



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Black Belt Perseverance

Perseverance may be the most important quality of all Black Belts. Perseverance is the commitment, hard work and patience you need to accomplish your goals. Black Belts with perseverance are able to bear difficulties calmly and without complaint. You are expected to be perseverant throughout your regular training that is required to earn a Black Belt.

Your journey to Black Belt will not be easy. You will face many challenges that will test your perseverance. Despite those challenges, you can earn your Black Belt if you have the drive and positive attitude to persevere. It's no wonder that earning a Black Belt feels similar to graduating from high school or college. In fact, when you reach the prestigious rank of 1st-Degree Black Belt, you will very likely consider it one of the most memorable days of your life!

Do you have the perseverance that it takes to become a Black Belt? Put your perseverance into action as a Black Belt does:

- When a task challenges you, have the patience to keep trying rather than give up.
- If a task is too difficult, then ask for extra training, so you can learn how to overcome the challenge.
- Don't lose your temper if you become overwhelmed and exhausted.
- If an activity seems boring, then remember that not every part of your training is meant to be fun and exciting. Some parts require more focus and attention than others.
- Don't make it a habit to be lazy. If you choose to miss class simply because you are not in the mood that day, then you are dishonoring your training and your instructor.
- Focus on the activities that frustrate you and try to learn how to overcome those frustrations.
- Work a little harder or a little smarter on the activities that challenge you the most.
- If you are put on the spot, then handle it in a calm and patient manner. Your character is probably being tested.



Remember, being a Black Belt is not just about demonstrating your physical and intellectual martial arts abilities. You must demonstrate your emotional and social strengths as well. Do so, and everyone in your life will honor you. When you're perseverant, you'll be recognized as the best!

TRAINING TIP:

DEVELOPING STRONG HIPS WITH A CHAIR

Strong hips are essential to your successful martial arts training. The stronger your hips, the more powerful your kicks will be. The muscles, supporting your hips, are also key elements for dynamic applications, such as speed, agility and jumping. To strengthen these muscles, you must incorporate specific exercises into your weekly training regimen.

Try these great hip exercises, using an ordinary chair:

Chair squats: Put one foot on each side of the chair. Squat down as if you about to sit in the chair, but do not let your bottom touch the chair. Instead, hold your body, using the strength of your hips, no more than one inch from the seat, for a three-second count. Make sure your back is straight and your head is erect. Do 10 to 12 reps for three sets, with a one-minute break between each set.

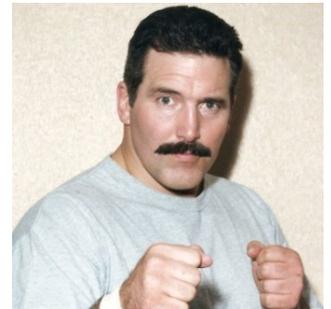
Sit-and-kick: Sit in the chair with your back straight. Stand and execute a side kick over the back of the chair and then sit again. Do 10 to 12 reps on each leg for three sets, with a one-minute break between each set.

Balance kicks: Stand behind the chair. Place one hand on the back of the chair for support and do five round kicks without setting your foot on the floor. Do 10 to 12 reps on each leg for three sets, with a one-minute break between each set.

Perform these exercises at least three times a week. As these exercises become easy, increase your reps and sets. Within a few weeks, you will notice stronger kicks, higher jumps and increased speed and agility.

FELLOW MARTIAL ARTIST:

DAN SEVERN



Dan Severn is very well known in the wrestling community and to no-holds-barred fans throughout the world. Dan, also known by his nickname "The Beast," is a native of Coldwater, Michigan. Dan was crowned the UFC Superfight Champion during 1996, and in Michigan. He is the only Triple-Crown UFC champion in the sport today.

Severn began his fighting career as a Greco-Roman and freestyle wrestler. Dan quickly became a top high school and collegiate wrestler, capturing many titles, honors and several national and world titles. He was inducted into Arizona State University's Wrestling Hall of Fame, following his prestigious college career.

After completing his degree, Dan was determined to be the best amateur wrestler in the world. He won 13 National AAU wrestling championships and "The Beast" also coached wrestling at ASU and Michigan State University.

Severn's skill, commitment and desire are the foundation of his success. During 1994, he participated in UFC, a popular no-holds-barred competition, for the first time. Severn easily established his place among the best fighters in the world, with his awesome competitive determination to be the best. He also wrestled weekly for the World Wrestling Federation (WWF), as he continued a grueling appearance, seminar and fighting schedule.

Severn has been profiled in U.S. and international publications and television shows. His many accomplishments can be found listed on many Internet sites, including his official Web site.

Severn is strongly involved in the community of Coldwater, and, even with all his success, he remains humble and down-to-earth. He aims not only to better himself and his community, but also to be a role model for children worldwide.