



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Earn your Black Belt in Parenting

Kids are being raised much differently today than when I was a child. My parents didn't keep track of my extracurricular activities on a calendar, let alone a PDA. Today's world is an exciting place to live, but parents and adults often forget that children need time to be children.

Martial arts is a great opportunity for children to have fun—like children—and provide parents with a powerful tool to prepare their children for the “brave new world” of the future. The martial arts is an all-around activity, with unmatched physical training, compared to other sports. Martial arts training also develops a positive mental aptitude. It stimulates the mind and teaches students how to learn.

For many parents, the greatest benefit of martial arts for their children is that it will change their lives forever. One lesson in self-defense, discipline and confidence—building could keep a child from falling prey to bad elements.

Parents can help their children benefit fully from martial arts with these tips.

1. Avoid boredom. Most children become bored with martial arts training, due to a lack of support, not lack of fun. It's not the sole responsibility of instructors to keep children's interest high. Parents must be willing to bring martial arts into their home, with designated space for home practice.
2. Do not bring children directly from another activity to their martial arts classes. I suggest at least a bit of downtime, chores or relaxation between activities. This will ease students into their training and have a more positive experience.
3. Don't ask the instructor to be your substitute disciplinarian. Refer to him or her as a role model, not a bad guy. When children misbehave at home they won't want to come to class because they'll be afraid the instructor will reprimand or punish them.
4. Don't expect your children to be always at the maximum level of excitement and motivation. Remember, the only kids that attain excellence are the ones that stick with their training for years. Motivate your children and revitalize their excitement if they ever become bored. Trust in the instructor for advice and keep him or her informed of how your children feel and their concerns.



Remember, your martial arts school and its instructors and parents are on the same team. Parents often miss the opportunity to use the support system that's available to them. This is an opportunity that shouldn't be wasted.

Training Tips:

JOGGING FOR BETTER ATHLETIC ABILITY

Some of the top athletic trainers in sports recommend jogging as one of the best warm-ups to prepare the body for training. Many people do not know the proper mechanics of jogging. If done correctly, jogging not only increases your body's circulation, but also your overall athletic skills and abilities.

Follow these key tips to when jogging:

1. Watch your arm swing. Your hands should be lower than your hips. Your arms should not cross your body; and they must move in a linear direction.
2. Watch your foot placement. Your toes should point upward, so that you move your body with a bouncing motion. This position builds a more consistent stride, which helps you maintain more energy during your run.
3. Watch your shin angle. If your shin is angled forward then you will create friction in your stride. The shin angle should be angled backward when your foot contacts the ground. This creates more power in your stride.
4. Watch your posture. You must stand tall to stabilize the core. The force generated at the core sends force to the ground, which generates speed and body control.

Many athletes use jogging simply as a warm-up routine for more complex training. If you incorporate the four tips from above, however, then your athletic abilities will increase dramatically. After a few months of jogging, you'll notice that it is much more than simply a way to warm and stretch your muscles. Jogging will become a separate and beneficial training activity.

FELLOW MARTIAL ARTIST: ERNIE REYES JR.

Ernie Reyes, Jr. was born January 15, 1972, in San Jose, California. He began his training at the age of four in Taekwondo, under his father, Ernie Reyes, Sr. of West Coast Demo Team fame. As a result of his hard work and determination, Ernie Jr. earned his Black Belt at the very young age of seven.

Shortly after, he began competing in prestigious martial arts competitions. His performances "wowed" the spectators and judges, as he demonstrated amazing technique and mastery, which would have been exceptional even for someone much older. As a result, he began competing in the adult divisions and became the first child ever to achieve a National Top Ten ranking. By age 10, he became the first child to win a Grand Champion title at a National Karate Tournament.

Ernie Jr. was a member of his father's West Coast Demonstration Team, executing jaw-dropping routines. The demo team was known around the globe (and still is) for its creative, exciting and acrobatic martial arts performances. He added to his martial arts skills by also taking part in boxing and Muay Thai.

Ernie became interested in acting, and, in 1985, made his first appearance in a movie called *The Last Dragon*; he was cast as a karate student. He appeared in more than 20 movies and television shows, including *Teenage Mutant Ninja Turtles II: The Secret of the Ooze*; *The Red Sonja*; *Rush Hour 2*; *Sidekicks*; *Surf Ninjas*; and the *Mickey Mouse Club*.

During the mid 90's, he was introduced to Manu Tupou, an award-winning dramatic arts scholar. Ernie became a student and protégé and co-created several projects, including a film called *The Process* and a Broadway-class presentation called *Unleash the Master Within*. Ernie starred as the lead actor, co-wrote the script, wrote one of the songs and was co-artistic director with his mentor. The event sold out.

Most recently, Ernie appeared in the films, *Indiana Jones and the Kingdom of the Crystal Skull* as the #2 Cemetery Warrior, and as Johnny Sanchez in *The Red Canvas*.

With a love for the martial arts and the performing arts, who knows where we'll see him next?

