



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Give Yourself a Martial Arts Energy Boost

1. Practice martial arts. According to the health experts at Parents Magazine, martial arts in particular is “a great way to clear your mind, rev up your circulation, and calm your spirit.”
2. Exercise. Your active martial arts training causes your brain to release endorphins. In addition, it increases your circulation, relieves muscle tension, increases your intake of oxygen, and fires up your metabolism; all of which will give you more energy.
3. Get a massage, or give yourself one. Massaging stimulates nerve endings, which increases blood flow (which increases energy). You can massage before and/or after your workout.
4. Smell something good. Certain scents may increase your attention span and help you focus. Some suggestions to invigorate your senses: lemons, limes, oranges, grapefruits, mint, rosemary, and peppermint tea.
5. Drink plenty of fluids. Surprisingly, the most common reason that people feel tired is dehydration. Drink at least eight glasses of water every day. This is especially important before and after your martial arts training session.
6. Laugh out loud. This causes your brain to release endorphins, chemicals that help make you feel awake and refreshed. Think of your favorite funny scene in a Jackie Chan movie!
7. Snack healthy. A snack that contains both carbohydrates and protein is a great combination to give you sustained energy. This allows you to operate at your full potential at the end of class as well the beginning.
8. Listen to music. The beat and rhythm will stimulate your brain, making you feel more alert. Music is a great way to psych yourself up for a great workout. Moving to the beat will have the added bonus of increasing your circulation. Why not combine your at-home practice sessions with some stimulating music?
9. Breathe properly. See “The Power of Breathing” on page two.
10. Get up and stretch. This will improve circulation and relieve tension. Stretching is an essential part of martial arts before and after training.



FALL 7 TIMES, GET UP 8 – PT 2

The senior karate-ka learns to predict the actions of others simply by observing the kamae or postures that they maintain. In combat, one never shows weakness, unless, of course, it is a ploy used to pull an unexpected opponent into an ambush. On a day-to-day basis, the modern streetwise warrior uses this same tactic of total confidence in every action. You notice it as they walk across the floor or talk to others. There is a sense of total confidence and security, hard to describe, but felt nonetheless. Add to that elegance in action or shibumi, and you begin to see the proper attitude of the modern warrior.

Most modern self-defense coaches understand that criminal acts are more prone to those that demonstrate a lack of confidence through their nonverbal communication, and therefore train their students that by working on their posture and walking with a sense of purpose, they can actually diminish the possibility they may be attacked in the first place. In some cultures, it is believed that if you learn proper posture, your confidence and attitude will improve. Some believe that if your self-confidence grows, your posture improves. Whichever school you come from, there is a direct correlation between attitude and posture.

The way you dress, move, talk and even think all define your attitude. I recently saw a report that several companies were doing away with their dress casual policies and were asking their employees to go back to suit and ties. It is amazing to see, during slow times, a getting back to basics and an understanding that posture has a direct impact on the bottom line in the business world. I can assure you it is equally important in your own personal world as well.

Like karate, attitude cannot be learned from a book or a video. You must find people that have this attitude and surround yourself with them. Attitude is very contagious, and if you hang around people with weak spirits, it will soon drag you down. On the other hand, if you surround yourself with people with warrior attitudes, you will share in the process of easier victories in goal attainment. You must be diligent in what you read, what you think, who you spend time with and what you do on a daily basis.

FELLOW MARTIAL ARTIST:

JIGORO KANO

(28 October 1860 – 4 May 1938) was the founder of judo. Judo was the first Japanese martial art to gain widespread international recognition, and the first to become an official Olympic sport.

Pedagogical innovations attributed to Kanō include the use of black and white belts, and the introduction of dan ranking to show the relative ranking between members of a martial art style.

Well-known mottoes attributed to Kanō include "Maximum Efficiency with Minimum Effort" and "Mutual Welfare and Benefit."

In his professional life, Kanō was an educator. Important postings included serving as director of primary education for the Ministry of Education from 1898–1901, and as president of Tokyo Higher Normal School from 1901 until 1920. He played a key role in making judo and kendo part of the Japanese public school programs of the 1910s.

Kanō was also a pioneer of international sports. Accomplishments included being the first Asian member of the International Olympic Committee (IOC) (he served from 1909 until 1938); officially representing Japan at most Olympic Games held between 1912 and 1936; and serving as a leading spokesman for Japan's bid for the 1940 Olympic Games.

His official honors and decorations included the First Order of Merit and Grand Order of the Rising Sun and the Third Imperial Degree. Kanō was inducted into the IJF Hall of Fame on 14 May 1999.

