



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

We're All Part of the Winning Team

It's near the end of the game. The score is tied. The coach paces back and forth in deep thought. He looks up and scans his bench for the kids he wants to play in the final minutes of the game. "Ok, you, you, you and you, get out there and pull out a victory for the team," he shouts, picking his usual star players.

The optimal development of each child's individual skills is often neglected in team activities where the main objective is to win the game. Although the team concept (learning to work with others toward a common goal) is an important aspect of character development, many children don't get to participate when the game is on the line. This can have negative effects on the children who are being left out. The result is exclusion instead of inclusion.

Martial arts gives all students the opportunity "to play" and progress at their own pace. They also obtain a sense of control over the outcome because their actions produce direct results. Each martial artist is a player and no one is a bench sitter. This experience has a vital role in the development of important individual skills, such as confidence and self-esteem, that are needed throughout their youth and into adulthood. Confidence is inherent in each of us, but it is the level of confidence that each of us attains that heavily impacts on our daily lives. Through martial arts training, we focus on providing students with confidence-building experiences. Each child has challenges to overcome. There is no relief pitcher or backup quarterback to take over. We teach, "If at first you don't succeed, try, try again." Our trained martial arts instructors assist each child to success and with each winning experience, confidence is built.



The martial arts has no losers. We are all part of the winning team. Each victory in the classroom is part of a positive individual experience that is responsible for building confidence to its full potential. A high level of confidence promotes high self-esteem. When you feel good about yourself, you become an important contributor to any team effort. This helps children deal with situations when the "team" has to come before the individual.

The team concept doesn't go unsupported in the martial arts. Group classes provide ongoing interactions with fellow students and challenges are often faced together. Real life application of martial arts techniques are practiced with partners in class. There is a strong sense of unity among students as they work toward the common goal of black belt. These are the same team skills (and more) that are positively reinforced in other team activities or sports.

Martial arts offers lifelong benefits that start by strengthening the individual. We believe that each person has tremendous power. With each kick, punch or shout, we want the student to feel that sense of power internally because, in the game of life, winning counts.

NAME YOUR TOP 10 MARTIAL ARTS BENEFITS

As a member of the National Black Belt Club, you have obviously received a multitude of benefits from your ongoing martial arts training. But, have you really given some thought to all the benefits you are realizing? Have you sat down and thought about how your life has changed because of the martial arts? I have made a list of my top ten benefits of martial arts training (no peeking!) and I would like you to do the same. When you are done, compare your list with mine just for fun! Remember that the benefits you receive from martial arts are your benefits and therefore there are no wrong answers. Have fun!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

1. Self-confidence 2. Self-esteem 3. Discipline 4. Self-defense 5. Flexibility 6. Mental Fitness 7. Athletic Performance

8. Meet Friends 9. Aerobic Fitness 10. Strength in Character

FELLOW MARTIAL ARTIST: MICHAEL JAI WHITE

Michael Jai White (born November 10, 1967) is an American actor and martial artist who has appeared in numerous films and television series. He is the first African American to portray a major comic book superhero in a major motion picture, having starred as Al Simmons, the protagonist in the 1997 film *Spawn*.

White appeared as Marcus Williams in the Tyler Perry films *Why Did I Get Married?* and *Why Did I Get Married Too?*, and currently stars as the character on the TBS/OWN comedy-drama television series *Tyler Perry's For Better or Worse*. White portrayed Jax Briggs in *Mortal Kombat: Legacy*. White also portrayed boxer Mike Tyson in the 1995 HBO television movie *Tyson*.

Michael Jai White is a legitimate holder of eight black belts of varying degrees in eight different Martial Arts forms. Beginning his Martial Arts training at the age of eight and achieving his first black belt at the age of twelve, he now has over twenty years of experience. Originally a student of the legendary Shigeru Oyama , (at the time Shigeru Oyama was the world renowned head of the U.S. Kyokushin Karate Association) he is now the head of World Oyama Karate. White went on to achieve a black belt in seven other karate styles; Shotokan, ITF Tae Kwon Do, WTF Tae Kwon Do, Kobudo, GojuRyu , Tang Soo Do and the Superfoot system. Michael just tested for and earned his 8th blackbelt at the JLFS/Superfoot summer conference(October11th 2013). He has also had years of Wu-Shu Kung Fu training under current American Wu-Shu team coach, Eric Chen. White has trained privately with the likes of Bill " Superfoot " Wallace, Benny " The Jet " Urquidez, Shihan Bobby Lowe, Shokei Matsui, Jean Claude Van Damme, James Lew, Don " the Dragon " Wilson, Peter Cunningham, Billy Blanks, Gene Lebell and Joe Lewis. White has also worked behind the scenes on stunt fighting sequences with Steven Segal. White himself has amassed countless trophies, awards and Grand Championship honors from open "point System" to inter-federational tournaments both home and abroad Throughout his twenty-plus years as a Martial Artist. U.S. Open, North American J.K.A., World Knockdown Free sparring Champion are among many titles donned by White before moving to LA to continue his already successful dramatic acting career. Although in the midst of the glamour and glitz of Hollywood White maintains that he is a martial artist first and still maintains skills competitive to any current champion of "fight" or "form." "Regardless of what I'm into I always want to be able to get on the training floor with anyone at any time. I am a Martial Artist, first. I apply my Martial Arts discipline, focus, strength, and spirit to my life as well as my acting work. It is a way of life. Life cannot physically or mentally put me through more than I have voluntarily traversed through Martial Arts training. I am ready for anything. From the "Mike Tyson" story to "Spawn," four to five months of rigorous filming at a time can't touch twenty years of sweat."

