



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Black Belt Humility

As you train towards your black belt, you will no doubt experience exhilarating occasions of personal success. Perhaps your training helped you score an A on that Math test or you received that promotion at work. You have earned these successes and you should feel great! It may seem natural to tell others about your success; however it is equally important to understand the meaning of black belt humility.

Humility in the martial arts dates to its origins.

Students never felt worthy of recognition despite the fact that they trained hard; recognition was always an unexpected honor. There was an understanding that much more needed to be learned, so why get too excited? And although this did not diminish student's achievements, success was not outwardly celebrated.

Although we certainly do not advocate this type of conservative view today, there are some important lessons we can learn from our martial arts traditions. There is the understanding that there is so much more to learn. Don't let your head get "too big."

These "feelings" can be detrimental to your future learning. Be excited, feel proud, but stay focused.



Martial arts training was once very private. Of course, today we encourage you to tell your friends about your training. However, this does not mean "showing off" what you have learned. If you are proud of your skill and think your friends would be interested, encourage them to take an introductory course at the school. Never brag!

When others compliment you on an achievement, remember to say thank you to acknowledge their recognition. Courtesy, respect, and gratitude are quintessential to black belt humility.

Remembering your black belt humility will ultimately help you to become a better martial artist and certainly a better person...especially to those around you!

Training Tip:

MANAGE YOUR TIME WISELY

Did you know that children who have a busy schedule are more likely to develop time management skills than those who have an abundance of free time? Did you also know that children who have busy schedules are more likely to achieve their goals? No matter how busy you are, your martial arts training should be part of your daily routine. This will not only make you a better martial artist, but will also teach you to manage your time efficiently.

And adults are no different. Whether you are a parent scheduling in your child's activities or a student yourself, making martial arts part of your routine will help you ensure that you set aside enough time to achieve the best results.

There are 24 twenty-four hours in a day. If you sleep for eight of them, that gives you 16 hours to do all the things you need to do. If you manage it properly, that's a lot of time!

The first task you need to do is establish your routine or schedule for the week. This is as easy as sitting down with a calendar and a pencil and plotting all the things that need to be done each day. List everything from work, homework, meals, TV, activities, etc. on your calendar and allocate the appropriate time for each item.

The second task is to determine where you can "create" extra time. Here are a few ways to create time. You can pre-plan or even pre-cook your meals. This will ensure good nutrition while quickening meal preparation. Try video taping all your favorite TV shows (or subscribe to TIVO service). This enables you to fast forward through any unwanted commercials and watch TV in less time.

Making martial arts part of your scheduled time is about controlling your life rather than letting life control you. When you feel that sense of control, you will enjoy all of your activities instead of feeling the pressure of living up to the daily demands.

FELLOW MARTIAL ARTIST:

KATHY LONG, FIVE-TIME WORLD KICKBOXING CHAMPION

Kathy Long was born in 1964 in St. Louis, Missouri, and began her martial arts training at the age of 15. She earned Black Belts in several different styles, including Aikido, Kung Fu San Soo and Shorin Ryu Karate. She became one of the most popular female, full-contact fighters. Kathy was particularly popular with audiences because she was both beautiful and a skilled, dangerous fighter. She is a five-time World Kickboxing Champion, with a record of 18 wins, one loss and one draw.

As an athlete, Kathy always worked very hard on her conditioning. She was recognized as a great fighter, with a superb mental attitude, and, when, training for a fight, was in better physical shape than most other competitors. Her intense training included martial arts, weightlifting and sprinting.

As a result of Kathy's success, she is a two-time Black Belt Hall of Fame inductee and has been on more than 35 martial arts magazine covers and mainstream magazines, such as *Sports Illustrated* and *LA Weekly*.

After retiring from the ring, she pursued a career in acting. She has appeared in numerous television shows and movies, including *Walker Texas Ranger*, *The Montel Williams Show*, *Entertainment Tonight*, *Batman Returns*, *Natural Born Killers* and *Romy and Michelle*. She also wrote a no-nonsense self-defense book for women, titled: *No! No! No! A Woman's Guide to Personal Defense and Street Smarts*.

Kathy teaches martial arts seminars around the globe and makes guest appearances at martial arts conferences and seminars. She continues to be well respected in the martial arts community.

