



THE RIPPLE EFFECT MONTHLY

JANUARY 2019

STRENGTH

"The real man smiles in trouble, gathers strength
in distress, and grows brave by reflection."

~Thomas Paine

fortification

build your house on a rock

"Strength is the ability to do and bear."
Eugene Sandow

MARTIAL ARTS: THE SMART WAY TO BUILD STRENGTH

*How do I build strength?
What are my routines? What can I
focus on to do better?*

These are important questions for every martial artist as we keep searching for ways to become stronger.

But a more fundamental question for the martial artist may be: *What is it I want to strengthen?*

Broadly speaking, we want to develop stronger bodies, minds, and character through lifelong training in the martial arts.

It's a martial mission.



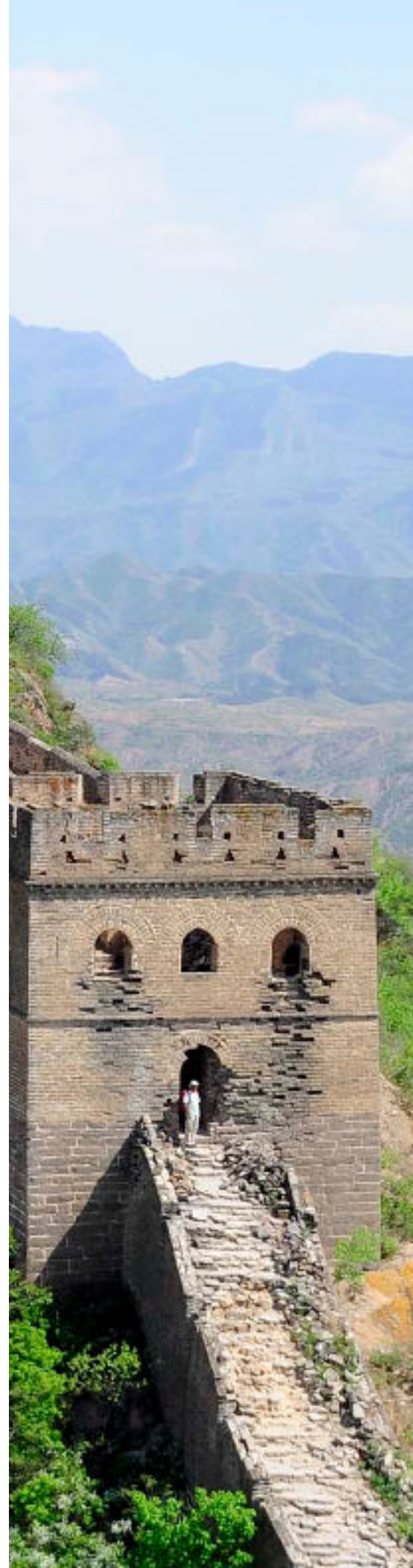
THE STRENGTH PROGRESSION

The martial system you're studying doesn't just rank you up by the time you spend in the school or how many classes you've attended or even how powerful you've shown yourself in those classes. You earn the right to test for a new belt in large part by demonstrating that you're getting stronger.

Some of this measure of strength is calculable and measured. It's objective. At white belt you can move through your basic punches and kicks, offensive and defensive. You also need to show you can pull off 10 push ups. 10 sit ups. A sidekick held to a ten count.

At gold, the ante's upped to 15 of every exercise. At high gold, 20. Orange, 25. And all the way up to your conditional black belt, where you're on the mat knocking out 100 jumping jacks, push ups, mountain climbers, crunches and whatever else your instructors bid you perform pretty much as a warm up before the real training begins.

It doesn't happen overnight. Strength gain is a progression that takes years of dedication.





STRENGTH OF MIND AND HABIT

Strength can be thought of as consolidation, unity and cooperation in muscular endeavors (“feats of strength”), efficiency and effortlessness in every action. This is what Bruce Lee meant when he said “*The less effort, the faster and more powerful you will be.*”

The science of muscle building shows that exertion strains muscles, causing little tears in the fibers. Thus you literally get weaker before you get stronger. But as your muscles heal, they return to form more powerful than ever.

You know what it feels like when you’re learning a new karate form? Does it strain your muscles more than your mind? For most beginning martial artists, it’s probably the latter.

Forms (“kata,” in Japanese), are traditional methods of conditioning the body to become stronger so that the developing martial artist can undertake the increasingly rigorous training that his style demands. But the measure of a student’s progression in forms demands a different approach than counting up the number of reps you’re able to do. It’s more an evaluation of how steeled you’ve made your mind in the practice of your forms. You’re measured by your strength of habit.

What does this mean? It means *practice, practice, practice*. And practice with what Black Belt Kenneth Morgan, Air Force Colonel and author of *Living the Martial Way*, calls “the utmost seriousness.”

Forms build strong habits. Keep up your practice and feel your strength growing with every stance, every block, every punch.

STRENGTH BUILDERS

Strength’s built brick by brick. Here are a few ways to get started (and keep making progress).

- Start your morning with a strength routine. Nothing excessive: If your belt-level exercises dictate 10 reps, do five of each before breakfast.
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- Keep it up every day till your next belt promotion. (*You’ll have ample incentive to up your game then!*)

*Obviously take your own instincts and your physicians’ advice into consideration as you set upon any strength-building program. Go at your own pace but don’t be afraid to push yourself that little bit more each day!

Kickboxing champion and 10th-degree Black Belt Jeff Smith showing strength on the competition circuit. Grandmaster Smith trained for years under Jhoon Rhee to develop the strength of mind and body to win in the ring.



COACHES CORNER

THE SLOW BUILD OF STRENGTH



We're the model of strength when it comes to our kids. Forget Superman, Wonder Woman, Thor, the Hulk. They're phenomenal and they excite the imagination.

Same thing with comets and galactic forces. They're unbelievably powerful. But they're also far, far away.

You're ever present. That's the most consuming aura of strength that your kids will ever know.

When a kid has a fever she thinks her life, quite literally, may be ending.

She's consumed by the swell of heat. She feels like her body and brain can't take another ounce of the torture.

You stroke her head as she wails, you get her some water, somehow compel her to swallow that yucky medicine that you swear will make her feel better.

She hasn't built up the experience with hardship that makes us all stronger.

Our immune systems literally thrive on sickness. If they're never tested, they never grow strong, never adapt. And in adulthood we suffer worse sickness as a result.

So what has this to do with martial arts?

Simply put, the martial system builds and breaks down, builds and breaks down. Just as the body does naturally when it's exposed to stress and brought through a course of recovery.

What results?

Strength.

It's so subtle, the build in children. Especially when they're in your sight every day. You've probably heard it a hundred times from family, friends or acquaintances seeing your kids after a span of weeks or months, *"he's gotten so big!"*

You take notice. *Yeah, he's grown. An inch. Two. I was so busy caring for him every hour that that growth slipped by.*

It's like that in karate, too. That's the premise behind the system. And that's why it takes not weeks, not months, but years of dedication to earn the Black Belt that symbolizes the strength of a person who's *worked, worked, worked* for that designation.

It puts you ahead. Keep coming to class. Keep putting in the effort. That strength will build.

ANNOUNCEMENTS!



COLORADO EAGLES GAME - FEBRUARY 9

Come see your Ripple Effect Martial Arts instructors perform out on the ice! Not to mention some intense hockey action as the Colorado Eagles take on the Stockton Heat!

Saturday, February 9th at the Budweiser Center. See the front desk for Special Ripple Effect insider pricing!

KALI SEMINARS IN JOHNSTOWN - FEB 16

Three exclusive Kali seminars with Black Belt Dominck Blum, a certified Kali instructor under Tuhon Apolo Ladra. INTERMEDIATE: 9 - 10:30 A.M. KALI-4-KIDS 11 - NOON, ADVANCED (LEADERSHIP ONLY) 1 - 2:30. See front desk for pricing details!

THREE-REX ANNIVERSARY PARTY - LONGMONT - FEB 23, 2:30 TO 4 P.M.

Saturday, February 23, don't miss the AWESOME third-anniversary party for Ripple Effect Longmont! Everyone's invited for a potluck and fun and games. First 100 folks through the door get a dino mask to don for the 3-REX themed party! Don't miss it!

FORT COLLINS | LONGMONT | JOHNSTOWN
844-321-KICK (5425)

www.mykarateclasses.com

NEW STUDENTS



FORT COLLINS

Gabriel Toy

Knox Retherford

Melany Michel

Lucy Kalajian

Sylas Smith

LONGMONT

Jackson Neel

Derek Schneider

Rob Schneider

JOHNSTOWN

Levi Anderson
Ava Brinkerhoff
Sabastian Francis
Raegynn Francis
Kadin Gilmore
Johnnathen Goodale
Malea Lyon
Liam Ruff
Ezekiel Martinez
Aliza Moran
Christian Raymer
Lucas Raymer
Noah Raymer
Steven Raymer
Robert Shephard
Dexter Wilkin

LEADERSHIP



FORT COLLINS

Ada Yasar
Dominique Toy
Liam Lytle
Kai Lauritz
Jeff Lauritz
Tapasya illuri
Abby Brown
Ava Grothmann
Jackson Feldspausch

LONGMONT

Evan Green
Greyson Miller
Jaxsen Millard
Srishti Chakraborty
Jacob Antillon
Sofia Mendias
Ian Huff

JOHNSTOWN

Hailey Cozad
Carter Cozad
Allen Curry
Tenaya Hinshaw
Jimmy Hinshaw
Cynthia Lacy
Molly Latchaw
nathan lighthart
Lilly Oldsen
Chris Roan
Brooklyn Rusco