

River Valley Martial Arts

Teaching traditional Okinawan Karate with an emphasis on fitness, character development and self-defense, RVMA is the premiere family martial arts school in the Arkansas River Valley.

RVMA is certified by the International Martial Arts Council, Karate for Christ International and the Christian Black Belt Association. The school is also a member of the International Karate Association.

RVMA offers programs for children, youth, teens and adults. The school is a NSA-master certified "Kid-Safe" and "Women-Safe" training center and offers several specialized self-defense programs for children, as well as teen & adult women.

RVMA staff includes certified martial arts instructors, and the school also has a certified personal trainer, youth fitness instructor, and a nutrition consultant on staff. A positive, family-friendly environment makes RVMA the ideal place for all ages to train.



River Valley Martial Arts

PO Box 640
1809 Weir Road
Russellville AR 72811

P 479-890-6988

www.rivervalleymartialarts.com

Membership Has Its Privileges



River Valley Martial Arts Black Belt Club



Preparing Tomorrow's Leaders Today

What is a Black Belt Club?

The River Valley Martial Arts Black Belt Club is a membership program for intermediate and advanced students (orange belt or higher) who want to enhance their skills and training while learning important leadership, communication, classroom and life skills in the process.

Why a Black Belt Club?

It is a proven fact that training in the martial arts improves self-discipline and self-control, and its practitioners tend to be more respectful and confident. These are the factors that many employers look for when promoting employees to leadership positions.

Entrepreneurs exhibit these same leadership and life skills as they run small to large size businesses, as do those who are involved in professional services such as medical, legal sales, teaching and accounting.

By helping to develop these traits in our martial arts students, we are providing them with core life skills that can help them become leaders in their home, vocation, and community. They in turn can teach these skills to others and help to improve society as a whole in the process.



What Is Required?

Prospective candidates for the Black Belt Club must have advanced to at least orange belt, and are willing to sign a commitment letter that they intend to dedicate themselves to the goal of becoming a black belt in martial arts.



We view this as a serious commitment, and one that students should not take lightly. Students who are interested in joining the Black Belt Club will go through a formal interview (with their parents, if a minor) so they understand what is to be expected of them, in addition to the benefits of being a part of this program.

The Benefits of Membership?

Black Belt Club team members enjoy special privileges. These benefits include:

Unlimited Classes: Black Belt Club members are not restricted to 2 classes a week (like other students), allowing them to hone their skills and advance more consistently in their training.

Discounts on Equipment*: Black Belt Club members receive a 10% discount off the retail price on all uniform and equipment purchases ordered through the school.

** Discount does not apply to in-house specials.*

Junior Leader Certification: Learning how to run a class and teach others takes your own personal training to a whole new level. As a Black Belt Club member, you'll learn how to take what you are learning and transfer that knowledge to others as you develop your own unique leadership skills.

Advanced Personal Training: Held once a month, Black Belt Club members meet for a special class that will provide an opportunity for advanced training and life skills instruction. In addition to personalized practice time to improve their own individual skills, students will receive training in a variety of subjects:

- How to Teach Skills & Techniques
- How to Prepare a Lesson Plan
- Sales & Marketing Strategies
- Starting & Running a Small Business
- How to Motivate & Inspire Others
- Teaching Character Skills
- Conflict Resolution

Special Workshops: Periodic workshops with guest instructors

How Do I Become a Member?

The River Valley Martial Arts Black Belt Club is an elite program that students can apply for, or be nominated by their parents or an instructor.

Things we look for in a prospective member is a student who:

- Exhibits respect & diligence
- Sets a good example in class
- Demonstrates leadership qualities
- Encourages and helps others succeed
- Has a good reputation in their community

The River Valley Martial Arts Black Belt Club is committed to making Black Belt Leaders for Life.