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**Bob Sapp**

**By Peter Vermeeren**

Bob Sapp, an athlete born September 22, 1972 in Colorado Springs, Colorado, is an accomplished

kick boxer and martial arts fighter. He is known as "The Beast" and is most famous in Japan and Korea where he has appeared in television commercials and has even released a music CD called "Its Sapp Time".

People almost always ask Bob Sapp if he is related to the Oakland Raiders defensive tackle, Warren Sapp, but he is not related in any way. He did, however, begin his athletic career in football, just like Warren Sapp, but as a college offensive lineman for the University of Washington. He won the coveted Morris Award during that time and was scouted by the NFL draft in 1997. He slipped to the third round draft pick but was picked up by the Chicago Bears as number 69 and was under contract for four years — but with four different teams. Each team cut him within only one season. Unfortunately, he appeared in only one regular season game and, because he failed a mandatory steroid test, he was washed out of pro football.

Bob Sapp met William 'Refrigerator' Perry while participating in a Toughman boxing competition. He was recruited by the Japanese Mixed Martial Arts (MMA) organization known as Pride and he fast became well know and a fan favorite because of his size and aggressiveness.

In Japan, Bob Sapp fought lots of well-skills Japanese fighters and won all his bouts, largely because of his overpowering strength and huge size. His fans located his 'bullrush' technique where you'd rush his opponent, quickly defeating him. He was defeated by Antoniono Rodrigo Nogueira, then the world champion, during a New Year's Eve show.

Bob Sapp became involved in K-1 fighting. He defeated the four-time champ, Ernesto Hoost by TKO. His stellar roll in K-1 ended when he was knocked out by Mirko "Cro Cop" Filipovic in only 86 seconds during the Saitama event held March 30, 2003. During the fight, Filipovic broke Sapp's orbital bone.

Bob Sapp has been seen on American television and may be in the process of signing a deal with a food company that produces chicken dinner products because of his reputation for eating a whole chicken before any fight. He has performed as a professional wrestler and his ever-evolving career is

expected to continue change. Who knows what we will see from Bob Sapp in the future.

Peter Vermeeren is the owner and webmaster of:

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## **How My Friend Bob Went From Being A Failure To A Winner By Taking Intelligent Action**

**By Hans Klein**

### **How My Friend Bob Went From Being A Failure To A Winner By Taking Intelligent Action**

by: **Hans Klein** Let me tell you story about a friend of mine who used to be a complete failure. His name was Bob. My friend Bob was the type of guy who always was looking for instant riches, but never could seem to find them.

He jumped from one business opportunity to the next one and each time the people who sold Bob the business opportunity claimed they were going to make my friend Bob a millionaire, quickly and easily with little effort on his part.

I often visited my friend Bob, and every time Bob always would talk about his latest and greatest venture. Each time, I would tell Bob how he could use the internet to promote his venture, and each time he would get excited and say, "That sounds great".

But, whenever it was time for Bob to take action, he was always busy with his full-time job, his favorite TV program was on, or he had some other task to accomplish.

This went on for several years, and I lost touch with Bob. But, recently, when I ran into Bob again at the local grocery store, I asked him what he was up to, and this is what he said:

"I am doing the best I've ever done in my entire life. I quit my crappy job; I have more time to spend with my family, and I just bought a new car".

I said, "That's great. What happened?"

"Well, I finally got tired of having no money and working at my dead-end job. So, I went into business for myself and quit my job."

I asked Bob, "Weren't you scared?"

Bob said, "No, because I finally did something I should have done a long time ago. I first identified what I wanted and then I worked my butt off to get it!"

Later, I found out that it took my friend a good 8 months of hard work to discover what he wanted to sell, and he used the power of the internet to create a profitable business.

Like my friend Bob, you, too, have the power to achieve success using the internet if you only follow the same process.

I like to call what Bob did "intelligent action" because he was intelligent by first identifying what he wanted and then taking action to reach his goal.

Before he took intelligent action, Bob was practicing insanity. He kept on pursuing the same easy riches, each time expecting a different result.

Are you practicing insanity? If so, here are the five steps of intelligent action:

Create a picture of what you want. To do this, you must determine what you are passionate about or care about most.

Create time to do it. Give up your favorite TV show or little chores until you get it done.

Do your research into how to accomplish your goal. This will save you time and effort if you know what you are doing.

Get help from those who have knowledge of how to accomplish your goal whenever you are stuck.

Take the risk to succeed. The internet is just like any business. You can make or lose money, but you are never going to get anywhere unless you take a risk to get what you want.

In short, if you act with a clear sense of purpose and direction because you know what your really want, then fear and doubt will be replaced with faith that you will get what you really want.

Before you leave here are some words that hold true today just as they did over 50 years ago.

"A man is the sum of his actions, of what he has done, of what he can do, Nothing else." --Mahatma Gandhi (1869–1948)

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