

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 31, 2019

## REWARDS

*“The reward of a work is to have produced it; the reward of effort is to have grown by it.”*

— Antonin Sertillanges



Marcus Edwards Photography

### *Why do instructors*

*compete?* They're 1st, 2nd, 3rd, 4th degree black belts. What do they have to prove?

*A lot.* Not in a vain way, not to impress, not to gloat. Giving their all at a tournament or test is a testament to how much they care about setting an example for their students-- for you.

Inspiring student progress, your success. To keep you coming to classes and staying on track to earn your black belt. That's the reward for your instructors.

*If you do one good deed, your reward is to do another and harder and better one. C.S. Lewis*

**RIPPLE EFFECT**  
Martial Arts

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

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

Here's a quote from Anne Lamott, author of such works as *Imperfect Birds* and *Almost Everything: Notes on Hope*:

*Writing has so much to give, so much to teach, so many surprises. That thing you had to force yourself to do---the actual act of writing---turns out to be the best part.*

Think about this in terms of any sports figure, karate master or musician. Bruce Springsteen's still out playing stadiums and a solo run on Broadway. NBA greats like Michael Jordan and Larry Bird, now in their late 50s and 60s, may not be out hitting championship-winning jumpers. But the love of the game never left, because they were never in it for the money. Same with Bruce Lee, who's life was tragically cut short, or Jhoon Rhee, who worked into his 80s to keep inspiring students (including you) through tae kwon do.

Lamott's quote displays a wisdom when it comes to rewards. You work hard not for the trophy, or even for the belt itself, but for the rewards you earn every day through your efforts to gain discipline, strength, confidence, intelligence, and more. These are things you've earned and that no one can take away. The best rewards of all.

*“[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

# KIDS CORNER

## *Black Belt Rewards*

*By Eden Brady*

*Black Belt, 11 years old*



*Photo by Marcus Edwards Photography*

Here's a story about rewards.

"Mom, Taro I'm home!" Osana said as she walked into her house, floors creaking with each step. She slung her backpack off of her back as her little brother Charlie hugged her knees, for he was too short to hug her any higher.

"Sissy, what did you do at school today?"

"Not much Charlie, you had preschool today didn't you?"

"Yeah. For snack we had animal crackers. I got a hippo!"

Osana's mom walked into the room and asked "How was your walk home? Who did you walk with today?"

"Actually, I didn't walk with my friend today," Osana said "But, I did help a lady with a walker, across the street."

Charlie burst out: "Did you get something from her?"

"Well I did, but..."

Charlie was too excited and started to dig through her bag.

"No silly, it's not in there. Stop, Osana said, giggling.

"Where's your reward then, in your hands?"

"No, it's up here." She pointed to her head. "I got an emotional reward. Not all rewards are physical. I got the reward of a feeling, a feeling of satisfaction for making someone happy."

"Wooooow" Charlie said in awe. Her mom smiled.

There are different rewards people can get from an action. Some might be handed to you, while some might take the form of an experience. Many are emotional. No one should expect a physical reward for something and often the emotional rewards are the most valuable.

Many children earn rewards such as money or thanks by doing chores or other things, but when you get older you don't get that praise perhaps the reward transforms into an emotional one. They can be the most valuable rewards of all.

# STUDENT WORDS

## Martial Arts Word Search!

J B L R L M Y M K K N U L J M A F M K O  
 T Y X P Z X S O C B G F Z M Q W Z Q T B  
 L C E R R Z W G D R B M U E B O P J I K  
 E Z E F A E A K Q K R W C E K Z N P G L  
 B V C R I N E V C W Z O P T M B I K E J  
 K G O X G C D K H O K N F S W M A Q I N  
 C Q U W Y S F L M M L X K E J O N H L K  
 A V R M I R B F N Y B B N F R Z T M A G  
 L H A A T W S R R V J I R L E V X R E Y  
 B T G L J O H M V O L N E E S S A Z J F  
 N G E G Y V Y V H P N S N S P T N S R K  
 L N Q W B P K L I K N T Z Q E P I I Q J  
 F E N W W B F C T E P K K P C T U D W J  
 I R F A N N S G F S C H H I T M T E E E  
 X T I O R I H E F B A H G N C O S K I V  
 Z S P E D C D D V U Z J D I O K R I B S  
 A T W V N F N Z D H S I D E B L O C K M  
 G O R U L D U R O U N D K I C K F K L T  
 P Y P E U K S G M C X K V O C X C M F J  
 Y N S C S U C O F O J H O S D W C V Y D

KARATE  
 SIDEKICK  
 UPPERBLOCK  
 FRIENDS  
 DISCIPLINE  
 STRENGTH

COURAGE  
 ROUNDKICK  
 SIDEBLOCK  
 BLACKBELT  
 FOCUS  
 RESPECT

PUNCH  
 FRONTKICK  
 SELFDEFENSE  
 SELFESTEEM  
 POWER

# NEW STUDENTS

## FORT COLLINS

Arjun Bandapelly  
Lena Cole  
Colette Demoruelle  
Collin Hinton  
Averyin Jamison  
Rebel Leber  
Lucas McClure  
Lincoln Mosbey

Katherine Prins  
Michael Prins  
Bella Veach  
Alex Zaystev  
Jonah Davis  
Isabel Davis

## LONGMONT

Gangkar Richen  
George Friedland  
Emily Southard  
Max Southard  
Justin Gutierrez  
Tomas Stubblefield  
Hunter Capshaw

## JOHNSTOWN

# LEADERSHIP

## FORT COLLINS

Chance Dunne

## LONGMONT

Jack Flowerday  
April Flowerday  
Caden Wadman  
D'Antranice Burns  
Kestrel Botur  
Amanda Botur

## JOHNSTOWN

