



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Becoming a Trustworthy Person

Trust is the basis of all good relationships and the cornerstone of good character. Trustworthy people keep their promises. They are honest, reliable, principled and never inappropriately betray a confidence. Trust is a Black Belt characteristic. To feel like a Black Belt, you must act like a Black Belt, and that means becoming a trustworthy person.

Ask yourself the following questions to determine if you are a trustworthy person:

1. Is it a good idea to risk losing someone's trust for a temporary gain?
2. How important is trust in your relationships with friends and family?
3. How often do you break promises?
4. How often do you share secrets that you were told in confidence?
5. How often do you overlook your principles to satisfy your wants?

Study your answers carefully to make sure you feel good about them and that you were honest. When others consider you untrustworthy, it is often because you forget how important it is to your character. A true Black Belt understands the importance of trust and makes the right choices whatever the outcome.

Practice these examples of trustworthiness every day:

1. Keep your promises! Don't make a promise, unless you are able to keep it.
2. Be honest. Don't tell lies for personal gain; lies inevitably return to hurt you.
3. Keep secrets told to you. Never betray a confidence or a trust.
4. Have integrity and never yield to temptation. The more you act in this manner, the more people
5. Be loyal to those who matter. Don't act in opposition to those who care about you.
6. If you make a mistake, fix it, immediately. Don't let a bad situation become worse; rectify it now.



You can become trustworthy in all your relationships once you know how. The first step is to understand that trustworthiness is a primary element of all honest relationships. The next step is to develop the habit of making trustworthy decisions in all of your actions. Once you do so, you will know that you are an honorable person. When you master trustworthiness, you master life.

TRAINING TIP: Martial Arts Cross Training

Cross training may be the most effective fitness strategy for total physical conditioning. Martial arts cross training can produce impressive results, such as an increase in speed, power, flexibility and endurance. To become proficient with any given technique, you must practice it thousands of times.

Martial arts is about balance. When you perform thousands of front kicks, yet fail to stretch your legs, you deprive yourself of your potential speed and power. Plan an effective martial arts cross training regimen with these strategies.

Stretch Daily: Stretching is a critical component of your fitness plan. Proper stretching prepares your muscles for the physical demands of your workout. Stretching helps reduce the risk of injury, and your muscles can fully respond to those demands, improving performance.

Incorporate Light Weights: A few times per week, practice your techniques using very light weights. Hold one-half to one-pound hand weights as you practice punches and blocks, and light ankle weights while practicing kicks. When using weights, execute the techniques slowly and with control.

Vary Your Speeds: Practice one or two speeds slower and faster than your normal exercise speed. Slower speeds enable you to focus on the finer details of each technique, while faster speeds build endurance and improve reflexes.

Meditate: Take time during your workout to relax and breathe. Replay in your mind's eye what a perfect technique looks like and then picture yourself executing the technique with perfection. When you visualize yourself being successful you will often experience actual success.

Supplement Your Martial Arts: Three to four times per week for 15 to 30 minutes, supplement your martial arts training with non-related, low-impact activities, such as walking, swimming or biking.

FELLOW MARTIAL ARTIST: Chuck Norris

Chuck Norris is known worldwide for his movie and television acting, but he's better known in the martial arts community as a martial arts role model. Chuck Norris is the embodiment of the true martial artist.



From 1964 to 1968, Chuck won many state, national, and international martial arts titles. Then in 1968, he won the World Professional Middle Weight Karate Championships. He remained the undefeated champion until he retired in 1974. He was inducted into the Black Belt Hall of Fame as Fighter of the Year and Instructor of the Year, and received the Man of the Year honor. In 1997, he was the first man in the Western Hemisphere to be awarded an 8th degree black belt in the taekwondo system.

In addition to acting and performing martial arts, Chuck has excelled in the area of "inspiration." He has written two books, "The Secret of Inner Strength" (an autobiography) and "The Secret Power within: Zen Solutions to Real Problems." He has won many humanitarian awards and offered his services to many worthwhile organizations.

According to his website, Chuck thinks his most rewarding accomplishment was the creation of his Kick Drugs Out of America Foundation. This program began by teaching martial arts to 150 high-risk children in Houston, TX, as part of the school curriculum. The program's success in "helping these children raise their self-esteem and instilling discipline and respect, as well as getting them out of gangs," led to the program being implemented in over 30 schools, with more than 4,200 young boys and girls participating.

Chuck Norris has shown us what it means to be truly successful in the martial arts.