



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Strive to Achieve Your Goals and Black Belt

While you are on the road to black belt, you may discover that the road can be tough to travel and it might have a few obstacles on it that could slow you down. Let's face it, if earning a black belt was simple, everyone would have one. The most important thing to remember is that when that road gets a bit bumpy or you start to take a wrong turn, smooth out the bumps and ask for directions to get back on track. Think about how great you will feel when you achieve your black belt, no matter what kind of distractions or obstacles could have come up along the way. The journey that we take to black belt teaches us to set goals, be persistent, overcome obstacles, and follow-through in the martial arts school as well as in life. I like to teach future black belts to use the word "S.T.R.I.V.E." as an acronym that to help them stay focused on achieving their goal. Putting the following information to use helped me accomplish my goals many times over.

Here's what S.T.R.I.V.E. stands for:

Start small - set a series of short-term, bite-size goals that will add up to a big one such as earning your black belt.

Think tall - set a goal that is worthwhile, and dream bigger than life. If nothing could stop you, what would you like to accomplish? Picture yourself achieving your goal.

Reach over the wall - choose a goal that will require that you push yourself to new limits and try something new.

Invest your all - give it your best shot. Keep working towards your goals and don't give up.

Visualize the ball - Take the time to see or visualize yourself achieving your black belt or other goals you have set. What are the rewards of sticking with your goal? How will your life be different? See yourself at the big celebration that will happen after you complete your goal.

Expect to stall - Distractions and obstacles may come up on your road to black belt and other worthwhile goals. Know that with high peaks, where everything is going as planned, that you may run into some valleys. Be prepared to take action to overcome those valleys and distractions to get back on track.

Remember that the world is full of great starters. It takes a special person to "strive" towards excellence and finish what they start. The road to black belt may get a bit bumpy, but some of the most valuable lessons in life are learned by those who ride out those bumps, believe in themselves, and overcome challenges to become victorious.



TRANSFORM YOUR FEARS INTO STRENGTHS—AND SUCCESS,

PART 2

(Continued from last month)

Dr. Gene Landrum recently shared with me what he wrote about how Elvis Presley used his fear of performing. I want to share Dr. Landrum's quote with you.

"Now let me tell you about fears and Elvis. Our image of Elvis was in Vegas with the sequin and the white pantsuit and the go, go, go, but Elvis was pathologically shy. Elvis, at 19, his very first time on a stage, professionally, he was on with his guitar, he was an only child, been doted on by an overprotective mom.

"He was so scared, on that stage that his left leg was uncontrollably shaking. It was shaking, and he wasn't even aware of it, by the way. He talked about this later, and I have some quotes from a psychologist who had interviewed him.

"He comes off the break, and goes to the producer and said, "Hey, man, why are all those young girls screaming?" The producer looked at him and said, "Elvis, your leg is shaking provocatively." He didn't even know it. The producer said, "Don't stop." Of course, Elvis not only didn't stop, but also he started shaking both legs. It's what made him rich and famous."

I've seen many martial artists face their performing, competition and teaching fears, and instructors fight their fears of opening a school...in a host of ways. I know of investors that know that this is the time to invest, but freeze with inaction because they are afraid, even though they know that those investors that buy today will be very wealthy in 5-7 years.

What fears are acting as obstacles to your actions and goals? What can you do to change that fear into a positive strength? These are just some of the questions you must ask yourself whenever it seems like the foundation of almost everything is cracking under you.

FELLOW MARTIAL ARTIST:

CYNTHIA ROTHROCK

Action/Martial Arts film star Cynthia Rothrock started taking martial arts lessons at the age of 13, from a family friend in Pennsylvania. Today, she is an accomplished martial artist and film star, with black belts in five martial arts styles. Her black belts are in the arts of Tang Soo Do (Korean), Tae Kwon Do (Korean), Eagle Claw (Chinese), Wu Shu (contemporary Chinese), and Northern Shaolin (classical Chinese).

From 1981-1985 Cynthia was the undefeated World Karate Champion in both forms and weapons. She has demonstrated her talents not only for the camera, but touring throughout the world. She has been on the cover of virtually every martial arts magazine in the world and featured in over 300 stories and articles in the U.S. and abroad.

Cynthia began her film career in the early 1980s after starring in a Kentucky Fried Chicken commercial. Her first full length motion picture was Yes Madam, also starring Michelle Yeoh. The movie broke all box office records in Hong Kong. She went on to star in Righting Wrongs with Yuen Biao. She spent five years in Hong Kong starring in Asian-produced motion pictures. When she left Hong Kong, she was one of the most celebrated action stars in Hong Kong's cinematic history, being the first non-Chinese westerner to carry an action movie in Hong Kong. Over her career, she has starred in over 30 action films and/or video productions.

Cynthia has been inducted into the Black Belt Hall of Fame and Inside Kung-Fu Hall of Fame. She has been presented with the Lifetime Achievement Award (by the Crystal Awards) for popularizing martial arts around the world through the film media.

William Groak, a former editor for Black Belt Magazine, states it best. "Cynthia Rothrock can fight, punch, maim, shoot, kick and whip 155 crazed terrorists with nary a scratch...all while perched on three-inch heels."

