



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Actions Speak Louder Than Words

You have made a commitment to becoming a black belt by joining your school's Black Belt Club. You've made the decision and commitment, but in the martial arts, as in life, actions speak louder than words! What else are you doing to demonstrate your commitment to black belt excellence? Below are actions you can take to really show your determination to reach your goal and become one of the elite as a martial arts student.

1. Attend class! You cannot become a black belt unless you get into class and train. If you choose to follow only one of these actions, this is the one it should be!
2. Be a role model to your fellow students. As a black belt club member, you are representing the "best of the best" in the martial arts.
3. Become a martial arts mentor. Take the time to help other students. Develop a teacher's view of the martial arts.
4. Practice! Practice! Practice! Practicing allows you to perfect the information you learned in class and trains your body to respond habitually when executing a technique.
5. Support all school functions. When your school holds special events, these are opportunities for you to diversify your training and become a more well-rounded martial arts student. Attend special seminars and compete in tournaments as they all offer unique learning experiences.
6. Walk the talk. Know the details of your school's student creed and become a walking example of its principles and values.
7. Be an ambassador for the martial arts. If you are a dedicated martial artist, then you are no doubt receiving tremendous benefits from your training. In fact, you are probably receiving benefits that you didn't initially anticipate. It's up to you to let others know what martial arts can do for them. Spread the word!
8. Learn the history of your art. Your school can recommend reading materials or informational videos that can help you understand the origin of your martial art. Becoming an expert will help you appreciate the knowledge you are acquiring today and give you a deeper understanding of its basis.



Training Tip:

Manage Your Time Wisely

Did you know that children who have a busy schedule are more likely to develop time management skills than those who have an abundance of free time? Did you also know that children who have busy schedules are more likely to achieve their goals? No matter how busy you are, your martial arts training should be part of your daily routine. This will not only make you a better martial artist, but will also teach you to manage your time efficiently.

And adults are no different. Whether you are a parent scheduling in your child's activities or a student yourself, making martial arts part of your routine will help you ensure that you set aside enough time to achieve the best results.

There are 24 twenty-four hours in a day. If you sleep for eight of them, that gives you 16 hours to do all the things you need to do. If you manage it properly, that's a lot of time!

The first task you need to do is establish your routine or schedule for the week. This is as easy as sitting down with a calendar and a pencil and plotting all the things that need to be done each day. List everything from work, homework, meals, TV, activities, etc. on your calendar and allocate the appropriate time for each item.

The second task is to determine where you can "create" extra time. Here are a few ways to create time. You can pre-plan or even pre-cook your meals. This will ensure good nutrition while quickening meal preparation. Try video taping all your favorite TV shows (or subscribe to TIVO service). This enables you to fast forward through any unwanted commercials and watch TV in less time.

Making martial arts part of your scheduled time is about controlling your life rather than letting life control you. When you feel that sense of control, you will enjoy all of your activities instead of feeling the pressure of living up to the daily demands.

Fellow Martial Artist:

Kathy Long, Five-Time World Kickboxing Champion



Kathy Long was born in 1964 in St. Louis, Missouri, and began her martial arts training at the age of 15. She earned Black Belts in several different styles, including Aikido, Kung Fu San Soo and Shorin Ryu Karate. She became one of the most popular female, full-contact fighters. Kathy was particularly popular with audiences because she was both beautiful and a skilled, dangerous fighter. She is a five-time World Kickboxing Champion, with a record of 18 wins, one loss and one draw.

As an athlete, Kathy always worked very hard on her conditioning. She was recognized as a great fighter, with a superb mental attitude, and, when, training for a fight, was in better physical shape than most other competitors. Her intense training included martial arts, weightlifting and sprinting.

As a result of Kathy's success, she is a two-time Black Belt Hall of Fame inductee and has been on more than 35 martial arts magazine covers and mainstream magazines, such as Sports Illustrated and LA Weekly.

After retiring from the ring, she pursued a career in acting. She has appeared in numerous television shows and movies, including Walker Texas Ranger, The Montel Williams Show, Entertainment Tonight, Batman Returns, Natural Born Killers and Romy and Michelle. She also wrote a no-nonsense self-defense book for women, titled: No! No! No! A Woman's Guide to Personal Defense and Street Smarts.

Kathy teaches martial arts seminars around the globe and makes guest appearances at martial arts conferences and seminars. She continues to be well respected in the martial arts community.