

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JUNE 28, 2019

MASTERY

“Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.” — Albert Einstein



*“A master of martial arts becomes like a rock wall, inaccessible to anything at all, immovable.”
Miyamoto Mushashi*

You know some Black Belts as masters, right? But is Black Belt mastery?

Here’s what (4th-degree Black Belt) Mr. Ricardo Garcia’s instructor told him back in the day:

You’ve earned a black belt. At this point you’ve learned your ABC’s.

At 2nd degree, you’re forming words.

At 3rd degree, you’re putting words together, making sentences.

At 4th degree, you’re writing chapters.

At 5th degree, you’re writing your book.

That culminates in about 20 years of training. And there’re many more decades to go.

Mastery, in the martial arts, in medicine, in literature or law or any other discipline goes beyond a lifetime. You’re always working toward it—and *that’s a beautiful, present, wonderfully actual thing*. Mastery is always in your grasp, and it’s always escaping capture. It’s not something you possess, no matter who you are, how long you’ve striven.

What does this mean? It means the quest for mastery is fueled by a hunger to learn. Keep learning, from white belt to black belt and beyond.

“Great atmosphere for the kids with lots of positive energy.” Mark Krom

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

“My family consistently remarks that belonging to the Ripple Effect family is “the best money we spend every month.” The instructors and staff are incredible: positive, motivational, encouraging and challenging.” Zach Baze

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

KIDS CORNER

How to help kids master their emotions.



Photo by Marcus Edwards Photography

A lot of what we feel we've come to master is automatic. Natural. We've been doing it a long time, so we've got it down.

Take crying, or screaming, for example. As adults we (hopefully) don't burst into tears at a minor upset, say spilling milk or running out of coffee in the morning (*ok, we might lose it over the latter...*). We're in control. We've mastered our emotions. We don't freak out.

Of course this isn't really true. We lose it, sometimes. But then we get it back under control.

We've built up years of experience in the push-pull of emotions, reward and disappointment, elation and devastation. We set an example of mastery for our kids or students by this grappling with emotion.

Kids, by contrast, are stark. It's like a slow-mo tearing off of the band aid. They're struck with emotional highs (*it's your birthday! Here's some ice cream!*) and lows (*Time to clean your messy room!*), and both can be tough to handle or comprehend.

In the interest of their own development (not to mention your own emotional health), there are some simple ways you can help kids master emotion. The first is simply teaching them to breathe.

Breathing? Haven't they mastered that yet? No. (And you probably haven't either.)

When a kid's out of control (hyperventilating, stuttering, screaming, throwing a fit), they need to get their breathing under control. Here's an exercise:

- 1. Breathe in (through the nose) for seven seconds.**
- 2. Breathe out (through the mouth) for seven seconds.**
- 3. Repeat.**

Extend this to karate practice. Hit a horse stance. Slow punch with the right hand for a count of seven. Then draw that punch into chamber at the hip while the left hand punches out. *One. Two. Three. Four. Five. Six. Seven.* Repeat.

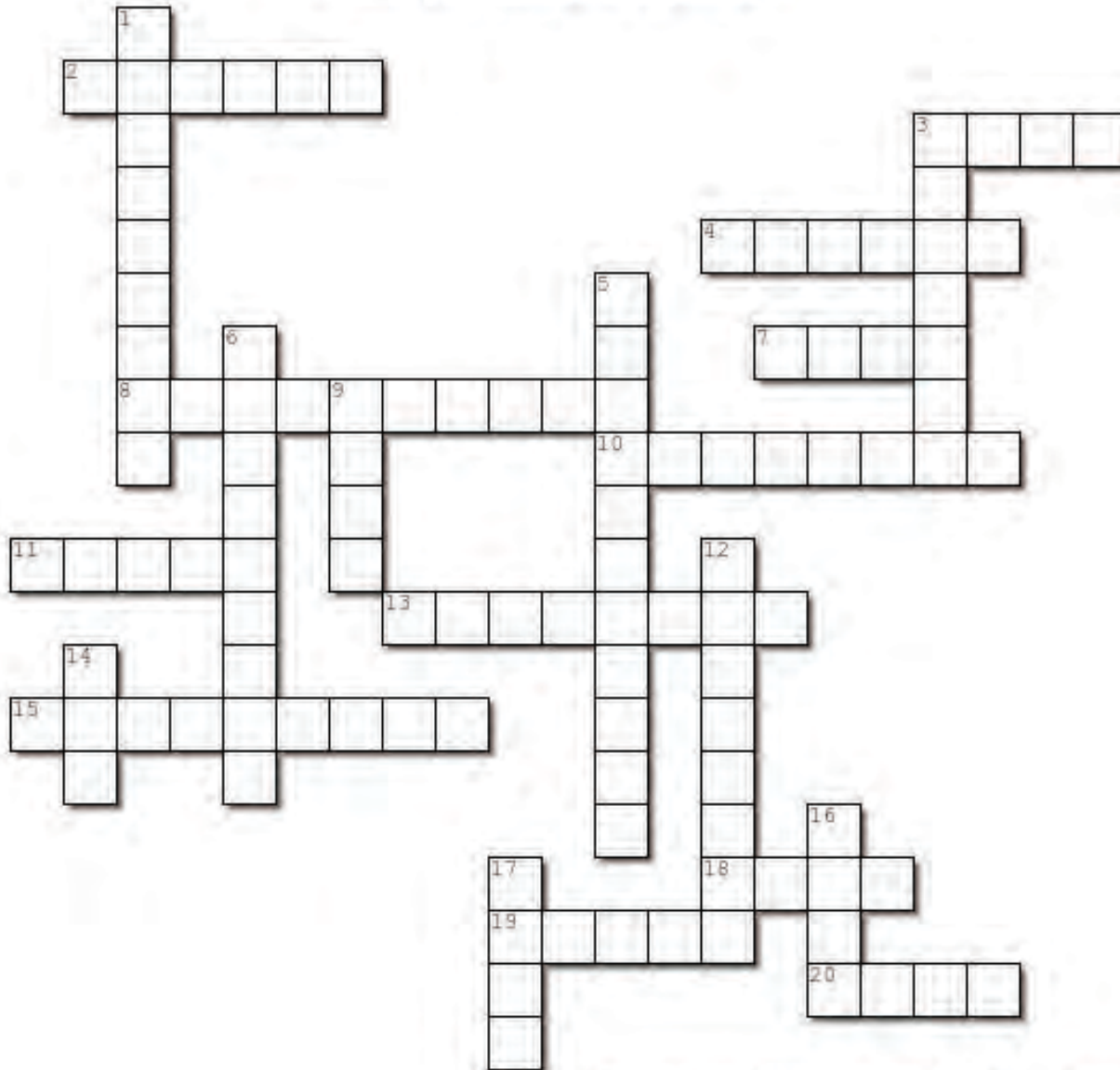
It works! Keep up the calm, Coaches.

KARATE WORDS

Name: _____

Mastery Crossword!

Can you master this puzzle?



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. Something you earn upon graduation; also indicates levels of Black Belt
- 3. Ripple Effect Martial Arts was founded by Master Greg _____
- 4. The Karate Kid painted these to master the upper block
- 7. Something masters never say
- 8. MC is short for "Master of _____"
- 10. The enemy of He-Man
- 11. It takes 10,000 _____ to master a skill
- 13. Mastering your _____ [another name for 'feelings'] is key to success in life
- 15. He-Man's trusty feline
- 18. _____ kicks (on the wall) will help you master the sidekick
- 19. Famous karate master Gichin Funakoshi said it takes a year to master this basic stance
- 20. From the poem "Invictus," "I am the master of my _____"

Down

- 1. Master of Puppets was this metal band's third full-length album
- 3. German for master (in music) [Beethoven is one example]
- 5. Masters think in terms of this [i.e., "it can be done"]
- 6. The castle that He-Man's enemy lives in
- 9. The part of a sailing ship that the main sail hangs on
- 12. He-Man and his friends are known as the 'Masters of the'
- 14. The Karate Kid used this [on cars] to master circle blocks
- 16. The Masters is a major tournament in this sport (which Master Macy loves)
- 17. We owe our style of martial arts to Grandmaster Jhoon _____

"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

Omar, Khaled and Suaad Almesbah

Brandon Branch

Terrin Cook

Evan Cooper

Parer Deogracias

Greyson Fleming

Rebecca and Henry Grabler

McKenzie Graves

Alan, Sarah, Norah, Genevieve, Charlie and Elouise Hathcock

Luke Koval

Heather, Geoffrey, Connor, Siena McQueen

Cooper Miles

Alice Patronsky

Cassidy and Haylie Smith

Nolan Maltz

Christian Ruckman

LONGMONT

Marcel Marin

Teagan Slaton

Kevin Palacios

Laura Malpica

Wes Kuber

Wil Kuber

Dylan Kuber

Heidi Orozco

Ian Orozco

Skylar Shetley

Karter Davenport

Sophia Brinkley

Natalie Hager

Nicole Hager

Iktan Salas

Kyra Hill

Bhone Myat

Sam Quillen

Seth Quillen

Mark Mally

Eden Chavez

Dylan Patee

Shubham Shrestha

Daniel Rico

JOHNSTOWN

Chase Davis

Koda Armfield

Bentley Franques

Jackson Golubski

Hailey Kipsey

Elliot Martin

Nicholas Martin

Benjamin Martin

Leland Mathis

Landon Mize

Olivia Mize

Ellie Molthen

Max Molthen

Brecken Mullis

Keegan Sigler

Brynann Sigler

Danilo Talamantes

Noah Walter

Alexandria Yellow Boy

LEADERSHIP

FORT COLLINS

Giselle and Vivienne Beake

Brody Bulmer

Geoffrey Davenport

Collin Hinton-Rausch

LONGMONT

Rob Schneider

Derek Schneider

Jonah Rosen

Gelleena Deaton

Walter Arenas

Mac Friedland

George Friedland

Hunter Capshaw

JOHNSTOWN

Scott Taylor

Andres Hawith

Aiden Brownrigg

Alexander Bazemore

ANNOUNCEMENTS

*All
Schools
CLOSED
from July
1 to the
6th!*



*Have a great
July 4th!!*

Turn your KICKS into TRICKS!!

Beginner: 9:30 to 10:15 a.m. (*White through High Blue belts [must be 6 years or older!!]*)

Intermediate: 11 a.m. to noon (*Red belt to 1st-Degree Black belt*)

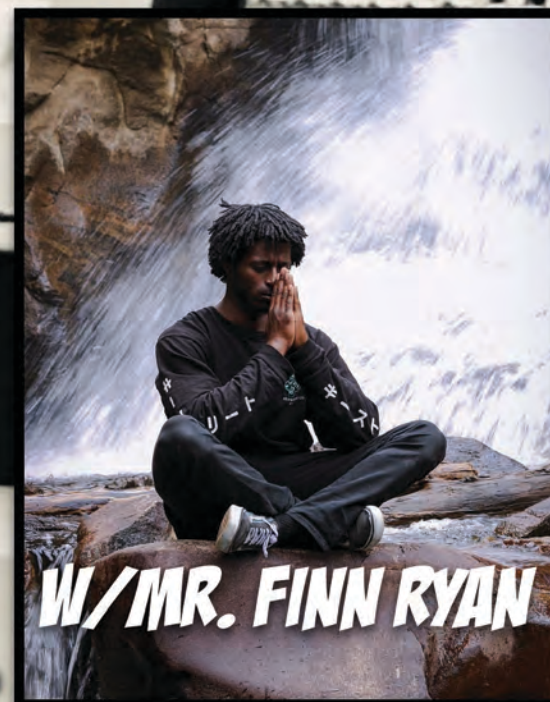
Advanced: 8:30 to 9:30 a.m. (*2nd-Degree Black belts or higher*)



TRICKING **SEMINARS**

SATURDAY, AUGUST 3

IN JOHNSTOWN



W/MR. FINN RYAN

***SEE THE FRONT DESK
FOR DETAILS!!**