

Why River Valley Martial Arts?

The martial arts represent an honorable tradition that dates back thousands of years, and those who live the martial arts are taught not only how to defend themselves, but to be a positive role model in their community.

Character development, respect, integrity, and honor are key elements in the lives of a true martial artist.

River Valley Martial Arts seeks to focus on these elements, while incorporating and exemplifying positive Christian virtues at the same time.

We want to provide a fun, exciting program that challenges and equips our students for life, and to help play a positive role in their development. Our mission is to help develop men and women of character, one student at a time.

River Valley Martial Arts is a "Karate for Christ" Certified school, and chartered by the International Karate Association. Instructors are KFCI-certified and members of the Christian Black Belt Association and International Martial Arts Council.



2008 Class Schedule

Effective January 2, 2008

Lil' Dragons Ages 4-6	Tuesday 5:30 - 6:00pm	Friday 5:30 - 6:00pm
Kick'n Kids Ages 7-12	Monday 5:30 - 6:30PM	Thursday 5:30 - 6:30PM
Teens/Adults Ages 13-Up	Tuesday 6:30 - 7:30PM	Thursday 6:30 - 7:30PM
Women-Safe Self Defense Ages 13-UP	Monday 6:30 - 7:30PM	



Rapid Child Search



Kid-Safe Center



1809 Weir Road
Russellville AR 72801
P 479-890-6988
www.rivervalleymartialarts.com

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



About RVMA



River Valley Martial Arts is a freestyle martial arts program, combining the best of several traditional styles with an emphasis on practical application in “real world” scenarios.

As a freestyle school, River Valley Martial offers a variety of programs, all with an emphasis on instructing students how to effectively defend themselves against many of the common threats they may encounter in the real world.

Students are taught the basics (blocks, punches, strikes, and kicks) through repetitive training, interactive games, and conditioning exercises. “Reality-based” self-defense techniques and intermixed with training in situational awareness to help students learn how to avoid or defuse problem situations whenever possible, and how to respond with effective counter-measures when necessary.

Character development is also a critical component of the River Valley Martial Arts program. We want to be an advocate to help parents raise morally responsible children with high self-esteem and to provide a positive, encouraging atmosphere for growth and development for students of all ages.

Kid-Safe Self-Defense

River Valley Martial Arts is a recognized “Kid Safe Network” Center by the National Security Alliance, one of the premiere organizations in the country dedicated to the prevention of child abuse, molestation and abduction of our children. Instructor is NSA “Kid-Safe” Certified.

Predators use a variety of tactics to lure children into compromising situations where they can be exploited. As a recognized “Kid Safe Network” Center, we are committed to helping teach children and parents how to better protect themselves in a dangerous world.

Li'l Dragons

Children ages 4-6 learn the basics of the martial arts as they develop coordination, improve their fitness, and learn important life skills. This fun-filled program is an excellent way to introduce a child to the martial arts, build self-esteem and self-confidence, and develop good character in the process.

Kick'n Kids

Building on the fundamentals of our Li'l Dragons curriculum, Kick'n Kids (ages 7-12) teaches traditional martial arts with an emphasis on physical fitness, character development, and practical self defense.

“Danger Awareness” is an integral component of our Kick'n Kids program, and students are regularly taught predator avoidance tactics, defensive countermeasures, and safety issues.

Women-Safe Self Defense

Women are often targeted by assailants, as they are usually considered easy prey. By understanding how women are targeted, and how to respond, women can minimize the prospects of becoming a victim.

Our “Women-Safe” program (Ages 14 +) incorporates both education and defensive countermeasures to help women learn to better protect themselves from those who would seek to do them harm.

Instructor is NSA “Women-Safe Network” Certified .

Cardio-Defense

For those who are interested in self-defense and want to get in shape, we offer a belt-ranked self-defense program coupled with a cardio-strength training workout.

Traditional Martial Arts Program

Our traditional martial arts program (ages 13 +), the Masters Class teaches classical martial arts utilizing traditional training techniques that have stood the test of time. Students learn to defend themselves while they discover the secrets of the ancient fighting arts. This is a disciplined program for the serious student, and an excellent fitness and personal development



Kyle Bennett / John Terry
River Valley Martial Arts
1809 Weir Road
Russellville AR 72801
P 479-890-6988
www.rivervalleymartialarts.com