

N A T I O N A L

# black belt club

N E W S L E T T E R

t h e o f f i c i a l n e w s l e t t e r o f t h e n a -

## The Importance of Positive Training Habits

**H**ypothetically, if students were no longer allowed to wear belts in the martial arts, then how would one student be differentiated from the next? The answer is positive training habits! In simpler terms, you are how you train. Martial arts training follows the "all-or-none" principle. That means you are expected to give one-hundred percent of your effort every single time you bow into class; nothing less is acceptable. Lack of power and effort in class will lead to a false sense of security, a weak foundation for self-development and a belt that holds little value. How much do you want your Black Belt to be worth? From this day forward, think of the word Black Belt as a metaphor that means being the absolute best that you can be, at whatever you do, whenever you do it. Therefore, your goal isn't just to become a Black Belt in a particular style. Such a goal would represent only a single tree in the vast forest of potential that actually exists. A much more meaningful and long-term goal would be to become a "Black Belt" at everything you do.

For example, at work, do you perform your job like an Orange-Belt employee or a Black-Belt employee? If you answered this question with anything other than "Black Belt," then it's likely your employer perceives you as being that way too. As a result, you may not qualify for the next available promotion or receive that raise you've been expecting. At school, do you study like a Green-Belt student or a Black-Belt student? Unless you answered "Black Belt," you may not be awarded a scholarship. Furthermore, "academic Green Belts" don't make the dean's list or are accepted to higher-level education, such as medical school. What color belt are you today, and what do you intend to do to improve that rank in the future?

### NBBC Practice Tips

- Make a list of what you need or want to practice; check each item as it is completed.
- Workout with your classmates, and take turns deciding what to practice.
- Watch a martial arts movie before training to help your motivation.
- Train with your favorite music.
- Practice with a video of your instructor, demonstrating different techniques, or film yourself in action.



# Biography: Gene Le Bell

**G**ene LeBell, martial arts legend, was born October 9th, 1932, in Los Angeles, California. Aileen Eaton, his mother, was a remarkable woman who controlled the Los Angeles boxing and wrestling scene as the owner of the landmark Olympic Auditorium. Gene grew throughout his childhood in the company of Muhammad Ali, Joe Frazier, Sonny Liston, Sugar Ray Robinson and Archie Moore, all legends of boxing history.

At age seven, while hanging around the Olympic Auditorium, Gene approached Ed “Strangler” Lewis, a well-known wrestler, and informed him that he wanted to be “tough” like him. “Strangler” took the young Gene under his wing and started him on the fast track to becoming the “Toughest Man Alive.”

Gene's legendary strength and extraordinary dedication led him to back-to-back National Judo Heavyweight Championships (1954 and 1955). Gene became a professional wrestler and was known as the infamous "Hangman," winning fans and championship belts throughout the world. Gene even took on a bear—and won!

During 1963, Gene participated in the first "martial-artist-versus-boxer" event when he fought and defeated boxer Milo Savage. Savage was greased from head to toe and wearing brass knuckles, but after four rounds Gene finally grabbed Savage and applied one of his famous chokeholds. A few years later, Gene was the third man in the ring of



the most famous “martial-artist-versus-boxer” battle when he refereed Muhammad Ali's fight with Antonio Inoki.

Gene has appeared in more than 1,000 movies and television shows. Whether it was fighting with Bruce Lee on the Green Hornet TV series or playing Rodney Dangerfield's stunt double in the comedy film, *The 4th Tenor*, Gene has always made a lasting impression.

With former star students, such as Elvis Presley, Chuck Norris and Bob Wall, Gene LeBell's primary love remains teaching. His popular seminars are always packed as well as the regular 7:30 p.m. Monday Night Grappling Class that he teaches in Los Angeles, California.

## TRAINING TIP

### Training Tip: Seven Ways to Boost Your Energy



**B**lack 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

sleeping habits and stress. Change these bad habits and unhealthy situations to ensure that your energy levels are 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 levels 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.

Kickin' is brought to you courtesy of the **Panther Kenpo Karate Studio.**

For more information please call (740) 392-3846

Or visit us at: [www.pantherkenpokarate.com](http://www.pantherkenpokarate.com)

#### **STUDIO MISSION STATEMENT**

*"To motivate each and every student to become a complete success in life through Kenpo Karate training. We will maintain our reputation as the best Kenpo School in Central Ohio through professionalism, quality instruction and community involvement."*

**Steve Hatfield**  
6<sup>th</sup> Degree Blackbelt  
Owner/Senior Instructor

