



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Five Important Tips to Help You Prepare For Your Next Rank Testing

Testing day is not only an opportunity to be evaluated, but also to perform at your best. Your instructor's goal is to determine if you have mastered sufficient material during your current rank to advance to the next level. Your goal should be to show your instructors, parents, family and friends that you are growing as a person and learning important skills from your martial arts training. Think of your testing as the same as "game day" for an athlete. It's your opportunity to put into action all that you have been working hard to learn.

To perform at your peak during your next testing, follow these five tips to help you prepare for the big day:



1. Preparation is the key to good performance. Practice your testing material for at least 15 to 30 minutes every day.
2. Eat a healthy dinner the night before your test, and eat a light meal two to four hours before your testing time.
3. Sleep at least eight hours the night before your test.
4. Free your mind of any unrelated stresses and challenges when you arrive for your test.
5. Invite family members and friends to your test day to support your performance and boost your attitude.

By following these tips, you're more likely to achieve your personal goals for your next testing and please your instructors. You'll quickly show everyone attending your testing that you are prepared to succeed because you are performing at your best.

Training Tips:

JOGGING FOR BETTER ATHLETIC ABILITY

Some of the top athletic trainers in sports recommend jogging as one of the best warm-ups to prepare the body for training. Many people do not know the proper mechanics of jogging. If done correctly, jogging not only increases your body's circulation, but also your overall athletic skills and abilities.

Follow these key tips to when jogging:

1. Watch your arm swing. Your hands should be lower than your hips. Your arms should not cross your body; and they must move in a linear direction.
2. Watch your foot placement. Your toes should point upward, so that you move your body with a bouncing motion. This position builds a more consistent stride, which helps you maintain more energy during your run.
3. Watch your shin angle. If your shin is angled forward then you will create friction in your stride. The shin angle should be angled backward when your foot contacts the ground. This creates more power in your stride.
4. Watch your posture. You must stand tall to stabilize the core. The force generated at the core sends force to the ground, which generates speed and body control.

Many athletes use jogging simply as a warm-up routine for more complex training. If you incorporate the four tips from above, however, then your athletic abilities will increase dramatically. After a few months of jogging, you'll notice that it is much more than simply a way to warm and stretch your muscles. Jogging will become a separate and beneficial training activity.

A QUOTE TO REMEMBER: A black belt club is the most powerful and important program you can implement in a martial arts school. When a student commits himself or herself to becoming a black belt, not only does the instructor's job become easier and more fun, but also the student becomes more focused and directed. As the saying goes, "The goals you set are goals you get!" - Jhoon Rhee

FELLOW MARTIAL ARTIST: ERNIE REYES JR.

Ernie Reyes, Jr. was born January 15, 1972, in San Jose, California. He began his training at the age of four in Taekwondo, under his father, Ernie Reyes, Sr. of West Coast Demo Team fame. As a result of his hard work and determination, Ernie Jr. earned his Black Belt at the very young age of seven.

Shortly after, he began competing in prestigious martial arts competitions. His performances "wowed" the spectators and judges, as he demonstrated amazing technique and mastery, which would have been exceptional even for someone much older. As a result, he began competing in the adult divisions and became the first child ever to achieve a National Top Ten ranking. By age 10, he became the first child to win a Grand Champion title at a National Karate Tournament.

Ernie Jr. was a member of his father's West Coast Demonstration Team, executing jaw-dropping routines. The demo team was known around the globe (and still is) for its creative, exciting and acrobatic martial arts performances. He added to his martial arts skills by also taking part in boxing and Muay Thai.

Ernie became interested in acting, and, in 1985, made his first appearance in a movie called *The Last Dragon*; he was cast as a karate student. He appeared in more than 20 movies and television shows, including *Teenage Mutant Ninja Turtles II: The Secret of the Ooze*; *The Red Sonja*; *Rush Hour 2*; *Sidekicks*; *Surf Ninjas*; and the *Mickey Mouse Club*.

During the mid 90's, he was introduced to Manu Tupou, an award-winning dramatic arts scholar. Ernie became a student and protégé and co-created several projects, including a film called *The Process* and a Broadway-class presentation called *Unleash the Master Within*. Ernie starred as the lead actor, co-wrote the script, wrote one of the songs and was co-artistic director with his mentor. The event sold out.

Most recently, Ernie appeared in the films, *Indiana Jones and the Kingdom of the Crystal Skull* as the #2 Cemetery Warrior, and as Johnny Sanchez in *The Red Canvas*.

With a love for the martial arts and the performing arts, who knows where we'll see him next?

