



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Black Belts Put Their Morals Into Action

Being a Black Belt is more than physical action; it's also putting your morals into action to move yourself and your life in the right direction. The term "moral development" means moving in a direction that is based on values. You'll develop your morals and move in the right direction with the values you learn from martial arts training.

Your moral goal should be to improve constantly the way you act. A true Black Belt carefully considers whether an action is good or bad, right or wrong, just or unjust before he or she takes action or follows through. Black Belts make good choices because they know what is proper, and that is the definition of morality.

Black Belts know not only what is moral and right, but also how to make appropriate choices, without expecting rewards. Acting appropriately, even when no reward is given, is a sign of a true Black Belt. The main reason a true Black Belt makes good choices is to move his or her personal growth in the right direction. For example, Black Belts will do extra chores without being told, simply because those chores need to be done.

Another good example of Black Belts morals is treating others. Black Belts do not gossip or talk about others behind their backs. Black Belts value friendships, and will support their friends when others attempt to spread gossip. Those are the ways a Black Belt demonstrates loyalty and respect, which are of utmost importance when acting morally toward others.



Moral development is one of the best ways to improve your life. The more you act with good morals, the better you will feel about yourself and the world around you. Just ask people who put morality ahead of self-interest; they will tell you they act in that way because it makes them feel good.

You do not have to be a Black Belt to act like one. Observe other Black Belts and learn their good habits. The best way to begin acting like a Black Belt is to develop your morals. The more you commit yourself to making the right decisions, purely for the purpose of doing what is right, the more you will evolve into a "Black Belt" yourself; even if one isn't tied around your waist—yet.

KAIZEN – PT. 1

I would like to share with you the concept of Kaizen and how it applies to modern success principles.

The Japanese word Kaizen basically translates as the path of constant and never ending improvement. The results are amazing when it comes to personal development and even business success once you understand it and put it into action.

The true foundation of Kaizen or constant and never ending improvement begins with precise and specific target selection. The successful warrior is very precise in words, action and deeds. Everything matters! Although success begins with precise and specific goal setting and action plans, that is just the beginning and it is the daily ability to implement specific actions that truly separates the successful person from the others.

As a beginner, it looks like an impossible task to master the skills that are required to earn the rank of black belt or create a million dollar company from scratch. Yet success is achieved one step at a time as the individual tries to learn and improve a few things at a time. There, under the watchful eyes of his mentor and fellow mastermind members, he slowly forms into a person deserving of the success that he or she desires.

The modern warrior or businessman always knows where he is at and where he is going at all times. Since we live in a rapidly changing world, our targets are constantly moving. A wise objective today may be a fool's goal tomorrow so it is imperative that one re-evaluates on an on-going basis.

While a martial artist works on being able to generate extreme force on specific targets for maximum effect, it is the target selection process that is constantly changing as openings and opportunities presents themselves and disappear on an on-going and fluid basis. We quickly learn that perfect accuracy on the wrong target is a waste of skill and resources.

...continues next month!

FELLOW MARTIAL ARTIST: BENNY "THE JET" URQUIDEZ

Starting out in relative obscurity, he catapulted to world prominence in the mid 1970s, when he became a world champion kickboxer the same year full-contact karate was introduced to the United States.

As a kickboxer he traveled from country to country, challenging national champions to bout after bout, always with the same result: winner, Benny "the Jet" Urquidez. During his years as a kickboxer, Sensei Benny carried a perfect won-lost record. During his years as a martial artist he also became an international movie star, appearing on the screen with such luminaries as Jean-Claude Van Damme, John Cusack, and Jackie Chan. Indeed, the jaw-dropping fight scene between Sensei Benny and Jackie Chan in the movie "Meals on Wheels" is regarded to this day as being one of the best (if not THE best) martial arts movie fights in cinema history.

But more than that - more than the acclaim as a champion kickboxer, more than the millions of people who know his work as a movie star - Sensei Benny is and always has been a teacher. And now, for the first time, you too can take part in the teachings of Sensei Benny. You too can learn from his experience and wisdom. Like many thousands the world over, you too can learn from the one and only Benny "the Jet" Urquidez.

Benny The Jet was born in 1952 in Los Angeles. He was the second youngest in a family of nine. His father was a professional boxer and his mother a professional wrestler and the rest of his tale is left for the history books to tell. Sixty three world titles and fighting in five weight divisions, Benny has accomplished everything a fighter could ever dream of and more. Starting his martial arts study at the age of eight, receiving his black belt at fourteen, and voted in 1978 by Black Belt Magazine as the Best Fighter that year and placed in the magazines Hall of Fame. In 2004, The Jet is as strong, fast, and inspiring as ever.

