

## Mack Newton on... A WALK ON THE WILD SIDE

How do you define the word “wild?” Most people believe it means being out of control, recklessly living for the moment, or unrestrained and uncontrolled behavior. I see it a little differently as a result of a lesson I learned from a hawk.

One day as I was sitting on my patio, I observed a hawk perched on a tree branch. The bird sat stone-still, ignoring my presence. Soon I went inside to do some household chores. I mopped the kitchen tiles and, each time I passed the window, I saw the hawk still sitting motionless on the branch. After vacuuming, I glanced out the window and still the hawk sat.

After an hour-and-a-half, I got my binoculars and studied it closer. With its cinnamon feathers, white breast and rust-colored tail, I could see that it was a red-tailed hawk, a common bird of prey in the Southwest. Intrigued, I continued to watch the bird. Suddenly the hawk fell off his perch like a brick and landed behind a low fence. “He must be sick,” I thought, “and I’ve just seen him die.”

But the hawk did not die—it dived. Powerful wings emerged from behind the fence, and I saw a rabbit almost as large as the hawk itself firmly grasped in its talons.

The hawk had watched quietly and patiently for nearly two hours and then struck with blinding speed. It was anything but uncontrolled behavior. That hawk could not be distracted or dissuaded from its purpose. The hawk had given me an incredible demonstration of planning, patience, discipline and determination as it carried out its plan in the swiftest and most effective way possible.

Hawks may need several such meals per day to generate the tremendous energy required for flight and to feed their young. Whether the next hunt requires ten minutes or two hours, the hawk will create a plan and carry it through to the end. That is “wild.”

In my mind, a walk on the wild side means that we use the instinctive strategies of a hawk to plan, discover the perfect location for the execution of the plan, and carry it through to its conclusion with discipline and determination.

Thank you for your comments on previous columns of *Mack Newton on...* We received an unprecedented outpouring of feedback on the August 2002 article on Creative Abandonment. It seems we really touched a chord among people who have long thought about this subject but didn’t know how to put their thoughts into words. Many people sent the column to friends, e-mailed it and discussed it.

It again convinces me that this area of the newsletter is quite worthwhile and I appreciate your feedback.

who are aware of the danger and are willing to fight back, often don’t know how.”

The “I Will Fight Back” program is designed to generate an awareness of a woman’s power, her rights, and to change her beliefs about her ability to combat an attacker. The program was successful in all of these areas, says Kristy Moore, one of the participants.

“I learned how strong I am,” she says. “I’m little—5’ 2”—but Mack made me feel empowered.” Kristy also realized how very vulnerable women are and how quickly an assailant can strike. She cites the example of an attacker who may hide under a woman’s vehicle, and reach out and slice her Achilles tendon with a knife while she is entering her car. A woman can be brought down between cars without anyone being aware of her plight.

“I’ve learned to be very aware of my surroundings,” she says, which alone can be enough to ward off a potential attack. “I would encourage any woman to go to that class. I brought 9 people with me.”

If you are interested in future “I Will Fight Back” seminars, contact Nikki at 602-957-6492 for dates and times. Cost is \$200 per person with group and family discounts.



### FIGHTING BACK WITH MACK NEWTON

The “I Will Fight Back” self-defense program was taught at Newton Fitness on Saturday, November 16, with 30 women participating. “I knew this program was needed when I read recently that Arizona is nearly the worst of all the other states in terms of being able to solve sex crimes,” says Mack Newton.

“After all these years,” says Mack, “I realized that there is still a tremendous lack of awareness of the prevalence of rape and other assaults. Many women are in denial about the likelihood of becoming a victim. Those



# TWO NEW BLACK BELTS



Two high achievers in Newton Taekwon-Do received Black Belts in August.

Laelle Valdez, a 14 year-old student at St. Jerome's School, has been studying with Mack Newton since just before her sixth birthday. She received a second degree Black Belt. Acquiring the discipline needed to progress in Taekwon-Do from a very early age has helped her in a number of ways, she says. Not only is she extremely flexible and in excellent physical condition, but she relates better to the world around her. "I have a lot more confidence in everything I do."

Her self-confidence is reflected in her many school and extracurricular

activities. She is president of the student body at St. Jerome's, competes across the nation as a member of the Performance Dance Company at Royal Dance Works, and is taking singing lessons.

Master Newton, says Laelle, has taught her how to think under pressure, which has helped her in school, especially when she received a surprise test or pop quiz. Whenever the unexpected happens in life, "I don't panic. I pause, think, and come up with an answer."

"Master Newton is an excellent teacher," says Laelle. "He teaches you what you need to know, even when you don't realize a need for it."

Tanya Walsh, a 32-year-old engineer at Arizona State University, received her first degree black belt. She has trained for a total of six-and-a-half years, including the last four years with NTKD beginning in 1998.

When Tanya was 28, she was advised by orthopedic doctors to stop all activities of an "intense nature" because of arthritis in her hips that would result in hip replacement surgery before she was 40. The doctors believed this arthritis to be the result of years of soccer, duathlons and running marathons. "I could barely walk when I began training with Master Newton," she says. She could no longer ride her motorcycle, play softball, or hike Squaw Peak.

Mack Newton provided the inspiration she needed to change her condition through Taekwon-Do. "Master Newton has two artificial hips and 5 pounds of metal in his knee. He trains with us every day, stretches, kicks, does the splits. He has defied modern medicine. I said to myself, 'if he can do it with all he has, then I can do it with what I have.'"



Master Newton's "training methods have actually developed muscles so that I can undertake activities that were impossible for me before. I can do full splits now." She still has arthritis, but the days of discomfort or stiffness are rare now.

"Taekwon-Do has been a process of continually teaching and defining to me how I want to live my life," says Tanya. The lessons I learn impact how I am as a person, as an employee and in a relationship. It has taught me everything about discipline and having control of my life the way I want to live it."

"Taekwon-Do conditions my body, fuels my soul, trains my mind and nourishes my spirit. Master Newton has had a profound impact on me. He is phenomenal with his attention to detail in assisting each student in their own striving for excellence. He doesn't expect Student A to do what Student B does, but he will take each student way beyond anything they ever thought they could do. He has taught me that there is no way I can ever know what my limits are or when I have reached them.

"My classmate and friend, Laelle, would not be in my life if it were not for my art. She and I share joys, accomplishments, pains, struggles, personal victories and individual challenges."



Coming in December...

# THE D FACTOR

## ACHIEVEMENT VS. SUCCESS

(excerpted from *The D Factor*)

### MACK NEWTON DISCUSSES *THE D FACTOR*

As soon as I saw the reaction to *A Path to Power*, I knew that *The D Factor* had to be written. *A Path to Power* got people thinking about taking charge of their lives and their own attitudes. But they still needed a road map—how to get started and what to do differently than what they did in the past.

Learning to think and act *differently* is the core of the D Factor. More of the same just gives you more of the same. Our society convinces us that the only route to change is to work harder, longer, and to increase our output. Yet your spirit will flag if you work harder and harder and don't get anywhere. Eventually you will just burn out. To fully utilize your physical and mental resources, you may need to do what you are doing *differently*.

Many people, for example, feel they have a satisfactory relationship with their partner. Yet even a few small changes could catapult them into an entire new realm of joy and fulfillment. The same is true of your health. Perhaps doing two or three things differently would propel you to higher levels of energy and performance. Certainly the same could be said about our work. Doing things differently doesn't mean to reinvent the wheel. A few well-placed changes in several areas of your life could have astonishing results.

Any one of the four D factors discussed in the book—Desire, Decision, Determination and Discipline—will have a huge impact on who you are and what you do. If you use them collectively—and with the knowledge of how to live your life differently—you will propel yourself forward so fast it will boggle your mind.

With my face peppered with hives, I walked out of that stall. I washed the vomit off my uniform and tied my belt. I walked into that arena and felt that everyone there could see the fear in my soul.

When I focused on my opponent, however, fear dropped away. One minute into the match, I knew that I had won the World Championship. General Choi Hong Hi placed a gold medal around my neck. Mr. Eun Sang Ki was standing next to him. He shook my hand and pulled me down and whispered in my ear "don't ever quit again."

At that moment, I knew what we are here for. Our whole reason for being is to grow and achieve, not just be happy with what we have, or our lot in life, not to just survive, but to *achieve*.

My first victory felt like the sun bursting through after three months of rain and clouds. It was heaven. I wanted to stand there forever, basking in the glow of victory. I shouted to my instructor *I will not quit, I will not quit, I will not quit, I will never quit.*

Your determination must carry you to your first major victory or achievement. Trust me on this—when you reach that point you will never want to quit again. Achievement is so powerful that it will slay your fear. People who reach a level of achievement will achieve again and again. They know what it's like, and they want it again. It's a positive addiction.

Winning once will not satisfy you. Victory over your fears and doubts is your true destiny. Each time you reach a major goal and say *I am here*, you will want to go further. You are going to want to go for seconds and thirds and fourths. Nothing you have ever experienced will prepare you for that feeling. It will overwhelm everything that you have ever even been able to imagine.

Where can determination take you? How do you feel when you have achieved your goal? Achievement is more powerful than success. The first time I understood the difference between achievement and success was sitting on the front porch with my Great-Grandma. During one of our many discussions about what would happen to me in the future, I told her "I always want to stay here with you. I want to grow up and live in this house with you."

She said, "I want more for you than just being happy with what you have. It was hard for you to come into this world. Your mother had a difficult pregnancy as well as a long, difficult labor. But as hard as it was for you to come into this world, I saw you had a spirit that wanted to live. I want you to only be happy when you choose growth and achievement rather than settling for what you can have."

Now I understand the difference. Success is being happy with what you have, while achievement is the desire to always grow and learn. It is natural to the human spirit to want to achieve, and desire for achievement is stronger than desire for success.

The next time I truly came to understand this difference was when I faced the finals of my first major Taekwon-Do tournament in June 1972. I spent the hour before the match throwing up in the bathroom. My face and upper body had broken out in hives. I had diarrhea. It was not a pretty picture.

I thought it was a fluke that I had won the first round. My opponent in the second round must not have been very skilled and so I got lucky, I thought. Beyond belief to me, I had then won in the semifinals. Now I was facing thousands of spectators and the current champion in the finals of the World Championship.

Did I even have the audacity to walk out on that stage? I was terrified of success. I had come from a lifetime of losing. My mother died when I was three months old, and my father had already deserted us. When I was later reunited with him, he didn't think much of me, even telling me I was worthless. After living on the streets of Chicago, I went to Vietnam, was injured, came back and resumed my Taekwon-

Do training on crutches. The first time I was finally able to free spar, it was with a little girl who was a foot shorter than me.

Now I was facing the possibility of becoming a World Champion. With these thoughts running through my head, I cringed in the bathroom stall, hearing my name called to report to the arena, over and over on the loudspeaker.

My instructor, Mr. Eun Sang Ki, stormed into the bathroom, grabbed me by the collar and ordered me to get out and fight. "I'm sick," I protested, "I can't compete."

"If you think you are sick now," he said, "you have no idea how sick you will be when you realize that you have walked away from the one opportunity that can define your life. Get out there and fight, whether you get beaten or not."



# MIRACLES DO HAPPEN



Dawn Poe says the 49 pounds she has lost since February "is like a miracle." Despite being an active outdoors person all her life, the real estate agent says having a slim body always eluded her. "Despite being a champion dieter and exerciser, I had pretty much given up on losing any weight. I had decided to just maintain my weight and try not to gain any more."

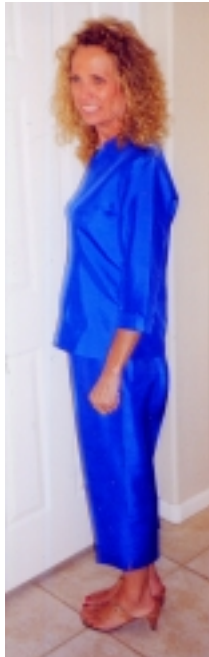
A business associate told her about losing some stubborn weight after working out with Mack. "I was willing to try anything," says Dawn. Pounds dropped off and she discovered that she was down to 26% body fat. An even bigger surprise was the effect of workouts on her mind. She was experiencing a difficult time in her personal life, and the evening workouts "turned out to be a saving grace" because they provided a structure for her time as well as providing the emotional and mental clarity that exercise can bring. Dawn says she has a busy mind that has never been able to meditate, but she

has found mental peace in the intense mental focus required to do the workouts.

"I also like the caliber of people there," says Dawn. "I am in a room full of people who are willing to do their best in all things or they couldn't even be there."

"I was very disciplined already," she continues, "and I appreciate the things in life that have to be worked for. That's what I like about Mack's approach—if you work for it, you get it. I like that I couldn't achieve what I have without hard work. I thought I was working on my body and my health before, but I had never put in enough effort. Mack taught me that you have to work as hard at exercising and eating right as you do at work or raising your children or anything else.

"It's fantastic that there is a person like Mack that is willing to do this for people. It is such a valuable gift he has. He really knows what he is doing."



# MACK NEWTON BEGINS ASSOCIATE PROGRAM

"People from around the country often come here and work out for a week or two," says Mack Newton. "Since they don't live in Phoenix, I only have a brief time to give them the benefit of what I can teach them."

Mack has been working on a better plan for occasional clients of Newton Fitness. "I've always wanted to work more effectively with them by being able to stay in touch and monitor them, and to answer questions they may have after implementing my program for them." One client who left for France, says Mack, gave him the answer he needed. "She took a workout tape with her, stayed in touch by phone and e-mail and asked questions. Not only did she maintain her program, but also managed to get in even better shape and lose weight."

With Mack's new Associate Program, clients are able to stay associated with Mack Newton after they leave the studio. "With the Associate program, I talk to them once or twice a week, look over their eating plan sheets, change their workout tapes at the appropriate times, have them weigh in once a week, answer their questions, and be there to inspire them and chew them out when need be. The only difference is that they are not right here. In some cases I find we have even better communication than when they were actually here."

In addition to former clients, the program has expanded to include anyone living out of town or who, because of their work hours or the cost, cannot come to Newton Fitness to work out. It is a chance to experience the Mack Daddy magic without being in the studio.

Some students have videotaped themselves working out to the tape Mack has assigned them so he can decide when they're ready to move on to other exercises or a higher level of performance. "It does require someone who is very disciplined and dedicated to their lives," says Mack. "I am there to help them and inspire them, and to analyze what they are doing. I am very excited about this program."

The Associate Program will soon be posted on the Internet and opened up to people around the world. "In New York, Chicago, South America, Korea, or Germany, we can communicate on the Internet. We have the technology for video communication and real time conferences. It is a way for me to be in lots of places at once."

Dedication and discipline are necessary, and Mack personally interviews all potential candidates. Anyone who is interested in the Associates Program can call Nikki at 602-957-6492 and arrange an appointment.



Check out Newton Fitness on the Web!  
<http://www.macknewton.com>

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