

**Parliament Hill Panelist for the:
Era 21 Networking Breakfast for Young Canadians**

Mr. Phil Nguyen

**“Black Belt Leadership
How 1,000 Years of Martial Arts Wisdom Can Help You Achieve Personal
Excellence”**

Parliamentary Restaurant, Parliament Hill, Ottawa

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Combining my family values with my 27+ years of martial arts experience, I'd like to share the 3 L's of Black Belt Leadership for Young Canadians:

- 1. Lifelong Learning**
- 2. Leadership**
- 3. Leaving a Legacy**

Lifelong Learning

My father taught me about Education and Learning. He said, “If you achieve your university degree and your Black Belt degree, you can conquer any obstacles in life; intellectual, financial, emotional, physical.

He was right – between me and my brother, we hold 12 degrees in Taekwon-Do and from university. A Black Belt and a university degree are like a passport to success.

Question: What is the biggest room in the world?

Answer: The room for self-improvement.

So as you look forward to the end of the school year and eventually graduation, remember that learning never ends. Like a martial artist, see yourself as an eternal student. But seek not to improve yourself 100% in one day, but rather 1% per day, for 100 days.

Take a step-by-step, long-term, and disciplined approach to your personal growth and career development.

Do not overestimate what you can do in a short amount of time and do not underestimate what you can do over an extended period of time.

Learn about the world around you, learn about life, learn about yourself.

Leadership

To me, leadership is about being yourself, your best self.

Notice how I'm wearing my white dobok (or Taekwon-Do uniform). This is because this is who I am – a martial artist. And I'm proud of that. How about you, whatever ethnic background you come from, whatever you'll be wearing in your job, a power suit, dress, a lab coat, just be yourself.

Now, to be your best self, as a modern-day warrior, you must continually grow and develop a strong body, mind, and spirit throughout your entire life to lead and succeed in your chosen endeavours.

Strong Body - Dedicate yourself to a lifetime of health and fitness.

“When you exercise, you energize. When you build strength, you build character. When you get physical, you get results.” – Arnold S.

Strong Mind –Develop focus, discipline, and mental toughness. *“I can, and I will.”*

Strong Spirit - Embrace your uniqueness, appreciate our Canadian diversity, and cherish the fact that we have the power to make choices in this great nation of ours.

“You want to develop knowledge in the mind, honesty in the heart, strength in the body.” – Grand Master Jhoon Rhee

Leadership is about being your self, your best self with a strong body, mind, and spirit.

Leaving a Legacy

My mother is still around, thank God, living nearby, and she taught me about Courage and Faith; in God, in my family and country, and in myself.

My father, however, died of Diabetes a few years ago.

And I remember how astonished I was as I mourned my Dad and 100's and 100's of people in the community came to pay their respects. And yet, he was a simple librarian by day and carpenter by night. But, I think the reason he was so honoured, is because he honoured his community and his country, and he contributed in his unique way. He built with his own hands the pagoda where his ashes lay today.

It's this idea of leaving a legacy that inspired my wife Amelia and me to co-create Bully Busters; an award winning, free, martial arts-based workshop that has taught over 3,000 elementary school children assertiveness, verbal, and non-verbal communication skills to respond to bullying in a confident, non-physical, and peaceful manner.

Think strategically about where you are in life and what you can do to make a difference in the world around you.

As a future “Master” in society, search for and discover your unique gifts and what you were meant to do on this planet.

“Chase your passion, not your pension!” – Denis Waitley

Lastly, remember to STRIVE!

Start small

Think tall

Reach over the wall

Invest all

Visualize having a ball

Expect to stall, but never to fall