

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JULY 31, 2019

INTENSITY

"The best training program in the world is absolutely worthless without the will to execute it properly, consistently, and with intensity." John Romaniello (Fitness Coach)



Masters David Moon and Jhoon Rhee on the beach in Acapulco, Mexico circa 1970.

Intensity comes in waves. Waves of intense laughter, swells of intense pain.

They measure an earthquake's intensity on something called the Richter Scale. An earthquake with an intensity of 1.0 won't even send a shiver down the road. An earthquake registering 8.0 will rip the road in half.

Ocean tides build in intensity. The ebbing tide grows almost imperceptibly from mild, lapping waves into monster curls that can grab and suck you under.

Then the tide recedes, draws back, The waves become still enough to reflect the light of the moon.

Intensity's closely tied with rhythm. You might have heard Master Macy say *"set the rhythm, then break the rhythm"* while sparring. What does this mean?

Experts at sparring seem incredibly relaxed. *Smooth*. The footwork glides, the retreats, the feints, the dodges are almost ghost-like, the advance and retreat of fog. Then **POW**. *You're struck*.

Things just got intense.

Intensity snaps out of that semblance of resolve. In a karate tournament, you're most struck by the intense yell of a student who always seemed quiet, of the skip-in side kick from a smaller student against a huge one.

Wherever you're at in your karate training, you don't have to always turn up to 11. Just put some intensity into your rhythm. You'll find it pays off.

"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

COACHES CORNER

Kids. They're intense.

*Here's how to encourage intensity in kids
(and, when necessary, how to take it down a notch).*



Photo by Marcus Edwards Photography

Intensity in kids comes on like a riot.

*One minute it's all fun and games.
Peaceful. Quiet. Smiling.*

*The next it's like the kids are out of their
minds,*

*What makes it crazy is they haven't
developed the means to control intensity,
to stoke it, to overcome it when it rages
out of control.*

*It's been well established that the human
brain doesn't "fully" develop until around
age 25. That's right, your brain doesn't
mature until you're a quarter of your way
through life.*

Talk about aging like fine wine.

So what do you do in the meantime?

When a kid lacks intensity:

Make them feel safe. Often kids will shrink back from an activity they see as dangerous or threatening. That's why we wear pads in sparring and we always teach control. Yeah, we're out there throwing punches and kicks, but you're not going to get hurt.

Same with riding a bike or learning to swim. Help your kids know that this might feel scary, *but you've got their back.*

When the intensity gets out of control:

Stay calm. Demonstrate calmness yourself, in your bearing, in your voice and the way you stand. This may not, by itself, immediately calm a kid down. *But it's the first step.* You're the elder, you're the image.

Soothe. You've probably seen viral videos where kids, adults, even animals are in hyper-states of distress. They're going wild. *And someone steps in and calms them down.* How do they do it? It's not magic. But it does require confidence and seriousness.

Martial arts training helps. Rely on your instructors. *We'll rely on you.*

KARATE WORDS

Name: _____

Created with TheTeachersCorner.net Word Search Maker

Intensity Word Search!

Try to find all the words in this INTENSE karate scramble!

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

INTENSITY
 PUNCH
 SPINNING
 WORK
 BELT
 STRENGTH
 TARGETED
 RAPID

POWER
 TORNADO
 BACKFIST
 SPEED
 EFFORT
 FOCUS
 HONED

THRUST
 KICK
 HARD
 BLACK
 BURST
 PINPOINT
 FORCE

“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

Moriah Atkins
Brian Belcher
Arjun Chandoskar
Bay Davidson
Alejandro Escamilla
Christian Ruckman
Jack and Sawyer Sifrit
Lola Smith

David Swanson
Alexis Swanson
Baker Gordon
Harrison Gordon

LONGMONT

Matthew Menza
Daniel Huang
Zachery Lugg
Giovanni Mullins
Isaac Ellsaesser
Danny Gurganus
Hanna Gurganus
Izarya Gurganus
Aisiri Prakash

Makena Huey
Maddox Huey
Tim Moley
Grayson Kelley
Archie Pekorek
Max Forestieri

JOHNSTOWN

Archer Cruise
Grayson Cruise
Connor
Gaono-Reinschmidt
Lucy Mikash
Sonya Newton
Carter Newton
Riley Taylor
Danilo Talamantes

Noah Walter
Alexandria Yellow Boy

LEADERSHIP

FORT COLLINS

Cassidy and Haylie Smith
Alden Booth

LONGMONT

Maya Autler
Nash Oade
Stevie Oade
Camden Davis

JOHNSTOWN

Chase Davis

ANNOUNCEMENTS

BOARD BREAK!!
BREAK THRU BARRIERS...
IN JOHNSTOWN!!!

FRIDAY & SATURDAY
SEPTEMBER 6 AND 7

SEPTEMBER 6: 6:30-8 P.M. (LOW BROWN BELTS AND UP)
SEPTEMBER 7: 11 A.M.-12:30 P.M. (WHITE THRU GREEN)
1-2:30 P.M. (PURPLE THRU HIGH RED)

RIPPLE EFFECT MARTIAL ARTS 1ST WAVE: \$50 PER STUDENT,
JOHNSTOWN (NEXT TO SCHEBELS) \$50 PER FAMILY
4270 THOMPSON PARKWAY LEADERSHIP: \$10
JOHNSTOWN, COLORADO

NO BARRIERS
RIPPLE EFFECT
Martial Arts

IT'S THE
RIPPLE EFFECT
Martial Arts

NINJA READER CHALLENGE!!

FRIENDS. BOOKS. PIZZA.
BE A BLACK BELT READER.

TRICKING SEMINARS ARE FULL - BUT COME DOWN TO JOHNSTOWN TO WATCH THE ACTION!!!

TRICKING SEMINARS

SATURDAY, AUGUST 3

W/MR. FINN RYAN

