



ELITE ACADEMY OF MARTIAL ARTS

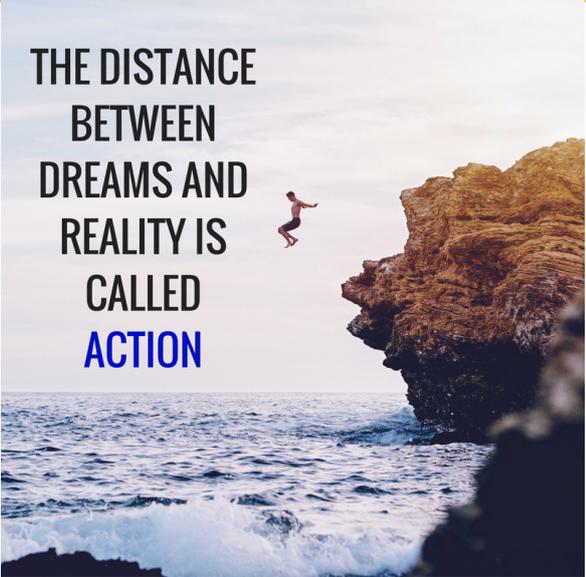
April 2019 Newsletter

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The Secret of Success

by Sifu Nathan

There is no secret to success in Martial Arts. The key to success as both an adult and child is to show up to class. There is nothing more important than showing up to class with a positive attitude and being ready to learn. When it comes times for belt exams students always tend to "cram" and practice as much as possible. This is a recipe for disappointment. The secret is not to cram right before the belt test but instead focus on continuous improvement on a daily / weekly basis each time you show up to class. To earn your black belt you should focus on regular attendance every single week! Set aside at least 2-3 day per week and then stick to it. That way your body improves in the areas it needs to and your mind develops the concentration and focus needed to receive the full advantage of martial arts lessons. Do not let anything or anyone get in the way of your class/practice time.

Show up to the most important class - we can all show up when we feel like, but, it takes a true champion to show up even when they do not feel like going to class. A huge secret to success in the martial arts is learning to discipline yourself to show up to the MOST important class of all - the one you do not feel like going to. If you can learn to condition yourself to show up even when you do not feel like it you will experience a huge amount of success in your martial arts as well as all areas of your life. Former basketball super star Dr. Julius Erving once said "part of being a pro is doing the things you love to do even when you do not feel like doing them". Regular attendance leads to regular habits in other aspects of your life. The familiarity of the drills, forms, and techniques will be the steps that lead to testing, and constant improvements will show the benefits of regular habits

From the fitness aspect the body will not improve if training is irregular. Missing one class may lead to missing more - then the harder it is to return. Your efforts will be rewarded by constant training - but wasted if classes are regularly missed.

For parents - your efforts in bringing your children to class consistently will allow us to reinforce the Panda and Dragon Warrior Virtues which will undoubtedly improve your child's, respect, discipline and self-esteem. Everyone can earn a black belt - it is absolutely true that everyone can earn a black belt. The secret is to come to class and never give up.



Why Stripes? by Coach Anna

We are now implementing the use of stripes here at Elite Academy of Martial Arts! Stripes are an important tool used in class to help motivate our students to achieve the smaller goals needed to reach the next belt level. We want to keep our students excited about learning and training, instead of always waiting around for the new next technique, or never feeling like they are accomplishing something until next belt testing date comes around.

Speaking of waiting for the next technique, it is important for us to always practice what we have learned already instead of always learning something new and never trying to 'perfect' it. Bruce Lee had said himself, "I fear not the man who has practiced 10,000 kicks once, but I fear a man who has practiced one kick 10,000 times." Learning something new can be exciting, but watching our students improve even with one technique lets us as instructors know that we are helping our students to properly grow. Once we can see that a student has practiced, and has succeeded at becoming more efficient (Because lets be real, even after achieving a black belt level and 10,000 reps, we are still not perfect. But at least we are a little bit closer to being so!), then we can gladly put a stripe on their belt. At the same time, this visible mark lets students know that we think they are a step closer to reaching the next level.

Giving out stripes is not only about evaluating the physical skill of the student, but also their mental fortitude. Every week we go through a life skill in class, because we believe that Martial Arts is about physical, mental, spiritual, and emotional balance. We named our programs the 'Panda' and 'Dragon' Warriors, because our goal is to instill a type of 'warrior' belief into our children. To name just a few, we expect our students to uphold the warrior virtues of honesty, courtesy, patience, honor, and obedience. Carrying out these virtues is crucial in Martial Artists no matter what age, and this balances out the way we give stripes as well.

For our Panda Warriors, they will receive a stripe every week (with the attendance minimum of twice per week). What we look for in handing out the stripes for this age group is that they have learned the techniques, developed and improved physically, can recall the lesson, understand its purpose, and imply the life skill emphasized for that week. For this developing age group we know that sometimes things can get difficult and not everything can be learned at once, but if we see their perseverance and attempts to understand and use the skills we have taught them, then they will be given a stripe.

Dragon Warriors have a different approach in receiving their stripes. We give handouts to our students that list the requirements for their stripes, so they know what goals they need to accomplish in order to get to the next step for their higher belt. As this is a different age group we have greater expectations for them to uphold their warrior virtues in all aspects in their life, such as at home, school, and in the studio. By implementing the stripe system we hope to get our students excited about having visible markers of their success.

UPCOMING DATES

May 10th
Panda Warrior
testing

May 26th & 28th
Closed for
Memorial Day

June 9th
Adult and Dragon
Warrior Testing

