

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 -

Black Belt Is a Long-Term Commitment

The key to long-term success is to have a long-term perspective. This is especially true in the martial arts. Those that accept this idea, and have patience, often continue to work to earn their Black Belts. Those that are looking for a quick fix, often become impatient and quit.

Almost all of what life has to offer takes time to achieve. Earning a Black Belt is no different; but you can definitely achieve that goal, once you set your mind to it. Then, for the remainder of your life, you can benefit from your Black Belt confidence, attitude self-discipline and healthy lifestyle. This is a golden opportunity that could dramatically enhance the quality of your life forever.



Some students have a hard time picturing themselves as Black Belts. They may say, "I'm not in good enough shape to become a Black Belt" or "I'm too old. If I was younger, then I'd try it." A Black Belt is a personal accomplishment that almost anyone can achieve with the right amount of determination.

Not only are future Black Belts physically persistent, but also they are equally persistent when confronted with the frequent challenges of life. In a nutshell, people with Black Belt persistence have courage of their convictions, and are not afraid to support what they believe is right. They never allow peer pressure to affect them negatively.

People of all ages with Black Belt persistence are "finishers." They remain focused on their goals when faced with challenges, whether at school, work or home. If events don't occur the way they expect, they simply find another way to accomplish their missions. Rather than avoiding challenges, they look them straight in the eyes and "go for it."

It's important to realize that time is passing, regardless of whether you're training for your Black Belt. If you had started your training four or five years ago, then you'd probably be a Black Belt today. Make Black Belt one of your goals, so, several years from now, you won't be wishing you had started today. Continued procrastination will only result in you making this same mistake again and again. Don't wait for the many benefits of earning a Black Belt; they are far too valuable.

Biography: Royce Gracie

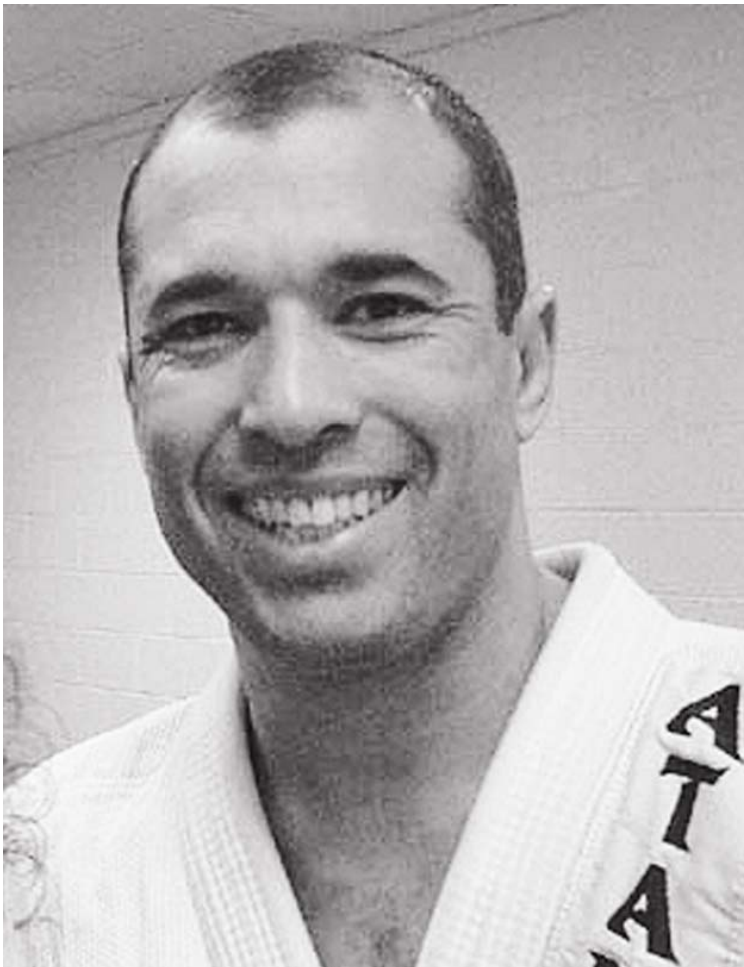
Royce Gracie was born in Rio de Janeiro, Brazil. Helio Gracie, his father, is considered the founder of the Brazilian Jiu Jitsu style of martial arts.

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.

Royce 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 during 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.

TRAINING TIP

Training Tip: Building Quickness

The good news is that with a little motivation and dedication, everyone can substantially improve overall speed. Quickness can be enhanced through a good training program that builds muscle and shortens reaction time. These can be accomplished through supplemental effort outside of your martial arts classes.

Here are a few training tips to help you improve quickness, which is an important skill for any martial artist:

1. JUMP ROPE: Jumping rope has worked for decades to build athletes' muscles, necessary to enhance quickness. Vary jump-rope routines for 30 minutes per day, three days per week, and you can help build and maintain muscle composition. Jump-rope variations include single jumps, double jumps, single leg jumps, skipping and running.

2. RUN: Superior technique while running can dramatically improve your quickness. When you run, focus on three main things. First, fall into the run like a falling tree. Allow gravity to pull you down right when you take off to help you explode with more speed. Second, focus on

stepping into the ground. Force should be applied downwards and back to increase explosion. Third, focus on dorsiflexion of the ankles. This means pulling the toes up so that the foot is in a "loaded" position when it hits the ground. Run for 30 minutes per day, three days a week, and your body will sense and focus on mechanics, dramatically increasing your speed.

3. SKIP: Skipping forces higher brain mechanics to communicate with the muscle receptors, which decreases reaction time. Skip in all directions for a short period of time each day to have a big impact on your body's quickness through movement.

All of these at-home training regimens will significantly improve the quickness of your body's movements. You do not have to inherit special genes to be quick, but you do need motivation and dedication to increase your skills and abilities.

NATIONAL

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NEWSLETTER

Black Belt Club 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

Class Offerings Include:

- ☉ **Kenpo** – Emphasizes holistic, mind/body fitness and focuses on each student's personal best.
- ☉ **Systema** – Russian Martial art based training of the Russian Special Forces
- ☉ **Chi Gong** – Chinese body and mind exercise that promotes health and vitality.
- ☉ **Warrior Arts** – Filipino martial arts using sticks, knives and empty hands.
- ☉ **Free Style Sparring** – A combination of tournament fighting, kick boxing and Kenpo.

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
6th Degree Blackbelt
Owner/Senior Instructor

