

**The Executive Life**/Sarah Mahoney

## *Preparing for Battles Outside the Boardroom*

Others teach traditional martial arts but on a more exclusive basis than can be found at a local martial arts school. John Mirrione, a New York martial artist and trainer who also teaches at the Jeff Martin Studio, checks character references, for example, before accepting clients; once he's agreed to sign someone to a six-month or one-year contract, they celebrate with a formal tea ceremony.

For Carlos R. Rivera, a co-coordinator of language services for the office of Mayor Rudolph W. Giuliani, the decision to study self-defense with Mr. Mirrione was prompted by a growing insecurity about crime as well as concern over "feeling his age" and a bad case of bursitis.

Two years later, Mr. Rivera said he still works out regularly with his teacher, and his bursitis is gone. "I'm 51 and I feel like I'm 25," he said.