

Five Powerful Ways Martial Arts Conquers Fear

The only thing you have to fear...is fear itself – Franklin Delano Roosevelt

Recently, a middle-aged man (and father of two) confessed to me, "Here is something that really surprised me about doing martial arts. Until I started, I didn't realize how much fear I actually had lurking in the back of my mind. You know, little things. Stuff like: "What would I do if I were in a bar or restaurant and somebody started pushing me around? What if somebody threw a punch?" Or: what if I were in a situation and had to defend my family? Would I know what to do? Really?"

Fears Confronted Head-On

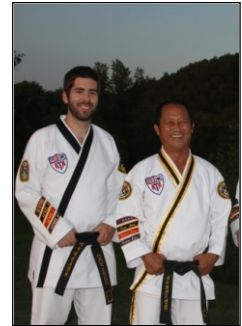
He went on: "But I've found the more I do martial arts, the more these little fears melt away. And that improves *every* aspect of my life. I feel more in control, more positive and carefree. For me, living without fear is one of the greatest gifts martial arts has given me".

Brings Them to the Surface

He's not alone. I've heard this from a lot of people. We all face hidden fears. And in many cases, people aren't even consciously aware of them *until martial arts brings them to the surface*. Once these fears are dealt with, you can feel less guarded, open up to the world more and enjoy life like you really should.

What Is Fear and How Does Fear Affect You?

While it can be useful in some very short-term situations, most of the time fear paralyzes you and muddies your thinking. This is called the fight-or-flight response. Stress hormones are released, you feel a surge of adrenaline, your body tenses and your vision narrows. While this is okay for a sudden burst of energy to run from a charging rhino, it's *terrible* in a self-defense situation. It freezes anything



Mr. Hayden
5th Degree Black Belt and
Owner

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but your gross motor skills, makes your movements rigid and clunky and clouds your mind. Conquering fear and remaining calm in any situation is one of the hallmarks of martial arts training. Here are some of the ways we accomplish that:

1.) Competence Creates Confidence –

Martial arts hones your techniques over time so they are instinctive and reflexive. This means the more you do them, the more they **become part of you**. You know exactly what to do in any given self-defense situation. And you'll find that simply having a *plan* in self-defense situations reduces your fear. You're no longer paralyzed by thoughts of, "Uh-oh...what am going to do?" Or "Which move should I use."

Instead, you use those critical moments to act...not think. This produces a clear, calm mind and attitude. But - this can only be achieved once your techniques become second nature. That's why I like to say that martial arts training teaches **competence** (being able to perform your moves correctly and with maximum effectiveness) and that competence breeds **confidence**. The more techniques you learn, the more confident you become. It's simple: when you know your stuff, you can walk without fear.

2.) Tournaments –

Let's face it: One of the biggest fears is *fear of the unknown*. In a martial arts situation, this means confronting an attacker you've never

Five Powerful Ways Martial Arts Helps You Overcome Fear

- ☑ **Competence Creates Confidence**
- ☑ **Tournaments**
- ☑ **Tests Your Limits**
- ☑ **Develops Your Sixth Sense**
- ☑ **Leadership**

faced before. You have no idea what they're going to do.

One of the ways we help counter this is by allowing you to train (or spar) with many **different** opponents... even higher ranks in some cases. The more people you're exposed to in training, the better you'll be on the street.

However, if you train against the same people day after day in our academy, you'll notice sparring starts to become predicable: your partners will often throw the same moves, react the same way to your techniques, and keep you off balance less and less. How do you overcome this? How do you mix it up and keep yourself sharp? One of the best ways is by competing in a tournament.

Although it's a safe, controlled environment, a tournament keeps you sharp because your opponents are less predictable. When you compete, you really have no idea **what** to expect from your opponent. In most cases, you've never even *seen* them before. This is good. It's much closer to a real

life self-defense situation than simply sparring.

Over time, as you find yourself competing in more and more tournaments, you'll notice something familiar happening: **your tournament opponents will start to become predictable, too.**

This is good. If you can predict the moves *strangers* will throw at you, it means you're now ready for the vast majority of moves you'll confront on the street. Even better, you'll have the same confident, calm attitude you do while sparring. This is another big way martial arts helps you conquer fear: tournaments.

3.) Pushes Your Limits

The first moment you step into our academy, you've built your confidence and overcome a fear. How? Simple: You're doing something new, taking on a big challenge and adopting a student mindset. Then, when you start training, you overcome even more

fears: feeling uncomfortable, looking silly (you don't), fears that you're not good enough, not learning quickly enough, and so on. Every step of the way, you're confronting fears and overcoming them – no matter how small. Martial arts training really pushes your limits.

This means you're getting out of your "comfort zone" - and this is the only place growth occurs. Starting as a beginner - and simply putting yourself out there to *learn* martial arts - sets you apart from so many other people who never take on this incredible challenge.

Think of how many fears you've overcome just by getting out there and doing it. They may not be big fears, but they still affect you. Little fears add up. By throwing yourself into martial arts challenges step by step, you blast away at your fears step by step.

4.) Develops Your Sixth Sense –

Another important part of living fear-free is **knowing which threats are real- and which are not**. In my view, most people are good, law-abiding people who want the same things you do: happiness, security for their family, safety, good relationships with others and mutual respect.

But the reality is this: there *are* some bad apples out there. And you need to be able to tell who is a bad apple and who is not. This is a skill honed through martial arts

training.

We help you answer questions such as: "What are the threats? What is a genuine danger and what is not? Who do I need to watch out for? How do I tell if a situation is turning a corner and actually becoming dangerous?"

Much of this comes from simple awareness. We teach you how to read body language and tell whether or not you're in a dangerous situation.

This helps you know when to **relax** and when to be **alert**. After all, you don't have to be on guard *all* the time – that's simply no way to live. On the other hand, there are some times when you need to pay special attention to your surroundings. This is where your "sixth sense" comes in. Developing your sixth sense is yet *another* way martial arts training helps you relax and overcome your fears.

5.) Leadership –

Finally, let's talk about leadership. This is truly the pinnacle of martial arts training. Leadership is simple. It means you assume an "alpha" role in our academy and start helping and guiding others.

There are so many ways becoming a leader blasts away at old fears. Let's take a simple example: speaking in front of a group. Did you know that this fear consistently ranks at the **top** of the list for most people? It's true.

Well, in martial arts leadership

training we condition you to being in front of people **front** and **center**. You'll teach you how to motivate others and speak in front of groups. This is a **crucial** life skill for success in school...and career. In fact, many people feel this life skill alone makes becoming a leader worthwhile. You simply can't make it to the top in any type of career without stellar public speaking skills. It's just **expected** these days.

Of course, by mentoring and teaching others, your skills also become much more polished. You'll "own" your techniques much more quickly than simply being a student.

And as you start assuming a leadership role, you'll find your **self-confidence rising**. You'll carry yourself differently. You'll hold your head higher. You'll have better eye contact. You'll *move* differently.

All of these "alpha moves" telegraph an important message to others: "don't challenge me". Because of this, you'll find people treat you very differently: **they'll treat you with more respect**. As that happens, old fears will naturally melt away.

After all, the best way to create lasting change is by working from the "inside out". When you work on yourself and take on new challenges, you find yourself blasting away at old fears one-by-one and replacing them with something else: **new-found confidence**.

-- Mr. Hayden

November 2011 Calendar of Special Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|---|--|
| | | 1 | 2 | 3 | 4 Auburn Sparring Night 5pm (6 - 12yrs) 6:30pm Adult(13+) | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 Tournament Prep Class 10:30-12:00 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 South Bend Tournament |
| 20 | 21 | 22 | 23 | 24 | 25 Hyper Camp Christmas Sale | 26 Hyper Weapons Camp Christmas Sale |
| 27 | 28 | 29 | 30 | | | |

HYPER THANKSGIVING CAMP!

HYPER CAMP

Friday, November 25th 8:00am – 3:00pm
Includes – Training, Pizza, & Fun
Cost \$35 per person

Saturday, November 26th 10:00am – 2:00pm
Includes – Training, Pizza, & Fun (Must have your own weapons to train with)
Cost \$25

Both days only \$75

Christmas Sale

On November 25th and 26th we'll be having our annual Christmas sale. This is the perfect time to get some new gear, weapons, stocking stuffers, and more.

All items will be 20% off!

Leaders are READERS!

Log onto www.noblecountyreads.com today and share your favorite books with all of Noble County. This is a Leadership Project started by Mr. Hayden and it's going to grow to have some really neat features.

For now we really need you to log on and review the books that you're currently reading!

Leadership Team Discount

Are you interested in our Project Based Leadership Training?

How about XMA?

Do you want to be a state champion?

Talk to Mr. Smith today and get a chance to try out our leadership program!!

Weekly E-Newsletter

About three weeks ago we started a weekly email newsletter. In the future we may be eliminating our monthly newsletter and going with just this weekly newsletter.

The goal of our new weekly newsletter is to get you the information you need to help your family succeed at Hayden's ATA. We will include information about

life skills, physical training, and upcoming events. We want to help you get the most out of your training with us!

So PLEASE make sure you check your email for the weekly newsletter. You can expect it in your email every Monday/Tuesday. If you're not receiving it please check our spam box. You can also find a link each week on our facebook page!

Welcome to the Family: New Students and Upgrades

New Students:

Corbin Eaton – 3 class course

Kelsey Eaton – 3 class course

Kayden Hollis – 3 class course

Kaden Rodkey – Basic Course

Kole Rodkey – Basic Course

Kayne Wicker – 3 class course

Trenton Bolen – Basic

Upgrading Students:

Mattie Fitzharris – 300 Class Course

For those just enrolling – welcome to the family! For those upgrading – congratulations on taking the next step in your martial arts journey! And for those who are eligible to upgrade – what are you waiting for? See me to take your training to the next level!

Nov 2011 Student of the Month!

Sarah Myers

Conquering Fears and Building Confidence Day by Day



Sarah Myers
November 2011 Student of the Month

Here's a student who has really confronted fears and built confidence ever since she has been here. Her name is Sarah Myers and he's our choice for Student of the Month November 2011!

Remember: Courage measures a person's preparation as well as their willingness to confront their fears. It means they've become well-trained, and worked on themselves.

And that definitely describes Sarah. And that's exactly why I chose her as our Student of the Month. Here are some of the ways I've seen Sarah display this no-fear attitude here at our academy:

1.) Even though there were very few adults in our beginners class Sarah took

the plunge and started taking classes. One of the hardest thing for a parent to do is get off the bench and start taking classes and Sarah stepped up and did that!

2.) Sarah has been attending classes regularly. Her family hardly ever misses classes and that takes a lot of effort!

3.) She was one of the few students who wrote out and turned in her goals last month. She set some great goals and is working hard to achieve them.

4.) Sarah is taking an active role in her children's martial arts training.

5.) Even though she's just begun her

training Sarah is well on her way to becoming a great Black Belt!

If you ever wanted to see a living example of courage in practice, look to Sarah. She is truly a great example of a person facing his/her fears. Follow her lead in this area and you'll develop your own confidence even more!

Let's all congratulate Sarah on being chosen as Hayden's ATA Martial Arts Academy's Student of the Month for Nov. 2011!
Great work!

Student Birthdays Here at Hayden's ATA

Mr. Riddle – November 3

Lex Moser – November 24

Garrett Green – November 4

Jacob Schoof – November 25

Lars Brandgard – November 15

Brooke Bentley – November 23

A big "happy birthday" to all of you!

Martial Arts Mania!

Test Your Knowledge and Win!

Student Name _____

According to the main article:

QUESTION #1: We teach you to use critical moments when you're confronted by a self-defense situation, by...

- _____ a.) By scratching your head and thinking about it.
- _____ b.) By acting and not thinking
- _____ c.) By reviewing the routine in your head.
- _____ d.) By talking to your spouse about the situation.
- _____ e.) None of the above

QUESTION #2: One of the biggest fears is ...

- _____ a.) Falling during a testing.
- _____ b.) The unknown.
- _____ c.) Not living up to your Master's expectations.
- _____ d.) Not getting enough sleep.

QUESTION #3: Tournaments help you to ...

- _____ a.) Show off your moves.
- _____ b.) Predict the moves strangers will throw at you.
- _____ c.) Meet new friends.

- _____ d.) Show off your latest belt.

QUESTION #4: Just by taking the first step and starting to train, you...

- _____ a.) Stretch your imagination.
- _____ b.) Get enough sleep.
- _____ c.) You build a super side kick
- _____ d.) You overcome lots of small fears, like not being good enough.

QUESTION #5: Our academy teaches you how to...

- _____ a.) Praise your teachers.
- _____ b.) To keep your uniform neat and clean
- _____ c.) Read body language and predict a dangerous situation.
- _____ d.) To make a list of all your deep seated fears.

Don't forget! Any student who answers all the questions correctly (without help from an adult) wins a \$5 TKD Dollar towards their next testing, something from the pro shop or tuition!

Three Easy Ways to Win a Free Month of Tuition!

Want to win a FREE month of tuition? Then read on. Because there are now THREE easy ways you can WIN a free month – and they only take a couple minutes. Here they are:

Method #1: Write a Review!

First, go to Google Local, Yahoo Local or other local review site and review our academy. Other people will see your review – and when they do – it could influence or motivate them to join up! For every person who mentions that they were motivated to join because of YOUR review (and this happens all the time) **you'll get a FREE month of tuition**. Takes only five minutes or so, we'd really appreciate it AND you may win a free month of tuition. That's the first way.

Method #2: Link to Our Website!

Link to our academy on your public Facebook page, personal website, company website, blog or other permanent presence on the web. (See me for quick and easy instructions). This boosts our rank in Google, Bing and Yahoo. It also helps a

person searching for martial arts in our area. So...for every person who signs up because **they saw your link**, you get a FREE month of tuition. Play your cards right on this one and you could have dozens of signups by the end of the year! Easy. Finally...

Method #3: Refer Your Friends

How? Hand this newsletter to friends and relatives. You get a **free month** for every person who asks about classes and signs up as a direct result of your referral. Nothing could be easier. All you have to do is tell them to see me – or call me at (000) 000-0000 and we'll set a time for a free intro class. I promise: we'll take the very best care of any friends or family that you refer our way! For more information about any of these three options in our new referral reward program, see me. It's a great program where, as our way of saying "thanks" we give you a FREE month of tuition as a token of our appreciation for recommending us!

November 2011 Special Offer!

Just \$19 Gets You Two Full Weeks of Martial Arts!

For new students, this is your chance to try Hayden's ATA and get in class! With this special certificate, you are entitled to two full weeks of Martial Arts for just \$19! And – even better – this includes a free uniform! The catch? This offer is only good until Dec 1st, so don't delay! Once this deadline passes, *you may never see this special offer again!* See or call NOW to get started! Save money, learn some new skills, meet new friends, and start yourself (or your child) down the path of great health, self-defense and amazing life skills!

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