

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

APRIL 25, 2019

IMMERSION

“[Love is] a perpetual discovery, an immersion in the waters of reality, an unending re-creation.”
Octavio Paz



Marcus Edwards Photography

“Compassion means full immersion in the condition of being human.” **Henri Nouwen**

Do you have a passion? Something you love to do so much that time seems to dissolve away, leaving you happily lost in your pursuit? For the hardcore, this feeling surpasses fear, fatigue, even pain. You forge on.

This is what we mean by immersion, and for a student of any discipline, immersion is key to achieving mastery.

Classical musicians are known to immerse themselves in a piece of music, sometimes in just a few bars, measures or even a single note. Poets sound the depths of their verse, discovering new meaning, revealing truths in the words and sounds that come to life. These truths, this meaning can't be gathered from skimming the surface; you have to plunge in.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

There's a parallel here to the journey to black belt. You first learn your white belt basics—front punch, reverse punch, back fist, front kick, side kick—and these are, fittingly, relatively simple, basic, foundational moves. By green belt you're adding to your arsenal and learning how to put the moves together, how to set them up, how to move. At red belt these “basics” merge into more sophisticated combinations with a multitude of possible applications; it's like adding to your vocabulary, using new words, but also using in new ways that make them *elegant, powerful, stunning*.

And it's at this point, this stage of pursuit in the martial arts, that we introduce the first experience of immersion. There's a Japanese word, *shugyo*, that translates roughly as “austere training.” In practice, *shugyo* denotes a period of trial that is concentrated in the extreme, a test to push you past the limits you thought you had. Forrest E. Morgan, an Air Force Colonel and high-ranking black belt in kenpo, tae kwon do and other disciplines, says this about his first experience with *shugyo* at a martial arts weekend seminar:

“The warrior drives himself, or is driven, to a level of endurance beyond what he previously believed possible. The experience is both grueling and frightening, but the warrior emerges from the ordeal feeling purified.”

Ripple Effect's Black Belt Immersion tests follow in this tradition and are designed to expose students to a multitude of martial artists and experiences. *You'll be ready*. Keep training, believe in yourself and give it all you've got.

“[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)

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KIDS CORNER

Why Immerse my Kid in Karate?



Photo by Marcus Edwards Photography

It's an old saying, but kids' brains really are "like a sponge." They absorb virtually everything they see, hear and do. Immersion is akin to absorption with kids; that boundless energy of body ("Johnny never stops!") extends to the mind as well. When they're engaged in rigorous physical activity that requires sharp focus and sustained concentration, neurological activity in kids' brains alights like New York City on New Year's Eve. It's off the charts.

One form of immersion we hear a lot about is in learning a second language. *Who's had four years of high school French but can't remember how to ask for directions?* Yet spend a semester in Bordeaux, where the culture, the cuisine, the schools and (of course) the language are all steeped in French, and you develop a fluency.

And there's more. Many studies show that the learning you gain is much less likely to be forgotten; it's rooted in you from the experience, from the immersion.

This is especially true for kids. Think of how a baby learns to make her first vocalizations—*by copying the simplest, one-syllable sounds that she hears all day long from Mom and Dad.* Babies are immersed in language, and once they start to get it, they're babbling and soon talking non-stop. They learn what words mean, they ask questions, they boost their vocabulary. And they have further, more concentrated forms of immersion learning (like reading books and writing their own thoughts down). The learning snowballs.

A recent scholarly review of 84 studies of cognitive function in children revealed that martial arts (along with certain forms of meditative practice and Montessori teaching) "produced the widest range of benefits in executive control tasks when compared with ... team sports, board games, or adaptations to school curriculum." *Essentially, if you want to sharpen your kids' thinking skills, immerse 'em in martial arts.*

Your karate belt tests, where you perform all of your curriculum (to near perfection) in one session, is an introduction to your martial arts immersion, a little dose. By the time you're verging on black belt, you'll be immersed in sessions of Chon Ji and other single forms--*all of which you may think you already know well*--that might last hours or more, immersing yourself in the technique and function of every block, every kick, every stance and counter.

It's amazing to see this progression build in kids. *Thanks for keeping them on track, coaches.*

STUDENT WORDS

Name: _____

Karate Scramble!

Unscramble the martial arts monikers below!

Created on TheTeachersCorner.net Scramble Maker

- | | |
|-----------------|--|
| 1. klcba lteb | _____ excellence, Ma'am! |
| 2. ookbd | Korean word for your martial arts uniform |
| 3. cphun | Strike using the first two knuckles |
| 4. kdiiscek | Most powerful move in taekwondo |
| 5. tltlie lriep | The youngest martial artists at Ripple Effect |
| 6. rphsaieled | What every martial artist, teacher, and parent seeks to master in helping others achieve success |
| 7. mesatgdnrar | Jhoon Rhee, Jeff W. Smith and Stephen Oliver are examples |
| 8. aaketr | Japanese term meaning "empty hand" |
| 9. iilnisedcp | A trait crucial to black belt training, related to focus and drive |
| 10. sohcol | English for "dojo" (place of learning) |
| 11. obw | A formal show of respect |
| 12. cseerpt | A martial trait, aligned with courtesy |
| 13. gsrnirp | A way to put your karate moves into practice |
| 14. do nsa | Green belt form |
| 15. chon ij | Korean term meaning "Heaven and Earth" |



Photo by Marcus Edwards Photography

“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

NEW STUDENTS

FORT COLLINS

Brody Bulmer
Alden Booth
Josie Page
Thomas Page

LONGMONT

Cooper Hollister
Jackson Hollister
Allyssa Dement
Amy Dement
Hayden Hart
Kyree Damron
Alec Homyak
Anthony Gonzales
Maya Autler

JOHNSTOWN

Brock Peace
Blane Peace
Blake Peace
Isabelle Peace
Lorenzo Bini
Isidora Knezevic
Connor Nelson
Jadon Ritchardson
Koden Schwartz
Hayla Tillery
Jaelinn Tillery
Jadynn Ryan
Bradley Ryan
Alexis Gemlich
Andres Hawith
Jax Lantgen
Scott Taylor
Keisha Schwartz
Drake Schwartz
Ryker Schwartz
Keitan Schwartz
Karter Schwartz
Maci Schwartz
Alex Bazemore

LEADERSHIP

FORT COLLINS

Olivia Malone
Aaron Malone
Mason Caldero
Reese Bogaard
Brett Bogaard
Austin Smith
Heather Smith

Guillermo De La Luz
Trevor Hanlon
Wyatt Bowes
Shana Flowerday
Fred Flowerday

LONGMONT

JOHNSTOWN

Will Umpleby
Lily Umpleby
Bella Pacheco
Isabella Valdez
Noah Quintana
Steven Raymer
Christian Raymer
Noah Raymer
Lucas Raymer
Johnnathen Goodale
Levi Anderson

ANNOUNCEMENTS

Black Belt Immersion TEST and TOURNAMENT Kicks off FRIDAY, April 26th!

Want to see what it looks like to test for Black Belt?

Come down to the old Sports Authority complex at Village at the Peaks in Longmont (right across from the Ripple Effect Longmont school) for the following chances to watch:

GALLERY TIMES:

5-9 p.m. SATURDAY, April 27

1-3:30 p.m., SUNDAY, April 28

The testers need your support! *Come out and cheer them on!*



BLACK BELT JOURNEY: STUDENT JOURNALS!

Ready to chronicle your journey to Black Belt? We've put together the perfect tome for you!

The Black Belt Journey Student Journal is preloaded with tools like:

- Curriculum worksheets
- Rules of the school
- Resources and more!

If you haven't gotten yours yet, it's coming soon.



Black Belt SPECTACULAR

FRIDAY, May 10, 7-9 p.m.

Fossil Ridge High School, Fort Collins

Don't miss the Black Belt excitement!

