



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Black Belt Power Foods

In recent years, emerging evidence has led us to believe that certain foods may have a greater impact on our overall health and may even fight or prevent diseases such as a cancer.

Phytochemicals, the biologically active substances in plant foods, are thought to be responsible for these observed effects. And according to the Journal of the American College of Nutrition, phytochemicals may even increase your energy levels.

Check out these latest “Power Foods.”

1. **Cruciferous Vegetables.** Arugula, Broccoli, Brussel Sprouts, Cabbage, Cauliflower, Collard Greens, Kale and Watercress. These vegetables all decrease your risk of cancer. At least three to four servings per week is suggested.
2. **Whole Grains.** Whole wheat (including bran), oats and quinoa. Whole grains contain insoluble fiber, which has many health benefits including preventing constipation. Fiber is also associated with a decreased risk of certain cancers.
3. **Soybeans.** Soybeans contain protease inhibitors and other phytochemicals. Soybeans are also an excellent source of protein and many tasty products are now on the market.
4. **Allium Vegetables.** Onions, Garlic, Scallions and chives. These vegetables contain substances that increase enzymes in your body that have distinct anti-cancer functions.
5. **Citrus fruits.** Oranges, Lemons, Limes. These citrus fruits contain limonene, found in the peel. New research is linking limonene to reduced cancer risk.
6. **Tomatoes.** Tomatoes contain acids that removed nitrites from your body before they become cancer causing agents. Studies show that green peppers, carrots, and strawberries have similar effects.
7. **Grapes.** According to researchers, grapes contain a number of phytochemicals that reduce cancer risk in a variety of ways. Strawberries, apples and raspberries contain some of the same substances.



Training Tip:

NEVER TAKE YOUR EYES OFF YOUR OPPONENT!

Bruce Lee was one of the most amazing martial artists who ever lived. In fact, his movie, *Enter the Dragon*, was probably one of the best martial arts movies in history. One message I remember from that movie was “never take your eyes off your opponent, even when bowing.” This has stuck with me my entire life. Not only is this an important self-defense message, but also it can be quite a powerful metaphor for life. There is another saying which rings true: “If you are not moving forward and are standing still, then eventually you will be falling behind.”

Quite often in your training, you’ll forget your goals or you don’t clearly define what you want to achieve. Goal setting is imperative to success and can lead to monumental growth as a martial artist. As Bruce said, “If you take your eyes off your opponent, then you could put yourself in danger.” What if your “opponent” is laziness or complacency? What if your “opponent” is lack of focus or lack of concentrated focus? Your objective must be to determine what you want to achieve in life, and then act to reach your goal. Do you want to achieve Black Belt, 1st-, 2nd- or 3rd- Degree; do you want to run a school for your teacher one day; and/or do you want to be a world champion fighter?

Regardless of your objective, it is essential that you define and set your goals, work toward them every day and be aware of the enemy within. Do not let yourself fall short, due to excuses; and continually ask for assistance from your peers, your teammates and, most importantly, your instructor to achieve your goals. Your instructor will guide you in the direction that is best for you. Remember—never take your eyes off of your opponent, even when bowing.

FELLOW MARTIAL ARTIST:

BILL SUPERFOOT WALLACE

Bill Wallace has been known to the Karate world simply as “Superfoot” because of his awesome left leg. He uses his foot as others would use their hands, confusing opponents with two or three rapid, fake kicks, and following with one solid knockout technique.

Wallace, a native of Portland, Indiana, began studying Karate in February 1967, after suffering a right leg injury in a judo accident. The injury left him without the use of that leg in Karate competition.

During the next seven years, “Superfoot,” who was given his nickname after his manager saw an advertisement for a “super foot-long hot dog” at a sporting event, dominated the point-tournament circuit. As a national champion point fighter three years in a row, Wallace captured virtually every major event on the tournament circuit.

Wallace was named in *Black Belt Magazine’s* Hall of Fame three times—twice as “Competitor of the Year” and once as “Man of the Year.” Wallace did not neglect his education, as he has earned a Bachelor’s Degree in Physical Education, and a Master’s Degree in Kinesiology (the study of human movement).

A year after suffering and recovering from what was considered a “career-ending injury,” Wallace turned professional and captured the PKA Middleweight Karate Championship. He relinquished the crown in 1980, undefeated and respected around the world. He is the author of three books: *Karate: Basic Concepts & Skills*, *Dynamic Kicking & Stretching* and *The Ultimate Kick*. He has also been active in the film industry, starring in or working as a trainer on such films as *A Force of One*, with Chuck Norris; *Continental Divide* and *Neighbors*, with John Belushi; and *Protector*, with Jackie Chan.

Despite his retirement, Bill Wallace continues to be one of most popular and inspirational role models of martial arts instructors and students around the world.

