



National Association of Professional Martial Artists

# NATIONAL BLACK BELT CLUB

## NEWSLETTER

### Blackbelt Attitude

How do you define Black Belt Attitude? Some view it as the unwavering feeling from within that empowers self-confidence. Others say it's an optimistic outlook that influences the way they view the world around them. However, every future and current black belt student would agree that having a Black Belt Attitude is an intangible benefit, giving those bestowed happier and more fulfilled lives.

Martial arts training is about teaching us that we can accomplish great things. Becoming part of the National Black Belt Club is your recognition that you can attain an extraordinary goal. The fact that you made this decision is key to developing your Black Belt Attitude. It not only says, "Yes, I can achieve success," but it also says, "I will achieve success." Unfortunately, this "attitude" is a rare characteristic in people. It is more common to be uncertain than it is to be self-assured and confident. One of our goals as instructors is to help you develop your Black Belt Attitude so that you may attain your potential.



Remember the old adage: "If at first you don't succeed, try, try again." This saying demonstrates part of the Black Belt attitude. The average person has been taught that failing is "bad," rather than every "failure" is a learning experience. Therefore, some don't try at all and many never try more than once! Did you know that Abraham Lincoln lost every election, but one, prior to being elected president of the United States? How about Thomas Edison? He failed more than ten thousand times prior to inventing the light bulb.

As you learn your martial arts skills, your Black Belt Attitude will shape and develop special meaning for you. It will empower you with optimism, confidence, and maybe even simply happiness.

# Training Tip:

## SEVEN WAYS TO BOOST YOUR ENERGY

Black Belts know that energy is the key to successful training. Without sufficient energy, you limit your potential. Energy will enhance your development and performance both physically and mentally. There are many causes of decreased energy, including improper eating habits, improper sleeping habits and stress. Change these bad habits and unhealthy situations to ensure that your energy level is always high.

Follow these seven tips to increase your energy:

1. Eat healthful foods, such as fruits and vegetables, and limit junk foods, such as candy, chips, soda and fast food.
2. Eat regularly throughout the day. Don't skip breakfast, lunch or dinner.
3. Keep your body hydrated. Drink at least eight glasses of water throughout the day.
4. Sleep at least eight quality hours every day. Avoid late hours watching TV, playing on the computer or talking on the phone.
5. Don't eat after 8 p.m. Late-night eating will negatively affect the quality of your sleep and can increase the probability of nightmares.
6. Don't procrastinate about your training. Make sure you attend every class; don't skip a class unless you absolutely must.
7. When you attend class, leave any stress or problems at the door. A bad mental attitude lowers your energy level dramatically.

Don't allow bad habits to affect your energy level. Don't look for a special formula or medicine to increase your energy; adjust your daily habits and you will feel more energized. It will take time and effort, but the benefits of increased energy are definitely worth it.

## FELLOW MARTIAL ARTIST: ROYCE GRACIE

Royce Gracie was born in Rio de Janeiro, Brazil. Helio Gracie, his father, is considered the founder of martial arts.

Royce began training and competing in tournaments at eight, and received his Blue Belt at 16. He was promoted to the rank of Black Belt in less than two years.

He later moved to the United States at 18 to live with Rorion, his brother. They began teaching Brazilian Jiu Jitsu in their garage, often for more than 10 hours a day. Rorion and Royce opened their first Gracie Jiu-Jitsu Academy 11 years ago in Torrance, California. Today, it is one of the largest martial arts schools in the country.

Royce has enjoyed an impressive career as a professional fighter. His brother Rorion wanted to showcase Brazilian Jiu Jitsu as an effective and exciting martial arts style and encouraged Royce to be involved in the Ultimate Fighting Championships.

Royce became famous for defeating three opponents in the first ever Ultimate Fighting Championship in 1993. Even though his opponents all outweighed the six-foot plus, 180-pound fighter, he easily defeated discipline after discipline in the contest. Royce won three UFC titles, and, today, is the only man in the history of no-holds-barred matches to have defeated four opponents in one night.

Royce still participates in the world of professional tournaments. His determination and success have helped to make Brazilian Jiu Jitsu one of the most exciting and requested arts in the martial arts industry today. By spreading the techniques perfected by his father, he has shone a spotlight on the importance of leverage and technique in grappling.

Throughout his busy fighting career Royce has maintained a busy schedule of seminars and classes, and a large roster of students. He has taught many celebrities, including Chuck Norris, Ed O'Neal, Guy Ritchie and Nicholas Cage. He has also been very active with the CIA, FBI, DEA, Secret Service, Army Rangers, Army Special Forces, Navy Seals and many police departments.

Royce lives in Torrance, California with his wife, Marianne and two sons, Khonry and Khor.

