

**Newsletter "The Source"**  
**BECOMING A BLACK BELT**

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## **3 Ingredients to become a Black Belt**

### **Desire, Determination, Be Teachable**

**1. Desire** - Your heart must call out for this. It must be a quest not a fancy. Everyday you are reminded that martial arts study is about learning how to live and not just how to defend yourself. Nurture the fire within you. Desire to be more.

**2. Determination** - You must be determined and be willing to work hard at it. Never quitting or giving up, no matter what seems to get in your way. You must do what you've got to do to obtain your desire to become a black belt and then beyond. Set new objectives for yourself and take them on one step at a time.

**3. Be Teachable** - You must be teachable. If you come to a lesson prepared in your wisdom of the only way it can be done, you will not be open to learning from someone who has traveled the path before you. Add to what you know versus comparing it. Be respectful. If you do not have respect for yourself, your art, your fellow students, and especially the instructor teaching you, you will never make it. Your instructor may choose to give his extra time to someone who really wants to learn. You must be teachable.

Someone who is teachable and keeps coming to training will someday get their Blackbelt. They may not be the most talented student in class and it may take them a little longer, but they will get there someday because they are teachable and determined.

People who are not teachable skip from teacher to teacher, style to style, and one day they reach their half empty goal when someone just like them gives in and gives them a blackbelt. Yet they don't have the knowledge of the teachable student who had the desire and determination to really learn an art and is a true Sandan with lots of skill in about the same amount of time spent training in the martial arts. Take pride in yourself and your training. Be good at what you do.

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