



National Association of Professional Martial Artists

# NATIONAL BLACK BELT CLUB

## NEWSLETTER

### **The Philosophy Of Black Belt Character**

Your character is one of your most valuable possessions. Character is a combination of human qualities, such as honesty, integrity and selflessness that define who you are, how others perceive you and your future successes or failures. Black Belt character is even more powerful and important than “regular” character.

The philosophy of Black Belt character includes using common sense, doing what is best for others and not expecting a reward when you act as you should. Black Belt character means making the best possible decision in every situation. As a Black Belt, it is important that you follow this philosophy.

The greatness that comes with having Black Belt character is exactly why Black Belts are so honored and respected by others.

Review the following descriptions to learn how to apply the philosophy of Black Belt character:

Use common sense. Most situations in your life include a good or bad choice. It shouldn't be too difficult to know which is which. For example: You find a purse with \$100. Would you keep it or take it to a local police station? When you follow the Black Belt philosophy, you know you must return the purse to its owner, even though you may be tempted to keep the money.

Do what is best for somebody else. Black Belt character is also your willingness to sacrifice for others. For example: You are invited to go bowling with your best friend on Saturday, but it is also your little sister's birthday. What would you do?

The Black Belt character choice is to sacrifice a day of fun with your friend for a day of fun on your sister's special day.

Don't expect a reward for doing right. Black Belts have a higher code of character, so they don't need a reward. Black Belts know that the best reward is that they simply helped someone. That is what makes the Black Belt philosophy so special, and why Black Belts are so honored and respected.

If you are a Black Belt or aspiring to be one, then this is a great lesson to practice every day. If you apply the philosophy of Black Belt character to everything you do, then your life will improve. You will be able to make the world a better place.



# Training Tip:

## BUILDING SPEED

**Speed:** *the act of moving swiftly or rapidly*

Speed is an important element of martial arts training. First-step explosion is one key activity during which martial artists need speed. To increase this speed, you must train weekly to build the necessary muscle strength and capacity.

*The following training tips will help you increase your speed through first-step explosion skips:*

**Step 1:** Find a good training area where you will not trip over obstacles.

**Step 2:** At a command from a training partner (or voice the command yourself, if you are training alone), explode at your maximum speed into a series of three to five skips.

**Step 3:** Do this at least 10 times per day for two weeks, and then increase your repetitions as your muscles adjust.

**Step 4:** Do this drill with liner and lateral skips. In two months, you should notice a significant increase in your ability to explode faster with your kicks and footwork during your martial arts training.

## FELLOW MARTIAL ARTIST:

### BIO DON THE DRAGON WILSON

Don "The Dragon" Wilson was born in Cocoa Beach, Florida. Don was an honors student in high school and attended the Coast Guard Academy, where he studied engineering. A lesson from his older brother, Jim, who was already studying kung fu, changed his life forever. Don had been a great athlete in high school; therefore, he couldn't understand why at a solid 205 pounds he could not out-manuever his smaller 155-pound brother. Don instantly became interested in kung fu training and was soon competing and point fighting.

Don studied the Dragon style of kung fu. Not feeling entirely fulfilled by this style, he soon discovered the world of kickboxing and started his professional kickboxing career during 1974. He won the 1979 PKA U.S. Middleweight Championship. Don then began to work with Bill "Superfoot" Wallace, the PKA world champion, to develop his kicking skills. He learned to use every kind of kick invented and could deliver double-and triple-kicks from each leg.

When Don removed his gloves for the last time, he had won 11 world titles in three different weight classes. Don's impressive career record includes 71 wins, 47 by knockout and six by kick-knockout; and he was also the first kung fu practitioner to become a World Kickboxing Champion.

Chuck Norris, Don's friend and fellow martial artist suggested that he move to Hollywood. Don starred in the movie hit, *Bloodfist*, and that success led to seven sequels. Don has produced and starred in many exciting action films where his incredible kicking skills, his keen sense of humor and his charisma are clearly evident. He also starred in *Ring of Fire*, *Red Sun Rising* and *Batman Forever*.

Don has established himself as a hard-working star, having appeared in 31 films. He is successful because he continues to improve as an actor, and he projects integrity. Don "The Dragon" Wilson's dedication has helped him be a successful martial artist and a starring actor.

