

The Importance of Training with a Black Belt

It seems like there are martial arts studios and classes springing up all over the place. It makes sense – martial arts and mixed martial arts classes offer significant benefits to those enrolled in them, and they've become very popular. However, the problem for prospective students is that many of these classes aren't led by an expert – you should train with a black belt and not an amateur. Why should you ensure that your trainer holds a black belt in his or her particular discipline?

Mastery

The first and most important reason you need to train with a black belt is because of what the black belt represents. It's the highest level of achievement available. It shows that this particular individual has gone through all the levels, learned everything possible, and now has full mastery of the martial art in question. Black belts are used to denote mastery in almost all martial arts, including BJJ, judo and more.

Training with a black belt means that you're working with a true expert. Other belt holders don't have the experience, expertise or knowledge that a black belt holder has. It's as simple as that. You wouldn't hire an exterminator who didn't know how to eradicate pests would you? Why would you go through training with someone who had yet to master their particular martial art?

Improved Technique

While many lower belt holders have familiarity with a variety of different techniques used in their martial art, few have more than a passing understanding of them. Because a black belt holder has full mastery in the art, he or she can help you improve your technique, even if it is just minute changes. A lower belt holder might give your technique a once-over inspection and let you go on, while a master will drill down to find out what you're doing wrong, and then help you correct the issue. The result is that you're one step closer to mastery yourself.

More Than Physical Moves

While martial arts are generally thought of as physical sports – and they are – they're not only physical. There's a great deal of mental work involved as well. Black belt holders have mastered not only the physical requirements of the art, but also the mental aspect and the philosophical components required to truly understand the art. It's the mental and philosophical aspects that make martial arts, well, arts and not just a series of fighting or wrestling techniques. That's what truly separates black belt holders from those below them – it's an understanding and mastery of the entire ART, not just the stances, techniques and physical movements necessary.

Work with a Black Belt Now

It's vital that you train with a black belt in your chosen martial art. At Fight Sports Naples, we understand that, and you'll find our instructors all hold black belts. Contact

us today to learn the real difference between a master-led training program and one that's led by someone with less understanding, knowledge and expertise.

Sources:

<http://www.blackbeltmag.com/category/daily/traditional-martial-arts-training/?topicid=2552>