

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

AUGUST 30, 2019

RELAX, REGROUP, REFOCUS

"Relax. Look around. Make a call." Jocko Willink



What did the frog bring to the karate tournament? His competition lily pads.

Relax. Regroup. Refocus. That's the name of the game when it comes to keeping cool, calm and clear in the heat of a karate match. And pretty much everything else.

There's an amazing book titled: *Extreme Ownership: How U.S. Navy SEALs Lead and Win*, written by two veterans of the SEAL Teams, Jocko Willink and Leif Babin.

Navy SEALs are trained to keep calm under the most intense high-pressure situations imaginable. Under fire, it's life or death. But it's not just about one person's safety, it's about the team's.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

So the leader clicks into a state of calm, and when the bullets and bombs are dropping, that has to happen in a split second. Then he regroups. *Regroups his thoughts, regroups his tools and weapons, regroups the members of his team.*

That's when the focus kicks in.

"Prioritize your problems and take care of them one at a time, the highest priority first," says Jocko. "Don't try to do everything at once. A leader who tries to take on too many problems simultaneously will likely fail at them all."

Martial arts students can use the same system when preparing for a tournament. You might be nervous, you might feel forgetful (*under the pummeling stomps and shouting on the tournament floor, it can be tough to even remember your own name*).

A few minutes before your bracket is about to line up around the sparring ring, it's time to draw on the three R's.

"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. Focus. Here's how to dial it in.

"The successful warrior is just the average man, with laser-like focus." Bruce Lee



Sometimes feeling at ease is key to getting into focus.

Coaches: How many times have you tried to get your kids to focus, only to find their eyes darting, feet stamping, head lolling all over the place?

In short, not listening. Not absorbing. And certainly not obeying.

They're not tuned in.

It's like a radio misdialed, full of crackles, static. Nothing's discernible until you start cranking the knob, dialing in that band and tightening up those electrostatic wavelengths so that they arc and sing in sync.

Now the music's coming through loud and throaty and clear. Now you're grooving.

Same thing with kids' brains. They're full of fuzz, too, but there are some techniques you can use to cut through it.

The first is called the "stoplight" approach, and it works just like it sounds. When your kid starts to feel upset, ask him or her to imagine a red light--and stop their emotional train in its tracks.

"See the red light? Ok, let's stop for a second and talk about how you're feeling. Tell me."

Frustrated. Sad. Angry. Awful.

Next is the yellow light. Here's where you consider why your kid feels the way he does and make a plan, give some consideration to how to move forward and feel better.

"See the yellow light? Ok, what's making you feel bad? How can we make you feel better? What'll help?"

Now you're ready for the green light. Which, as always, means "go." As in, go, take action. It may not be perfect, but this focus exercise helps kids dial in their emotions and calm themselves down.

The second exercise has to do with faces, expressions, and having kids identify them with words. Karate instructors have their "mean face." Kids recognize it. It's intimidating.

Of course everyone has a range of emotions they express on their faces. Have your kids, at times of happiness and of struggle, read what's on your face. Ask:

How do I look right now? What do you think I'm feeling?

And back that up with readings of your own. Let those kiddos know you have them in mind and are doing your best to dial them in, too.

KARATE WORDS

Name: _____

Relax, Regroup, Refocus

Unscramble your brain, your nerves--and the words below!

Created on TheTeachersCorner.net Scramble Maker

1. sufoc	Something you do with your eyes (when you want to see something)
2. resvne	Those things that make you scared, excited, crazy....
3. lonpateit	What you can become; your fullest _____
4. lvoe	The strongest emotion; what we work to earn of people we care about
5. dowern	Awe, amazement
6. setecpr	What we show to parents, children, instructors--what everyone deserves
7. tuesroyc	Kindness; a show of respect
8. heatr	Courage; what you show when you face your fears
9. narixalteo	Taking a break; a state of rest
10. gthhtuo	Contemplation; the act of thinking
11. snsmeufinld	Another term for concentration; focus on the task at hand
12. rcncetontaion	Another word for mindfulness
13. uildtylf	An ease of action that comes from thousands of hours of practice; the character of water
14. seea	When you act without effort, you act with _____

- courtesy mindfulness wonder relaxation focus ease respect heart nerves thought love potential
concentration fluidity

NEW STUDENTS

FORT COLLINS

Katherine Weitenberner
Nicholas Weitenberner
Nick Weitenberner
Jennifer Weitenberner
Jack Sifrit
Sawyer Sifrit
Carter Rose
Vanessa Romero

LONGMONT

Kellan Cartwright
Logan Homyak
Timothy Quillen
Conner Gonzales
Brayden Castro
Kaysen Castro

JOHNSTOWN

Dominic Cole
Cody Hassett
Cheyenne Myers
Steven Payne
Jaxson Reuter
Kyle Taylor
Aiden Wilson
Greyson Wilson

LEADERSHIP

FORT COLLINS

Omar Almesbah
Khaled Almesbah
Suaad Almesbah
Josh Demoruelle
Collete Demoruelle
Tess Demoruelle
Lucas McClure
Piper Nguyen

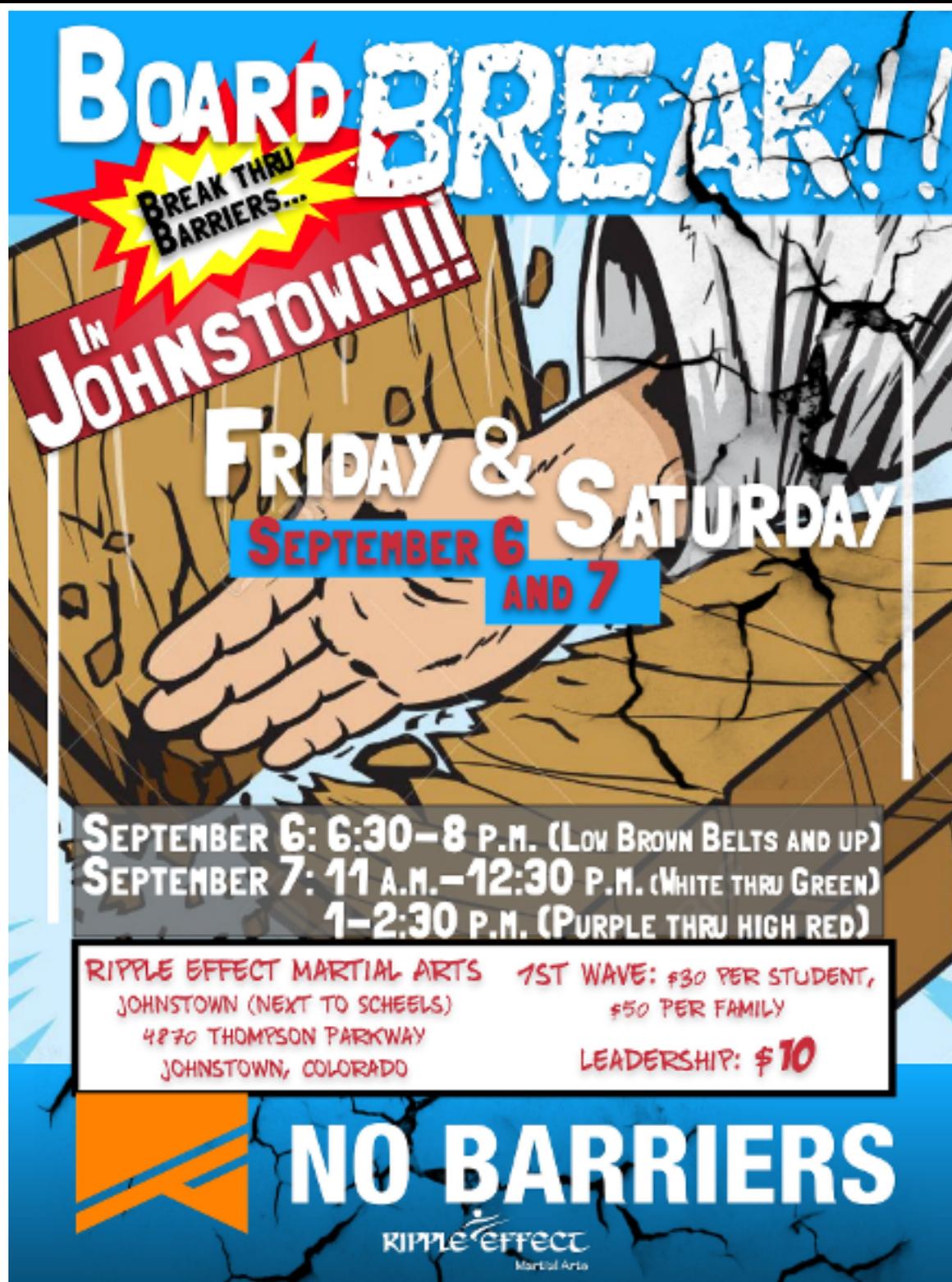
LONGMONT

Dylan Pattee
Lucas Menza
Daniel Olson
Skylar Shetley
Teagan Slaton
Megan Olson
Subham Shrestha

JOHNSTOWN

Leland Mathis
Matt Myers
Harley Umpleby
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: \$30 PER STUDENT,
JOHNSTOWN (NEXT TO SCHEELS) \$50 PER FAMILY
4870 THOMPSON PARKWAY LEADERSHIP: \$10
JOHNSTOWN, COLORADO

NO BARRIERS
RIPPLE EFFECT Martial Arts

UPCOMING:

STRIPE WEEK: SEPTEMBER 9 - 14

TEST WEEK: SEPTEMBER 17 - 20

BELT PROMOTION: SEPTEMBER 21