attitudes and our actions, and this comes as we allow God's spirit to help us develop self-control.

**Kyle Bennett**

**John Terry**

## THEME OF THE MONTH

**Self-Discipline:** Controlling our attitudes and actions.

1. Training of oneself, usually for improvement
2. Training to act in accordance with established rules
3. Order maintained by training and control
4. Activity, exercise or regimen that develops or improves a skill.

### Why is Self-Discipline Important?

*"An undisciplined, self-willed life is puny; an obedient, God-willed life is spacious.."* Proverbs 16:32

*"A person without self-control is like a house with its doors and windows knocked out."* Proverbs 25:28

*"Daydreamers fantasize their self-importance; they think they are smarter than a whole college faculty."* Proverbs 26:16

*"...When Israel tried to be right with God on her own, pursuing her own self-interest, she didn't succeed.."* Romans 11:2

## FOUR STATE OPEN - SEPT. 27, 2008

The 17th Annual "Original" Four State Open has been slated for Saturday, September 27 at Crowder College in Neosho MO.

This tournament brings together competitors of all ages styles from Arkansas, Missouri, Oklahoma, and Kansas for a family-friendly martial arts competition.

The Southwest Association of Tournaments (SWAT) is one of the oldest martial arts tournament circuits in this region of the country and Jim Riggs, Tournament Director, also runs the SWAT Christian Karate Camp each summer.

Event posters are at the dojo, and additional information on the event can be found at the SWAT website ([www.swatkarate.net](http://www.swatkarate.net)). Please let your instructor know if you are interested in attending (and participating) in the tournament.

## REVISED CLASS SCHEDULES THIS FALL

Our school continues to grow, and we are excited to see new students join us on a regular basis. With growth often comes the need to make adjustments to accommodate our influx of new students.

Starting this month we are adding additional class days to our schedule to make it easier to attend classes. Our new schedule is as follows:

	M	T	W	Th	F
5:30	Lil Dragons 1	Lil Dragons 2	Lil Dragons 1	Lil Dragons 2	Intro Class
6:00	Kick'n Kids 1	Kick'n Kids 2	Kick'n Kids 1	Kick'n Kids 2	
7:00	WSD	Adults 2	Adults 1	Adults 2	
8:00	Adults 1	TBA	TBA	TBA	

The same class material will be taught Monday/Tuesday and Wednesday/Thursday so students can make up classes they may have missed due to illness or school activities.

If sufficient interest is indicated, we'll also begin a Cardio-Karate class on Tuesdays & Thursdays with an emphasis on fitness, nutrition, weight loss, and flexibility.

Thank you for your support and understanding as we make some adjustments to facilitate a growing student base.

## RVMA PURCHASES 14-PASSENGER BUS

We are excited to announce the purchase of a 14-passenger school mini-bus. Our plans include using this for school related trips, as well as a shuttle for our soon-to-launch after school martial arts program.

We also plan to equip the Bus for remote Kid-Safe events at parks and other outdoor venues, making this a dual purpose vehicle for Rapid Search Network remote enrollments, as well as transporting our RVMA Demo team to and from Kid-Safe events across the state.

## WOMEN-SAFE WORKSHOP-SEPT 15



First Baptist Church in Russellville will be hosting a Women-Safe educational workshop on Monday, September 15 from 6:30 to 7:30pm in their church fellowship hall.

We will be discussing 10 proactive steps women can take to reduce their risk of becoming the victim of a mugger or predator, as well as demonstrating some basic self-defense techniques women can use when escape or avoidance is not an option.

For more information, see a school instructor.

## A Lesson In Endurance

By: Sensei Nick Englen

One evening we lined up at the side of the mat when Sensei walked in accompanied by another man. Sensei took his place in front of class and said, this is Mick, he is coming from the States and has a vast background in different systems. He is visiting our nice little place and as I was speaking of you hard-training lot he proposed to teach tonight. This will allow me to have some fun with some you.

After the bowing ritual and a warm-up class started. Mick started showing the basics and we did our best to try to perform the techniques in same way as he was showing them.

Mick clapped in his hands and we moved ourselves to the side of the mat so Mick could show the next technique. It was a hip-throw and Mick was throwing the guy all over the place. After Mick's throwing demonstration we got up to practice what we were shown.

Sensei who was sitting right next to me asked me to be his partner.

We started of gently so I could make myself familiar with the body-movement. After a couple of throws Sensei started to speed up. Being thrown all over the place is quite tiring so I tried to slow things down by taking my time getting up from the mat. Sensei wouldn't have any of this and started to overwhelm me. He said: 'Keep breathing, don't pant'.

I protested and said: 'Can't you take it easy? I am getting tired.'

'Isn't that what you are here for, to train?' Sensei replied.

'But I am tired' I said...

Sensei said: 'Dig deep, get angry, come on, show me something...'

'I can't do it. I am tired.' I replied.

Sensei said: 'You seem to have enough energy to complain so you aren't that tired. You are not tired you think you are tired. As long as you are breathing you can keep going and as long as you aren't carried head first out of that door you are breathing so you can keep going.'

I recognized the truth in sensei's words and smiled but said nothing.

From the corner of my eye I saw Mick standing only a couple of yards away from us. The grin on his face showed he had been following our conversation.

After class Sensei took me aside inside the dressing room and said, 'You did well today, during other classes you seem to spare yourself too much. In daily life you will feel like giving up on many occasions. It's the mind that makes you stop or keeps you going. Martial arts are not about training techniques or the body. It's training the mind and the spirit.'

***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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