



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

You Have the Skills to Succeed pt. 2

Time Management: Did you know that kids with good grades have more on their schedules than kids who don't perform well in school? That's because "doing more" requires that you develop good time management skills. Your participation in martial arts and NBBC activities gives you a routine by which to budget your time. Take a look at how you spend the rest of your days. Do you get adequate rest? Are you making time for good nutritious meals? Are you watching too much TV? When you are in school, your ability to manage time effectively ensures that you are well prepared for tests and that you meet necessary project deadlines.

Self-Esteem: You know that incredible feeling you have right after a great martial arts workout? That's your self-esteem switched on. Martial arts has the ability to penetrate your inner self and empower you. Simply put, it makes you feel great about you. How? It's a combination of the effects of exercise combined with the feeling that you can accomplish anything. Isn't that the incredible feeling you have after class? As a martial artist, this feeling continues to grow within you and as you gain more experience in the martial arts, you will come to rely on this power to help you succeed. As you gear up for another challenging school year, remember that your greatest asset isn't what's in your school back pack but rather the person carrying it...YOU! Productive Black Belt Club members of all ages are role models to the other students and therefore have a stronger responsibility to utilize their discipline skills in and out of class.



To our junior members: Show ultimate respect for your parents at all times. You should complete your household chores without being reminded. Do extra tasks to help your parents at home. The most important way you can show that you are a true martial arts kid is to feel great and confident about yourself.

Never hesitate to say "NO" when other kids want you to do something that you know is wrong.

These are but a few of the ways that martial arts discipline can impact your daily lives to help you live a happier, healthier, and longer life!

TRAINING TIP: Developing Strong Hips With A Chair

Strong hips are essential to your successful martial arts training. The stronger your hips, the more powerful your kicks will be. The muscles, supporting your hips, are also key elements for dynamic applications, such as speed, agility and jumping. To strengthen these muscles, you must incorporate specific exercises into your weekly training regimen.

Try these great hip exercises, using an ordinary chair:

Chair squats: Put one foot on each side of the chair. Squat down as if you about to sit in the chair, but do not let your bottom touch the chair. Instead, hold your body, using the strength of your hips, no more than one inch from the seat, for a three-second count. Make sure your back is straight and your head is erect. Do 10 to 12 reps for three sets, with a one-minute break between each set.

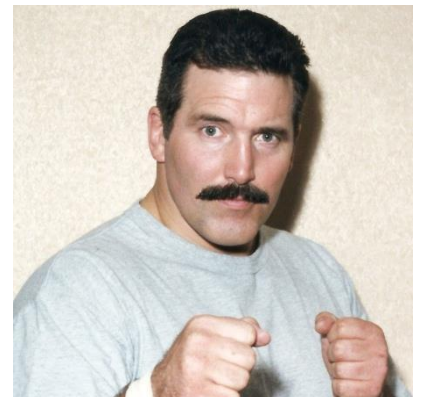
Sit-and-kick: Sit in the chair with your back straight. Stand and execute a side kick over the back of the chair and then sit again. Do 10 to 12 reps on each leg for three sets, with a one-minute break between each set.

Balance kicks: Stand behind the chair. Place one hand on the back of the chair for support and do five round kicks without setting your foot on the floor. Do 10 to 12 reps on each leg for three sets, with a one-minute break between each set.

Perform these exercises at least three times a week. As these exercises become easy, increase your reps and sets. Within a few weeks, you will notice stronger kicks, higher jumps and increased speed and agility.

Fellow Martial Artist: Dan Severn

Dan Severn is very well known in the wrestling community and to no-holds-barred fans throughout the world. Dan, also known by his nickname "The Beast," is a native of Coldwater, Michigan. Dan was crowned the UFC Superfight Champion during 1996, and in Michigan. He is the only Triple-Crown UFC champion in the sport today.



Severn began his fighting career as a Greco-Roman and freestyle wrestler. Dan quickly became a top high school and collegiate wrestler, capturing many titles, honors and several national and world titles. He was inducted into Arizona State University's Wrestling Hall of Fame, following his prestigious college career.

After completing his degree, Dan was determined to be the best amateur wrestler in the world. He won 13 National AAU wrestling championships and "The Beast" also coached wrestling at ASU and Michigan State University.

Severn's skill, commitment and desire are the foundation of his success. During 1994, he participated in UFC, a popular no-holds-barred competition, for the first time. Severn easily established his place among the best fighters in the world, with his awesome competitive determination to be the best. He also wrestled weekly for the World Wrestling Federation (WWF), as he continued a grueling appearance, seminar and fighting schedule.

Severn has been profiled in U.S. and international publications and television shows. His many accomplishments can be found listed on many Internet sites, including his official Web site.

Seven is strongly involved in the community of Coldwater, and, even with all his success, he remains humble and down-to-earth. He aims not only to better himself and his community, but also to be a role model for children worldwide.