



National Association of Professional Martial Artists

NATIONAL BLACK BELT CLUB

NEWSLETTER

Should You be “Eating Right for Your Blood Type?”

According to advocates of the Eat Right for Your Type diet by Peter J. D’Adamo, your food choices should be determined based on your genetic make-up, as expressed in your blood type. So your optimal diet should be based on your blood type. Although this diet has been widely accepted by the public, is this something you should actually be doing to optimize your nutritional status? Will eating “for your blood type” maximize your athletic performance? These are the questions many martial artists and others are asking when evaluating this diet.

Although the Eat Right for Your Type (ER4YT) diet offers explanations for the premises on which the diet is based, these explanations “hold up to neither scientific scrutiny nor, at the very least, competent theoretical speculation of open-minded critics,” according to the Nutrition in Complementary Care Newsletter. In layman’s terms, the diet is not based on sound nutrition or medical principles. The writer of this diet makes a number of implications. Some are simply not grounded in fact. Others blatantly misrepresent known medical facts. He quotes research that was disproved years ago. Why would this author make such claims that are obviously not grounded in fact? Anyone evaluating the diet has to question both his philosophies and his motivations.



There are several claims that I find particularly disturbing:

- One is that certain blood types should consume a diet high in cholesterol. In fact, although not everyone is sensitive to high cholesterol foods in terms of increasing risk of heart disease, no one should consume a diet HIGH in cholesterol as those foods high in cholesterol cannot create a balanced diet. They are also generally high in fat, which leads to unwanted empty calorie intake.
- Another disturbing claim is that people having blood group O or B should consume animal protein daily. This insinuates that a vegetarian diet is unhealthy, while it is certainly not.
- And most disturbing, the ER4YT diet discourages exercise for blood type A. Everyone knows that regular exercise benefits just about everyone. And I, as a blood type A person, certainly don’t understand how anyone could say that it isn’t healthy for me to exercise!

According to John J. McMahon, Jr., a naturopathic physician (MD) and author of *The Blood Type Diet: Latest Diet Scam*, “The blood type solution encourages sundry capricious restrictions on diet, exercise and herbal medicine for which it is only able to reference itself as final authority. Good science and common sense make this theory impossible for me to take seriously.” Instead of looking to find a quick and easy fix to make you healthy overnight without any effort including exercising, focus on what you already know is the only way: eating right (high fiber, low fat, variety) and exercising regularly.

Training Tip: BUILDING SPEED

Speed: *the act of moving swiftly or rapidly*

Speed is an important element of martial arts training. First-step explosion is one key activity during which martial artists need speed. To increase this speed, you must train weekly to build the necessary muscle strength and capacity.

The following training tips will help you increase your speed through first-step explosion skips:

Step 1:

Find a good training area where you will not trip over obstacles.

Step 2:

At a command from a training partner (or voice the command yourself, if you are training alone), explode at your maximum speed into a series of three to five skips.

Step 3:

Do this at least 10 times per day for two weeks, and then increase your repetitions as your muscles adjust.

Step 4: Do this drill with liner and lateral skips

In two months, you should notice a significant increase in your ability to explode faster with your kicks and footwork during your martial arts training.

FELLOW MARTIAL ARTIST: DON THE DRAGON WILSON

Don "The Dragon" Wilson was born in Cocoa Beach, Florida. Don was an honors student in high school and attended the Coast Guard Academy, where he studied engineering. A lesson from his older brother, Jim, who was already studying kung fu, changed his life forever. Don had been a great athlete in high school; therefore, he couldn't understand why at a solid 205 pounds he could not out-manuever his smaller 155-pound brother. Don instantly became interested in kung fu training and was soon competing and point fighting.

Don studied the Dragon style of kung fu. Not feeling entirely fulfilled by this style, he soon discovered the world of kickboxing and started his professional kickboxing career during 1974. He won the 1979 PKA U.S. Middleweight Championship. Don then began to work with Bill "Superfoot" Wallace, the PKA world champion, to develop his kicking skills. He learned to use every kind of kick invented and could deliver double-and triple-kicks from each leg.

When Don removed his gloves for the last time, he had won 11 world titles in three different weight classes. Don's impressive career record includes 71 wins, 47 by knockout and six by kick-knockout; and he was also the first kung fu practitioner to become a World Kickboxing Champion.

Chuck Norris, Don's friend and fellow martial artist suggested that he move to Hollywood. Don starred in the movie hit, *Bloodfist*, and that success led to seven sequels. Don has produced and starred in many exciting action films where his incredible kicking skills, his keen sense of humor and his charisma are clearly evident. He also starred in *Ring of Fire*, *Red Sun Rising* and *Batman Forever*.

Don has established himself as a hard-working star, having appeared in 31 films. He is successful because he continues to improve as an actor, and he projects integrity. Don "The Dragon" Wilson's dedication has helped him tbe a successful martial artist and a starring actor.

