



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Make Martial Arts Your Exercise

Exercise is as important a daily routine as brushing your teeth. Thirty minutes or more of martial arts training during most days is all you need to improve your fitness level and skills. It's an easy way to make martial arts practice time your exercise time.

Many children in the U.S. spend more time watching TV every year than they spend in school. Turn off the TV for 30 minutes each day and practice your martial arts.

This will help you stay trim and prepare you for your next belt test.

Martial arts helps you maintain a healthy weight by burning calories. Think of your body as an engine in a car. Just as a car needs fuel and energy to do its job, your body needs the energy you obtain by eating nutritious foods. That energy helps you to stay active and accomplish your goals. You'll burn calories and increase your metabolism.

Metabolism is the body's process for burning fat. When you exercise, your body works harder and needs more fuel (calories). Even after you stop your exercise, your body continues to burn calories at a higher rate for a few hours. The harder you exercise and practice your martial arts, the more calories you burn.



Ask your instructor to help you create a 30-minute martial arts fitness workout. The workout should include all of your belt requirement material.

Finish your workout with some basic exercises, such as push-ups and sit-ups.

Watching TV tends to encourage snacking because you are exposed to many commercials that promote sugary snacks and cereals.

Eat too many of those snacks and you'll gain weight. Turn off the TV, and practice your martial arts, instead. You'll learn how to control your weight and be ready for your next belt test.

TRAINING TIP:

ARE YOU READY FOR PROMOTIONS?

Some students and parents think of belt advancement as identical to the academic school system. Each year, students learn, and then graduate to the next grade. Some students perform better than others. Some are more prepared to continue. Without these regular advancements, students would feel like failures.

Unfortunately, students are sometimes advanced who simply haven't mastered the material they should have learned. Without consistent practice, skills and techniques are frequently forgotten and lost. This is why too often, in the public school system, a student can graduate without knowing what they should have learned.

In a self-defense scenario, this could prove to be lethal. That is why many martial artists today are not capable of defending themselves, period. The sad reality is if you are not investing the sweat and time, then you will not reach mastery.

If you are placed on the promotion list and can't perform the techniques required, then you will fail your test. It's often been said, to succeed, you must first fail. It's your responsibility, not your teachers' responsibility, to master the movements.

Remember, it is better to wait than to rush. You don't need to hurry from one belt level to the next. You don't need to earn a specific belt within a specific period of time. There is no reason to worry about colors; your progress can be monitored by your ability. As the late Bruce Lee said, "The Belt only holds your gi closed and your pants up, nothing more."

Before you ask for a promotion, first review your skills and abilities to determine if you are ready, then test your skills and abilities, and advance.

FELLOW MARTIAL ARTIST:

MIKE CHAT

Mike Chaturantabut, known as Mike Chat, was born April 30, 1975, in Rayong, Thailand. He grew up in the Chicago, Illinois area and began his martial arts training at the age of eight. Mike became interested after he watched a variety of Kung Fu and Karate movies that starred Sammo Hung and Jackie Chan, among others. He was fascinated with the fight choreography that included actors flying through the air, performing as many as 20 multiple kicks before landing.

Mike began competing in tournaments just one month after starting lessons. He excelled as a competitor, winning more than 50 national and international forms and weapons championships. He was inducted into the World Martial Arts Hall of Fame and was voted Black Belt Competitor of the Year in 1997. He became well known for his flawless kicks and clean technique in addition to his winning personality.

In 1995, he was selected for a role in a television series called WMAC Masters, where he played the character "Wizard", which he created. He had a starring role in Fox's hit television show, Saban's Power Rangers Lightning Speed Rescue, as Chad Lee, the blue Power Ranger. Mike has appeared in other television shows and movies, including Little Manhattan, Austin Powers in Goldmember, Big Fat Liar, Mortal Kombat Conquest and Martial Law. He was the star of the Discovery Channel's award-winning XMA, Xtreme Martial Arts. Mike has worked with some of the top action film directors and stunt coordinators in Hollywood.

Mike Chat created the revolutionary system known as Xtreme Martial Arts (XMA), which is a fusion of various martial arts, gymnastics, performance elements and Hollywood theatrics. His XMA World Headquarters is the first training facility of its kind, complete with state-of-the-art training equipment, including wire-work training and live theatrical sound and lighting for performances.

