

On Becoming a Black Belt leader

For too many years of my life I sat at home in front of the TV screen playing video games and eating sweets. I didn't go out with my friends much, and I didn't spend time with my family. I was quite insecure with myself and figured that because I didn't weigh too much and I was young, it wasn't a big deal because I had plenty of time to figure things out. There was no need to hurry along and change things. I could do that sometime later.

My health dropped significantly over those years. I developed high blood pressure, nervousness, aggression, as well as some other mental and physical issues, some being quite serious. Losing all of my friends pushed me deeper into hiding myself in video games. Nevertheless, the loneliness and depression caused me to begin reexamining everything about myself. I saw myself at a low point in my life, but I didn't know how to carry myself back up.

A Bruce Lee movie I saw with my brother gave me the idea of taking martial arts lessons. I thought it looked neat and would be fun, but for some reason I actually got serious about taking action. I flipped through the phone book and chose the best looking school around that I could find, and in February of 2004, I had my first lesson at The White Oak Martial Arts Center.

Something clicked from the moment I talked to Master Croley on the phone. For most of my life I had been searching for something. I had been searching for a physical discipline that could be fast and exhilarating or slow and beautiful, and practiced anytime, anywhere. I looked for something creative like music and something I could study and expand my knowledge with. And I searched for something spiritual, something that would bring purpose and drive to my life. I had dreamed about it for years, and when I was ready, it only took a moment to figure it all out.

I was sitting in the computer room playing a video game, one that I had wasted way too much of my life playing. I got mad at it for some reason and I actually felt my blood pressure rise. I felt my body and everything beyond it withering and wasting away. I was sad. All of a sudden, I realized the truth of it all. IT was time to take action and take my life the way I really wanted it to go. I wanted to bring meaning and deep fulfillment to my life; that's something a video game can't bring. I realized the path for my life was one in the Martial Arts. And so I took the video game out of the computer, broke it, threw it away, and got to work.

Within a few changing months at White Oak, my blood pressure dropped to normal levels, and many of my other health issues returned to normal states. My mind began clearing and I became much more relaxed and focused. I began developing wonderful relationships with new and better friends, as well as a wonderful girlfriend. Even my academic studies became stimulating and inspirational. I was able to start writing paper and have discussions in class where people would literally say, "Wow" about my ideas. Everything in life was given a new glow. But something more happened at Croley's.

They offered me a job there. I took it with the excitement of getting to do more martial arts, although I didn't realize that the leadership program they had developed would actually help me become a leader in all aspects. Their jobs for me pushed me to become a better speaker, on the phone and in person. I learned to memorize names of moves and scripts for the phone. I figured out how to create good situations from bad ones. I learned how to interact with children and adults and how to find the good things in all people. I learned how to live my life in a positive direction and help other do the same thing. I even learned the infrastructure of a business and how to run one myself.

At first I thought it was just extra help they needed. Then I thought it was extra training I was getting. Finally, I realized that I was actually becoming something amazing: a teacher. I was getting to know people on deeper levels and help them reach their full potential. And in doing so, I have learned so much more about the world and myself.

In class, students excel in some areas, and struggle in others. But there is always courage, persistence, and growth. There aren't very many places where you can consistently have these results. There also aren't too many places where a smile pops on your face as soon as you enter the building. But that's what happens at The White Oak Martial Arts Center. Everyone works so hard, yet there is always lightheartedness and laughter in the air. I've experienced the most joy in watching a student reach a goal and become successful. You can see it on their faces as they light up with figuring something out. I have found this place to be my sanctuary because I forget all the troubles outside and find all the truth inside. And the more I learn, the more that truth spreads outside until it is all one.

Master Croley and his staff have been the best instructors and mentors I have ever had. Their honesty, genuineness, and kindness have pushed me to new levels I never thought possible. They've been true teachers and true motivators, inspiring me to always do my best and learn all that I can in the world.

Now I have my Black Belt and I'm taking off to college with an understanding of the virtues: humility, integrity, honesty, joy, knowledge, gratitude, and wisdom. There are many more people entering into the Leadership Program to learn what I have and more, and it's really nice to know that White Oak is here and is continuing to grow and prosper. There will always be a place for me here. Now with what I've learned, I've been inspired to open up my own branch of The White Oak Martial Arts Center after college so that I may also continue the passing of the virtues to others. It's so wonderful to be a part of this great movement where we can truly make a difference in this world for today and tomorrow.

Sincerely,
Jordan Harris

So where did our Black Belt Leadership methods come from and why are they so unique?

I have been studying Martial Arts my entire life- and I still do. I have taken the time to learn about Martial Arts leadership from several prominent Masters and Grand Masters in America and in China, I have been fortunate enough to be influenced by several prominent entrepreneurs and executives. I have dedicated my life to not only be a great leader, but to teach others to do the same.

I did all of this for one simple reason: I was not a “born leader.” ***In fact, there are no born leaders, leaders are made through education.*** The problem is that leadership education is not readily available. You can’t read a book or listen to a tape to become an instant leader. Weekend seminars are nice- but they won’t instantly transform you either. ***To become a real leader your kids need to be taught on a structured, personal level- face to face about how to think like, act like, and be like a leader.***

It has taken us ten years of work and twenty five years of study to do it, but we have come up with a way to teach you everything that you will need to step above the crowd and become greater than you have ever thought possible.

What does the Black Belt Leadership Program do?

In a word- it creates Black Belt Leaders.

According to Webster’s online dictionary, a Black Belt is “one who has become an expert in one of various forms of philosophy and self defense,” and a Leader is “one that leads or guides or one who is in charge or in command of others.”
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Not “one who is pushed around by others, one who suffers from poor self image, or one who doesn’t know what they want in life and doesn’t have the courage to get it anyway.”

We create leaders at home, at school or work, and in the community. You see, in every social situation there are leaders and there are followers. A leader is a person that is above being negatively influenced by peer pressure. A leader is a person that doesn’t “go with the crowd.” A leader is the kind of person that has the strength to do what is right even when nobody else is- even when they are being criticized for it. Not only that, a leader has the ability to inspire others to also make positive life choices. Because of these things, a leader has the ability to rise above the average.

Most importantly, a Leader is the kind of person that can create a life that they are actually, truly and deeply, happy with on every level.

What I am offering you is not a magic pill. I am offering you an education.

The most important thing is hard work in the right direction. We will show you the work to do, point out the direction, and then constantly help you along the way. You have the benefit of learning from the mistakes of generations of Masters- making your progress much faster than theirs.

Why Martial Arts?

Martial Arts have been a key part of the education of nobility, royalty and their body guards, clergy, and of course the military and their leaders. This has been the case in thousands of cultures across the world for thousands of years.

The earliest record of a trained Martial Artist that I have come across is Gilgamesh- that is King Gilgamesh. The art of Karate was designed by the nobility of Okinawa to protect their King and country. Jujutsu was designed by the Samurai Warriors of Japan (their nobility) as a way to teach strategy, beauty, and how to defend yourself should you lose your sword. Shaolin Gung Fu was designed by the Monks of the Shaolin Temple who were known as scribes of important documents for the Emperor of China. They developed the fighting art to enhance their spiritual practices as well as to protect themselves and the documents that they often carried and other duties that they did for the state. Tai Chi was taught in the imperial court of China. I can go on....

My point being that historically the people who have been trained in the Martial Arts have always been the educated classes of social Leaders. Peasants didn't really know or train in the Martial Arts because they generally didn't have time nor anything to protect anyway. Martial Arts have always been the preferred method of teaching discipline, strategy, structure, focus, and self confidence necessary to be an effective leader. Self defense is a part of the Martial Arts, but a small one. They are mostly about how to lead and how to do so effectively.

Specifically what will we be doing in this program?

In the Black Belt leadership Program we will work on a greater level of Martial Arts knowledge and skill than the basic Program offers, introduce weapons training, introduce a high level of Leadership education and related activity, have specific challenges designed to improve Leadership skills, and have discussions designed to improve leadership understanding.

At the White Oak Martial Arts Center we have a direct connection to the highest level Chinese Grand Masters in the world today and we are constantly working with them to improve the level of education that we are able to provide our students. These teachings range from physical, to mental and spiritual. Though we do not delve into religion at all (that's your business) we spend a great deal of time teaching our students about high level martial arts principles and how to apply them to every aspect of life. Principles like

liquid unit force, earth power, and how to have the mind lead the chi, and chi lead the body.

Martial Arts oriented Leadership Challenges will not only increase all of your Martial Skills, but also how to lead and interact with others. Leadership students are challenged with specific tasks to behave like leaders in our school. You will get to help other students succeed, lead parts of class, etc.

Finally, we will sit down and actually discuss in a way that can easily be understood how a Black Belt thinks and perceives the world as well as how a leader thinks and perceives the world.

You will find that with this education you and your family will have a tremendous advantage over others by having developed:

- A strong character and moral compass.
- The personal awareness and self confidence to understand, vocalize, and do the right thing.
- The mental and physical ability to take life in a direction that you want to go in based upon your personal convictions.
- The courage to stand up for what you believe in due to an extremely comprehensive education in Leadership and in the Martial Arts.

Why I choose to be in the Black Belt Leadership Program...and why you should too.

When my son and I began taking Martial Arts at the White Oak Martial Arts Center, I could see an immediate change in his attitude and actions. I could also see a big difference in my attitude as well. It was not too long after we enrolled that I felt he and I wanted a little more, we were not ready to leave at the end of our Basic Program and found that we liked to linger around to see what the rest of the class was like. It was then I realized how very important it was for both of us to be sure that we worked extra hard, tried to be at every class and always ready to learn so we could be invited into the Black Belt Leadership Program. It happened for both of us not too long after that.

Once we had a chance to be in a few classes, my son had a long talk with me on our way home one night regarding how he felt about being in the Leadership Program. The following is a bit piece of the conversation that night. He started out by saying, "Mom, I really am proud of myself!" "Why?" I asked. He said, " Mom, I feel like I am going to really go somewhere now. I always loved my martial arts classes but I really feel that now I can be an assistant one day. I can learn all the weapons too." I realized he was very happy to be in the Leadership Program. I asked him how he felt about being a leader within the school. He said, "Mom, I want to be honest, I want to be trustworthy and respectable, I want to be a better little boy!" Need I say more? That was over 18

months ago and I can honestly say that he has become all of those things and more, in part because of his father and me, but also because of the expectations he places on himself as a leader in the school. Some leaders are born, but most have to make the decision to be one first!

As for me, Black Belt Leadership has changed my life too. I feel more confident in my Martial Arts, my use of weapons, my skill level and abilities. More importantly, I feel that the Leadership Program has helped me to become a much better student. I feel that I am really becoming a “leader” in class, as a parent and in my professional life. I carry the conversations, the words of wisdom and the mat chat with me everywhere. I recommend the Black Belt Leadership Program to every single student that has not enrolled in the program yet. There are no excuses for not wanting the best for your child or yourself. This is a program that has been one of the best things that has happened for my family. Take the opportunity to be a part of such a wonderful life-changing program. I guarantee you will see **immediate** results that will **last a lifetime!**

Leading the way,

Angela Jarrett

Who do you want to influence your family?

Turn on the tv. The media teaches our kids that to be a great leader you have to be a great athlete, musician, or actor. Most of these people are not good moral role models and do not offer a viable method of achieving personal success, happiness, and leadership to our children.

In all too many cases, our children are being exposed to all of the wrong messages and are being influenced by all of the wrong people. Even if your kids are not, their peers are.

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What if, you prepare your family to be BIGGER than the negative influences?

We offer positive role models of successful, moral, and honest people who strive to have integrity and keep our promises. We are successful in our lives and are constantly working to improve ourselves. We can teach you to be leaders because we have been taught to be leaders and have achieved a level of personal achievement in our chosen profession that few can claim.

All of our instructors are highly educated in a classical sense as well as a “life” sense. All are successful in their personal and professional lives. We only select people that are excellent role models for your family and have the ability to pass these traits along to you.

There is nowhere else that you can get an actual formal education on how to be a leader and how to use this knowledge to make yourself successful in all aspects of your life.

Are you willing to invest yourself now to ensure a certain result?

It doesn't matter if you are 4 or 40, our Black Belt Leadership Curriculum is designed to teach you and your family the secrets of avoiding negative influences and how to get what you want and deserve out of life.

We address six simple things that can make this happen:

Section 1: How to develop a Strong Moral Compass and why it's the most important thing that you will ever do.

Section 2: How to find your vision in life, set appropriate goals, and have a commitment to accomplishment and personal achievement.

Section 3: How to be a balanced person and how to excel in all areas of your life.

Section 4: How to effectively communicate and positively influence others.

Section 5: How to develop belief and faith in yourself and others and keep it.

Section 6: How to have the courage to achieve what you are actually capable- how to make it happen!

This is combined with a top notch, highly structured Martial Arts curriculum that is designed to fit the individual student, that way you know you will be learning things that work for you.

This is a complete program and does take time to learn. Around three years in fact. But three years are going to go by anyway. What are you going to do with them?

Shouldn't my kids try a bit of everything to be well rounded?

Yes, but some families get the erroneous idea that by sampling as many different things as possible they will have the "best rounded education." This is quite simply not true. What you will have is somebody who has tried many things and is good at none of them. I'm not saying that it is bad to try new things- far from it- but there has to be a foundation. There has to be something that is a main focus of study to ground everything else that you do.

According to www.collegeboard.com:

Keep in mind, colleges are not interested in seeing you "do it all."

"We're looking for a commitment to and a passion for an activity outside of the academic setting -- we're looking for depth rather than breadth." Nanci Tessier, College Admission Director

Colleges don't have a checklist of requirements when it comes to extracurriculars -- they want to see your individuality -- and your consistent commitment.

Colleges don't want your kids to have done a million different things, they want commitment.

The same is true for employers, friends, spouses, and everything else in life that is worth having. Commitment is the key to achievement. By making a commitment to shaping your family into Black Belt Leaders I guarantee that you will have an education that many people do not have. This education will give your family a huge advantage over anybody else, giving you a much greater foundation upon which your children can build the life they are capable of and are meant to have.

In closing.....

In closing I would like for you to read what Jim Green, Professional Engineer, CEO of GE Engineering, business consultant, and triathlon competitor at the age of 61 has to say about the Black Belt Leadership Program for himself, his beautiful wife, and for his son Jason.

I took martial arts in aikido when I was in my 20's. I found after 3 years in the curriculum that I had achieved very little other than being used as a punching bag for the Japanese instructors. I knew from my experiences in the Far East that there was more to "martial arts" than just being thrown around the training hall. I had been observing the White Oak Institute training staff for over 18 months while my son Jason was a student. I was delighted to observe that the curriculum included all the critical components of Qigong and eastern philosophy that makes life worth living. Too many individuals go through life only living "half a life". Their key part of the day is to go from the car to work to the TV set at the end of the day.

At the White Oak Institute I have found myself immersed in the philosophies behind Tai Chi and Karate. I have found the key components of living a well aligned life. In the martial arts of long ago, one motion meant death, and that was the reason for the great deliberation and concentration in the movements preceding attack. In all modern arts and sports there is a pause, but in the martial arts there is no pause. As a result, the mind must be constantly concentrated on the whole situation.

What The White Oak Martial Arts Center really does is bring this mindfulness to bear for individual students. In reality "spirit" will always prevail in school and in life situations.

The learning of martial art forms and techniques is really a small part of the education one gets at the School. What is really taught at the School is a way to live. I and my family have found our lives greatly enhanced by aligning our individual lives with the philosophy taught at The White Oak Martial Arts Center.

So this is the question- are you willing to invest in your future in a proven effective program that will absolutely have a positive impact on your life?

If being a Leader in your family, school or place of work, at our institute, and in your community is what you want for yourself and your loved ones [please schedule a meeting with me](#) as soon as possible to learn how to get started.

Sincerely,

Master Derek Croley