



Developing Men and
Women of Character,
One Student at a Time



STUDENT MANUAL

Last Updated 12 May 2009

WELCOME

Thank you for your interest in the River Valley Martial Arts training program. We are pleased to have you enrolled as a student, and want to outline our rules, requirements, and expectations. We also want to answer some commonly asked questions among those who are not familiar with the martial arts.

You are beginning a journey that will never be completed. The martial arts are something you live, not just something you learn. The guiding principles of the martial arts are honor, integrity, discipline, respect and character, and these principles should be lived out not just in the dojo, but in your daily lives.

There is so much to learn about the martial arts, it is truly a lifetime of learning. You will be exposed to teachings passed down from teacher to student, sometimes for hundreds of years. You will be challenged physically and mentally as you train. You will experience pain at times as your body adapts to new demands on muscles, joints, ligaments and tendons.

You will most likely experience an injury at some point in your training, as this is a contact sport (like football, basketball, wrestling, boxing, soccer, etc.). Most injuries are minor (bruises or sprains); however, broken bones, concussions and other major injuries can (and do) occur on occasion. We will do our best to minimize the risks associated with training, but no training program is perfect and accidents do occur. We tell you this not to frighten you, but to remind you that injuries are part of martial arts training, so don't be surprised if something happens to you, and know that you aren't the first (or last) to be injured while training.

As you progress, your confidence will grow, as will your self-esteem. You'll feel better, be more alert, and perform better in life as you internalize the guiding principles of the martial arts into your daily routine. While training in the martial arts doesn't immunize you from those who may seek to harm you in the future, you will have the confidence in knowing you are prepared to respond to danger.

How far you progress in the martial arts is up to you. As we said earlier, there is no point of completion; there is only the beginning of the next leg of the journey. Regardless of the time you spend as a student, you will forever be changed by your involvement as a student of the martial arts.

We welcome you into our world, and look forward to helping you travel on your journey. It's an exciting adventure, so make the most of it and enjoy every minute of your training.

Sensei Kyle Bennett

Sensei John Terry

THE RIVER VALLEY MARTIAL ARTS STAFF

CLASS RULES

Class will begin promptly at the designated time(s). Students are expected to be dressed and ready to begin prior to the start of class. If you are unable to attend, the courtesy of a call is requested so your absence is excused.

Instructors will be referred to as "Mr" or "Ms" (depending on gender) as a means of showing respect. Students will follow instructions, and answer with "Yes, Sir" or "Yes, Mam", as gender appropriate.

No horseplay or running in the dojo. The facility and equipment will be respected and used only for its intended purpose.

No excessive talking during class. Students may ask questions of their instructor to clarify an instruction; however, joking, casual conversation, talking back or disrespectful language or use of profanity is not permitted.

Students should use restraint when working with other students/instructors during class. Skills taught in the martial arts can (and do) cause injury and as such, care should be taken to avoid accidental injury during training.

Stretching and conditioning are an integral part of our curriculum. Students are cautioned not to push themselves beyond their physical ability, as your stamina and flexibility will improve over time.

If you have known physical or mental impairments, consult your physician before beginning any program in the martial arts. Your instructor should also be notified of any physical or other impairment so he/she may adapt or modify your training (if necessary). This includes notifying your instructor of any injuries received during or outside of class that could impede your training.

River Valley Martial Arts reserves the right to refuse service to anyone. Should a student fail to adhere to the rules and regulations of the program they may be removed at any time at the discretion of the staff, with no refund of fees paid.

Should a student become injured during class, please notify your instructor immediately. Failure to treat an injury in a timely manner can delay recovery time and could put you (and others) at additional risk.

Students are expected to regularly attend class. Students who are habitually tardy or miss a significant number of classes may be dismissed. Please notify the staff if a situation occurs that may result in substantial absences from class.

ENROLLMENT / FEES

Prospective students may elect to take up to two introductory classes before officially enrolling in our program. Once a student expresses interest in enrolling, the student (and parent/guardian) will meet with a staff member to complete the required paperwork and pay enrollment fees.

Students must provide proof of health insurance coverage. Martial arts is a contact sport, and injuries can occur. Participants train at their own risk and will be required to sign a waiver of liability prior to being accepted as a student.

A \$25 annual membership fee is charged for all students. As of June 1, 2009, monthly tuition is as follows:

Little Dragons	\$40 per month	\$35 per month for additional siblings
Kick'n Kids	\$60 per month	\$50 per month for additional siblings
Cardio-Karate	\$40 per month	\$30 per month for immediate family members
Adult/Teens	\$60 per month	\$50 per month for immediate family members
Women-Safe	\$35 per month	\$30 per month for immediate family members

If the student is enrolled in more than one program, a monthly fee is charged for each program; however, additional discounts apply.

Monthly tuition is due on the first of each month. A \$10 late fee is charged if the tuition is not paid by the 10th of the month. If tuition is not paid by the third week of the month, the student's training may be suspended until such time as payment is received.

There is NO minimum contract period with River Valley Martial Arts for our basic programs; however, tuition is due for each month the student remains enrolled in our program (even if the child is not actively participating in the program). Advanced or specialty programs may require an additional membership agreement, subject to additional terms and conditions.

Should a student (or student's parent) wish to dis-enroll in our program, please notify us before the first of the month to avoid an additional tuition billing. Tuition for the full month is due if the child attends one or more classes in any given month.

Students must purchase their uniform, sparring gear and other required equipment through River Valley Martial Arts. Sparring pads includes foot, hand and head gear. Optional shin or face protection is available for an additional cost.

Students may also order weapons, workout equipment, martial arts themed clothing and gifts, and more directly through the school. See one of the school instructors for a catalog and current pricing, or to place an order.

ADDITIONAL FEES

Periodic testing of students in the various programs offered through River Valley Martial Arts provides an opportunity for the student to demonstrate what he/she has learned. A separate fee will be charged for each advancement testing, based on the complexity of the exam and time required for testing.

We have established the following fee schedule, as of January 31, 2009:

10 th Kyu	\$30	(Dragon 1 / Dragon 2)	
10 th Kyu	\$35	(Stripe 1 / Stripe 2)	
9 th Kyu	\$35	(Stripe 3)	
8 th Kyu	\$40	(Yellow)	
7 th Kyu	\$40	(Orange)	
6 th Kyu	\$50	(Green)	
5 th Kyu	\$50	(Blue)	
4 th Kyu	\$50	(Purple)	
3 rd Kyu	\$75	(Brown, 1 st Stripe)	
2 nd Kyu	\$75	(Brown, 2 nd Stripe)	
1 st Kyu	\$75	(Brown, 3 rd Stripe)	
1 st Dan	\$100	(Black, 1 st Degree)	Shodan
2 nd Dan	\$150	(Black, 2 nd Degree)	Nidan
3 rd Dan	\$175	(Black, 3 rd Degree)	Sandan
4 th Dan	\$200	(Black, 4 th Degree)	Yondan
5 th Dan	\$225	(Black, 5 th Degree)	Godan
6 th Dan	\$250	(Black, 6 th Degree)	Rekudan
7 th Dan	\$275	(Black, 7 th Degree)	Shichidan
8 th Dan	\$300	(Black, 8 th Degree)	Hachidan

9th Dan is reserved for the Soke's heir to the system, and 10th Dan rank is reserved solely for the Soke (Grandmaster/Founder/Inheritor) of a System.

Testing fees help defer the travel expenses of the testing panel, certificates, and provides an honorarium for their time in testing students. Belt is also included in fees. **NOTE:** Fees must be paid prior to testing.

Testing fees help defer the travel expenses of the testing panel, and provides an honorarium for their time in testing students. Fees must be paid prior to testing. Testing fees do not include the cost of a new belt.

Lil Dragons will have regular Merit Achievement testings throughout the year. As younger students do not advance in the curriculum as quickly as older students, we focus on short-term mastery of basic fundamentals, as well as life skills and character development. Successful completion of a Merit Achievement results in patches or chevron stripes for the student's uniform. A nominal fee is charged to cover the cost of the patches and stripes for each successful Merit Achievement.

Students will also have the opportunity to participate in optional workshops, seminars, tournaments, and camps during the year. While we encourage students to participate in these events, they are not required to attend.

CLASS ACTIVITIES

Class activities will include the following elements:

Bow-In
Stretching / Conditioning
Fundamentals
Games
Self-Defense
Forms
Sparring
Special Training
Bow-Out

Bow-In: Students will be lined up, by rank, at the beginning of class. Students will be seated and pause to clear their mind of all the distractions of the day and to prepare their minds for learning. Students will then "bow in" (a Japanese custom, in lieu of shaking hands) to show respect for their instructor to begin class as they recite, "Oma ga ishi mas" (*O-maw gaw ish-e moss, "Will you teach me, please?"*) Each class will begin with this element.

Stretching / Conditioning: The instructor will lead the group through a series of stretching and conditioning exercises to improve stamina, strength, and flexibility. Students are encouraged to participate to the best of their ability, but not to push beyond their limitations as this could cause injury. Each class will include this element.

Fundamentals: Students must learn how to block, punch, strike, and kick in order to master the techniques taught in this program. Students must also learn proper stances and movements to effectively fight, or to avoid being hit during a fight. These basics are learned through repetitive drills and games. Most classes will include this element to some degree.

Games: Repetition is the key to learning, but repetition is often boring. Mastering the fundamentals, as well as basic techniques, through games is a fun way to develop muscle memory and hone needed skills. While not every class will include games, they will comprise a regular part of our curriculum.

Self-Defense: One of the core components of our program is how to apply effective countermeasures against an attacker. Individual fundamentals will be blended into a series of pre-set moves that may be adapted to a variety of attack situations. This element will be an essential part of the curriculum, but may not be taught each session.

Forms: Also known as kata, forms are a series of pre-set moves performed against an imaginary opponent. These forms are used to teach students how to combine blocks, strikes, punches, and kicks, developing muscle memory and precision in the process. Forms are also a competitive event for students who elect to participate in the tournament circuit. Forms will be taught as part of the regular curriculum, but will not be taught each session.

Sparring: Sparring can take the form of light contact (tournament sparring) or 3-step or 5-step sparring (also known as bunkai). This allows the student to learn how to apply techniques in "real time" as they face other students in the class, building confidence and character. Sparring will be taught as part of the regular curriculum, but will not be taught each session.

Sparring may also take the form of simulated self-defense scenarios, teaching the practical application of techniques to real-life threats. This instills the student with a sense of confidence and helps hone

defensive skills so they become an automated response should a situation escalate to violence and escape is not an option.

Special Training: As the name suggests, special training typically involves instruction in something that is not a part of the core curriculum of our program. This could include traditional or non-traditional weapons training, cross-training in other martial arts styles, or other types of training, taught by staff or a guest instructor.

Bow-Out: At the close of each class, students will again line up by rank. They will once again be seated and replay the day's lesson in their mind, focusing on at least one thing they have learned or improved on during the class. Students will "bow out" (Japanese custom, in lieu of shaking hands), thanking their instructor for teaching them, as they recite, "karate ni sente nashi" (*karate knee sin-tay naw chee*, "There is no first attack in karate") and will then be formally dismissed from class.

JAPANESE TERMINOLOGY

Learning to count in Japanese and learning Japanese terminology is an integral part of a student's training. It pays honor to the creators of the styles we teach, and introduces the student to another culture's language. Techniques are taught with both the English and Japanese terminology, and counting is taught in Japanese as well.

Phonetic pronunciations of basic Japanese counting appears below:

Ichi	(Itch-ee)	One	Ju-Ich	Eleven
Ni	(Knee)	Two	Ju-Ni	Twelve
San	(Sawn)	Three	Ju-San	Thirteen
Shi	(She)	Four	Ju-Shi	Fourteen
Go	(Go)	Five	Ju-Go	Fifteen
Roku	(Row-Cue)	Six	Ju-Roku	Sixteen
Shichi	(She-Chee)	Seven	Ju-Shichi	Seventeen
Hatchi	(Ha-Chee)	Eight	Ju-Hatchi	Eighteen
Ku	(Cue)	Nine	Ju-Ku	Nineteen
Ju	(Jew)	Ten	Ni-Ju	Twenty

Students will also learn some of the culture of Okinawa, helping them gain an appreciation for the founders and their rationale for creating the defensive fighting systems we teach. Karate was formed as a self-defense system, as was NOT a part of religious worship (as some have taught). By understanding the culture and history of the martial arts, students can help dispel myths and misconceptions and gain a deeper appreciation and understanding of the systems they study.

AFFILIATIONS / CERTIFICATIONS

RVMA is a member school of the International Karate Association (IKA). The IKA, under the direction of Soke Takayuki Kubota, is one of the premiere martial arts organizations with over 20,000 members worldwide. Formed in Tokyo Japan in 1953, the organization has focused on promoting traditional Japanese Karate. In 1964, the organization relocated to the United States and continues to expand its membership and influence in the martial arts community worldwide.

RVMA is also a certified member school of the International Martial Arts Council (IMAC). Under the direction of Professor Marty Cale, IMAC is a professional martial arts association bringing together martial artists of various styles and disciplines for mutual support, recognition, advancement, and education. IMAC hosts a National Training Camp annually, culminating with the United States Martial Arts Hall of Fame annual induction ceremony.

RVMA is a certified Karate for Christ International (KFCI) member school. KFCI is an international organization committed to promoting Christ-centered martial arts, with an emphasis on evangelism and character development. Headquartered in South Korea (and under the leadership of Dr. Daryl Covington) KFCI has grown to over 10,000 member students and thousands of member schools worldwide, becoming one of the largest martial arts organizations in the world.

RVMA is also affiliated with the Christian Black Belt Association. Under the direction of Soke Clement Riedner, the CBBA is also focused on Christ-centered martial arts. Founded in 1970, the CBBA's mission is to be a service organization to other Christian martial artists and martial arts schools and publishes a number of pamphlets, manuals, newsletters to help educate students in Christian principles. RVMA Instructor John Terry is a certified chaplain with the CBBA Martial Arts Chaplains Association.

RVMA is also a certified Kid-Safe and Women-Safe center by the National Security Alliance. The NSA, founded by Ed Copley, is the world's largest "kid-safe" and "women-safe" certification organization, and provides a wealth of self-defense and danger awareness resources through its certified field agents and martial arts instructors. RVMA instructor John Terry is master-certified in all NSA programs.

RVMA is also a certified member of the Christian Martial Arts Council. Founded by RVMA instructor John Terry, CMAC is a professional martial arts organization for faith-based schools and instructors. CMAC focuses on Christ-based character development, discipleship and evangelism through its member schools. CMAC also founded and supports the Kid-Safe Communities and Women-Safe Communities project, helping martial arts schools partner with schools, civic and community leaders to reduce violence against children and women and make the world a safer place to live and raise families, one community at a time.

The school (and/or its instructors) are also members of the Valadez Kenpo Association, Grace Martial Arts Fellowship, Martial Arts Industry Association, Christian Martial Arts Fellowship and the Christian Martial Arts Network.

STUDENT PLEDGE

I intend to develop myself in a positive manner, and to avoid anything that would harm my mental growth or my physical health.

Ephesians 6:10-11 "Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil."

I intend to develop self-discipline and self control, in order to bring out the best in myself and others.

Romans 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may be able to prove what is that good and acceptable and perfect will of God."

I intend to use what I learn in class constructively and defensively, to help myself and my fellow man, and never to be abusive or offensive.

Colossians 3:17 "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the father through Him."

I'm on a quest to be my best!

Philippians 3:14 "I press toward the goal for the prize of the upward call of God in Christ Jesus."

STATEMENT OF FAITH

We believe that the Bible, God's Holy Word, sets the standard for living. It is the only inspired, infallible, authoritative Word of God, without error, sufficient and complete.

We believe that there is one God, eternally existent in three persons, Father, Son and Holy Spirit.

We believe in God the Father, Creator and Sustainer of the heavens and the earth, who prepared this life for us and who calls us into His future.

We believe in God's only Son, Jesus Christ, who came to provide access for us into the fullness of God. We believe in His virgin birth, in His sinless life, in His miracles, in His atoning death through His shed blood, in His bodily resurrection, in His Ascension to the right hand of the Father and in His personal return in power and glory. Only through faith in Jesus Christ is eternal life possible to everyone who receives Him as Savior and Lord.

We believe in God's Holy Spirit, given by Jesus Christ to all His people as a source of strength and power until His return and by whose indwelling the Christian is enabled to live a holy life.