



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

How to Overcome Your Fears

Everyone feels nervous or afraid at one time or another. But, if you want to be successful and do everything you want in life, you'll need to overcome occasional attacks of fear. Eleanor Roosevelt once said: "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do." It may make you feel uncertain to even think of attempting to do things that scare you, but isn't it even more frightening to miss out on your dreams and aspirations?

Have you ever done something that initially scared you, but then in retrospect you realized that it was not as scary as you originally thought? Your imagination had actually taken your fear and magnified it in your mind. Remember, your imagination is incredibly powerful.

Before you can eliminate fear from your life, you'll need to identify exactly what it is that you fear. Start by forming a written list of things you want to do, but have avoided because of fear. It doesn't matter if you have a few or a lot of items on your list, it is up to you to name them and begin to delete them – one fear at a time. Then, for each of your fears ask yourself the following questions. Each answer will help you understand more about your fears and move you closer to overcoming them.

1. What is it that is making me afraid?
2. Is this a fear I want to overcome and delete from my life?
3. Am I allowing this fear to keep me from achieving my dreams?
4. If I did the thing that I fear what would happen to me physically?
5. What would happen to me mentally?
6. Would the opinions of others matter to me if I did this? If so, why?
7. What's the worst thing that could happen if I did this? Could I live with this outcome?
8. What's the best thing that could happen if I did this? Would this outcome make me happier than I am right now?
9. If I never overcome this fear would I feel regret later in life?



As a student of the martial arts, your training for your black belt will strengthen your confidence to help you overcome your fears. Train hard, review your list of fears and the above questions and focus on eliminating your fears one by one.

"Most people are paralyzed by fear. Overcome it and you take charge of your life and your world."

~According to Mark Victor Hansen

KAIZEN – PT. 2

(Continued from last month)

The warrior constantly updates objectives and targets based on constantly changing information. In business, the market is constantly changing and it is the savvy entrepreneur that is aware of those changes and moves quickly that reaps the rewards. In school, you are presented with new challenges each quarter or year. In your martial arts, you'll be confronted with new, ever more difficult curriculum at each rank. Each of these "new" or different challenges is an OPPORTUNITY for you to be successful. For you to "overcome".

By being innovative and seeing every challenge as an opportunity for achievement and a path for future growth, the modern warrior is future thinking and never looks back. Living on the cutting edge of creativity, and using positive, active growth tactics bring his future to him as he has already determined it should be through proactive strategic planning and implementation.

It is the daily improvements that are achieved by reading the right books, attending the right seminars, and listening to the right mentors that separates those that achieve more in a short time than others ever achieve in a lifetime.

Whether your goal is to achieve a black belt in the martial arts, become a black belt business owner, or a black belt real estate investor the process is the same. Determine all the criteria you need in order to be the best in that arena, and slowly keep adding the specialized knowledge and skill sets in order to be in the top 10% of that group. Those daily steps toward achieving those skills is what Kaizen is all about.

FELLOW MARTIAL ARTIST: ED PARKER

(March 19, 1931 - December 15, 1990)

Edmund Kealoha Parker was the sixth of seven children born to Arthur and Eva Parker in Honolulu, Hawaii on March 19, 1931.

Growing up in a very rough neighborhood in Kalihi, his religious and moral values were a constant source of confrontation. Ed excelled in boxing and Judo in his early teenage years. At the age of 16 he was accepted as a student of Frank Chow in Kenpo Karate. Ed quickly became an addict to the arts. After learning all he could as a student, Frank recommended Ed continue his instruction under Frank's brother, Professor William K.S. Chow – a student of James. Witnessing the Professor move for the first time was a deeply spiritual experience for Ed and it was at that moment he knew from the depths of his soul, Kenpo would be his life's work.

Karate, the onset of the Korean War would delay his progress. After a 3-year stint in the United States Coast Guard, Ed's goal of attaining his black belt was finally realized on June 5, 1953.

Upon graduating from BYU with a Bachelor's in Sociology in June of 1956, Ed and his wife Leilani moved to California and decided to venture off to open his first Kenpo Karate Studio in Pasadena, California. Many doors were opened for Ed, as he became well known in Hollywood and trained a great many stunt men and celebrities; most notable was Elvis Presley. Kenpo began to evolve as Ed sought to create a combative martial arts system that would suit the American mind-set enabling one to execute multiple strikes to several opponents in various directions. These innovative paths lead him to become a prolific writer authoring numerous books, teaching manuals and journals.

Ed's rapidly expanding national and global following led him to change the name of his Kenpo Karate Association to the International Karate Association in 1956. Throughout the next three decades, Ed found himself leading, directing and servicing an ever-increasing number of international groups across several continents, from Europe, South America, Australia, South Africa and the Oceanic region of New Zealand.

In 1964, Ed started the 1st Annual International Karate Championships held in Long Beach, CA. Participants from many different styles came to take part in this tournament fostering connections in the martial arts world. This historical event would be the vehicle that would launch the careers of the legendary Bruce Lee, Chuck Norris and many other prominent martial artists.

