

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 1, 2019

## COMPASSION

*"Be kind, for everyone you meet is fighting a harder battle." PLATO*



*It can take many tries to break through to a goal. It takes compassion and patience to help us do it.*

*What does compassion have to do with karate? Just ask a **Black Belt**. Through your progression in training you gain strength, flexibility, reflexes, speed.*

But you also gain confidence, and that's the key to caring about others. "Learning to have more compassion involves making the radical shift to assume the best in others," says Dr. Beverly Engel.

Black belts learn to see potential. They see it in every student who steps on the mat. You'll learn how to see it, too.

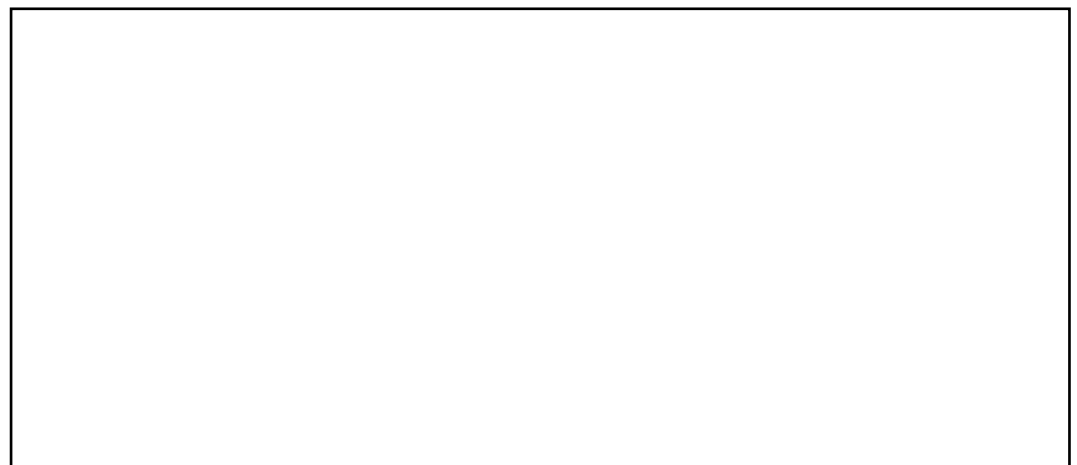
*Draw a picture of you helping make a sad person feel better.*

**RIPPLE EFFECT**  
Martial Arts

**FORT COLLINS**  
(NEXT TO SUPER TARGET)

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)



*"[Ripple Effect instructors] get students to want to push themselves. The lessons learned go far and above martial arts. Leadership, confidence, self esteem, respect for others and anti-bullying are the cornerstones of the school." Ben*

**844-321-KICK (5425)**

**WWW.KARATESPECIAL.COM**

# COACHES CORNER

## *Black Belt Compassion*

What does compassion mean for kids? It's a hard quality to define, let alone encourage. How, as a parent, do you get kids to care?

We know that karate helps kids sharpen focus, build confidence, and repel bullies. All those push ups, all the punches and kicks, all the physical practice in class and at home makes kids tough. But compassion's part of the equation too.

One way to get your kids to exercise compassion is to let them know that, as the loving mom or dad who always has their back, you need love, care, and help from them as well.

Remember the story of the lion with a thorn in its paw? The big, bad cat, king of the jungle, gets stuck with a thorn and can't get it out. It hurts, and the lion needs help. And who in the end can help him? Not the strongest creature in the land, but the smallest, the meekest, the most gentle.

It's a story of power dynamics, on the one hand, and compassion on the other. Kids in karate experience these dynamics and learn to practice compassion in real-world contexts. This includes the Little Ripples (3-6 year olds), who bear perhaps the most obvious comparison to the mouse in the fable.

But really any beginner in the martial arts is the mouse, no matter how big you are. You're meek but brave, inexperienced but ready for adventure. And any parent who joins the karate ranks along with (or after) their kids knows the feeling.



# STUDENT WORDS

*How does your martial arts training make you more compassionate?*

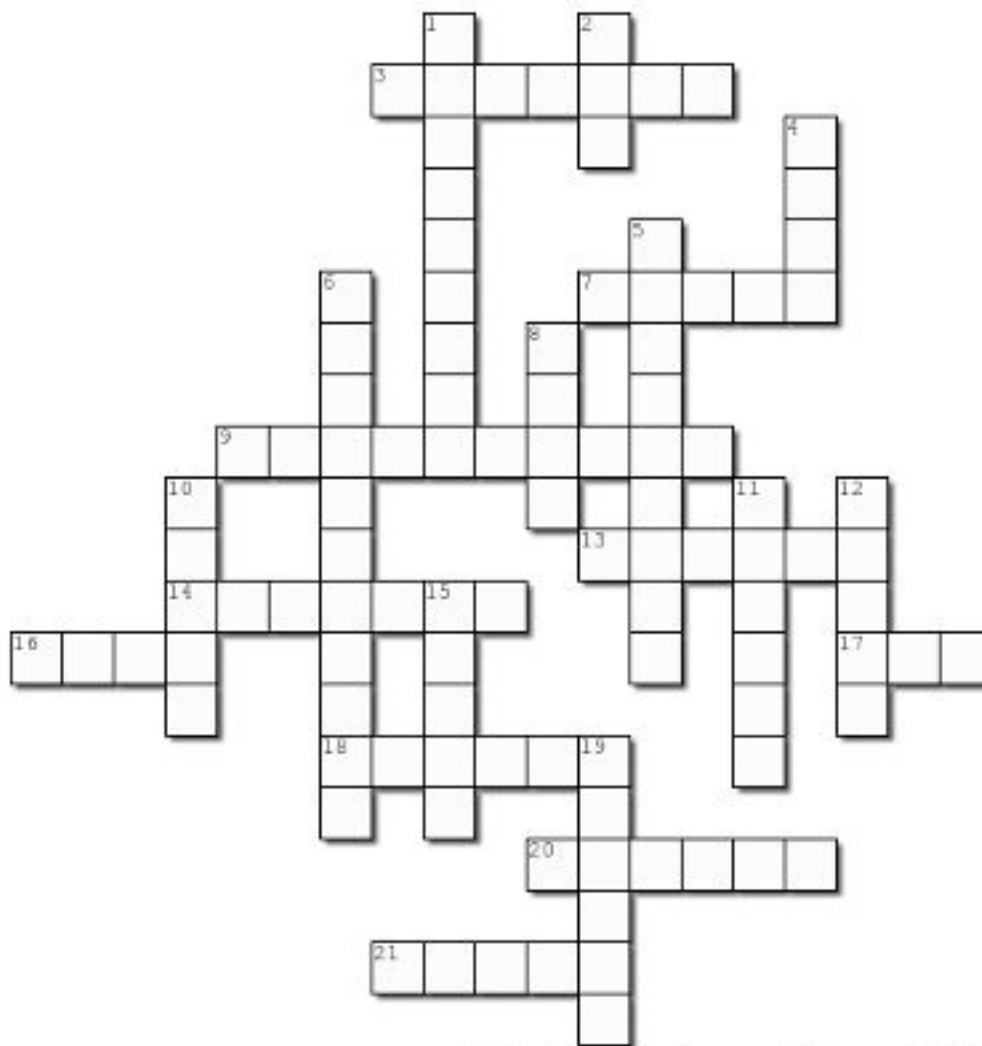
*“Everyone [at the school] is working on growing and improving. We work together to meet our training challenges, building connections and awareness of the need for help to grow and succeed.”*  
~ Lara

*“Martial arts makes me more compassionate because I can help people that are new.”*  
~ Kai

*“If someone is being bullied, I have the confidence to confront them and help my friends.”*  
~ Cooper

## Karate Kid Crossword

Test your knowledge of this karate classic!



**Across**

- 3. the island where Mr Miyagi was born; also the place of origin of karate
- 7. Color of Cobra Kai gis (karate uniforms)
- 9. Utensils used in Asia; also useful in catching a fly
- 13. City in California where the Karate Kid takes place
- 14. Skill that Mr Miyagi teaches Daniel San by having him stand on a post while the ocean waves rush in
- 16. Something that does not exist in the Cobra Kai dojo
- 17. Measurement of butter; also, first name of Mr Miyagi actor
- 18. Both Tom Sawyer and Daniel San painted these
- 20. Type of tree that Mr Miyagi cultivates; also, something surfers yell
- 21. Color of Daniel San's go (karate uniform)

**Down**

- 1. What Johnny and his friends dress up as for Halloween
- 2. What Mr Miyagi gives Daniel San as a present before the big dance
- 4. “You learn from \_\_\_\_\_?” (Mr Miyagi does not approve)
- 5. A symbol of excellence in the martial arts; The level or ranking at which Daniel San competes at the tournament
- 6. Trademark Miyagi phrase; what he makes Daniel San do to his car collection
- 8. Another thing that does not exist in the Cobra Kai dojo
- 10. Name of snake that the enemy dojo is named after
- 11. Japanese for teacher, literally translates as “one who comes before”
- 12. First name of the actor playing the OG Karate Kid
- 15. Kick that defeats Johnny at tournament, named after a long-necked water bird
- 19. What Daniel San dresses up as for Halloween



*“While [my son was] in the Little Ripple program, I saw that the instructors really had a passion for teaching their art. Not to mention a massive amount of patience.” Chianne*

# ANNOUNCEMENTS

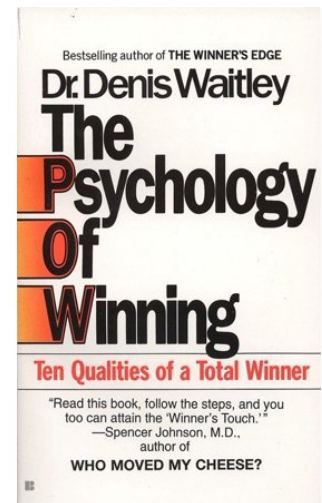
## **LEADERSHIP:**

### ***Psychology of Winning Curriculum Starts March 15th!***

Make sure to order your copy of Dennis Waitley's *The Psychology of Winning*, which will launch our newest Leadership curriculum starting March 15th.

Leadership classes will combine book review and new martial arts curriculum going forward.

Check out the updated schedule of exciting classes at [mykarateclasses.com](http://mykarateclasses.com)!



*Order your copy and get ready to learn and adapt these principles of winning!*

### ***NERF NIGHT/KIDS NIGHT IN (Fort Collins)!***



### ***STRIPE WEEK and TEST WEEK***

**MARCH 4-9** is Stripe Week! So practice your strikes, stances, blocks, forms and combos, come to your belt level classes and earn your stripes!

Test Week follows it up! Schedules for each school will be posted soon, so check your email and Facebook for your specific test times!