

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

SEPTEMBER 30,

RESPECT

"In a gentle way, you can shake the world." — Ghandi



"Without respect, what is it that distinguishes men from beasts?" Confucius

Yamamoto Tsunetomo, author of the Hagakure, writes:

My father Jin 'uemon always said, "You won't break your back by bowing too deeply."... These days people do not bow deeply enough, so they look sloppy. Their posture is poor, too.

How does the way we stand, sit, eat, and listen convey respect to others?

Tsunetomo, a samurai of 18th-century Japan, took issue with the lack of respect exhibited by so many people around him in his day. But tell that to the line of brown belts above. That's karate discipline on display. Fidgeting doesn't enter into their vocabulary.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Scanning right to left, even the untrained eye can detect the note of respect these students convey. Martial artists recognize the posture: the bent backs, the bowed heads, the hands resting at the sides in a pose of respect, but still ready to spring into action at a snap.

Tsunetomo reflects on the disgraceful attitude of society around him. He was aging when he wrote these thoughts. His career as a martial artist, as an active combatant on the battlefields of war-torn Japan, had come to an end.

He sat in relative peace in a monastery, reflecting back on the samurai code, looking about, perhaps, at the servants waiting on him, at the children running about the village. He saw a lack of discipline relative to his martial upbringing. He felt a lack of respect, and he despaired.

Respect for your teachers, parents, and fellow students is something we can never take for granted in the martial arts. It's the reason we bow on and off the mat, in and out of the school, every single time we're in class.

And it's how we make ourselves and each other proud.

Respect. It's the knot that binds our belts.

"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

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COACHES CORNER

To Help Kids Grow Respectful, Create a Picture of Respect.

A CRAB SAID TO HER SON, "WHY DO YOU WALK SO ONE-SIDED, MY CHILD? IT LOOKS SO MUCH NICER TO GO STRAIGHT FORWARD."

THE YOUNG CRAB REPLIED "QUITE TRUE, DEAR MOTHER, AND IF YOU WILL SHOW ME THE STRAIGHT WAY, I WILL PROMISE TO WALK IN IT."

THE MOTHER TRIED, BUT COULDN'T DO IT. SO SHE BOWED HER HEAD, IN RESPECT TO THE REPROOF OF HER CHILD.

There's a fable by Aesop (*see to the left*) that deals with setting examples for children. It's called "The Crab and Its Mother."

The moral here is something Coaches know all too well: *Respect don't come easy*. But you can't really expect it to. From the moment they're born, kids get used to being waited on hand and foot, Fed, bathed, clothed and cradled. Read to. Soothed. Carried. It takes years (decades?) before they're pressed to fend for themselves.

In the meantime, parental duty is taken for granted. I'm hungry, hence give me food. I need a ride to see my friends, hence fire up the car. I need money for the movies, hence papa shall provide. Not exactly a breeding environment for respect.

So how can we encourage it?

Well, karate (no surprise!) gives some cues. When it comes to respecting the instructors, there just ain't no two ways about it. You don't walk onto the mat without an invitation from them, even if it's just implied. Ever gotten to class late? Lost your belt? Worn a t-shirt vs. your full-top (oops!)? You post up at a corner and wait for the lead instructor to wave you in.

Then you line up and subject yourself to a moment of humility. A moment that strengthens you, despite your failings. That's respect for authority.

The point is, when it comes to karate instructors, kids don't presume they're entitled to anything. To build that level of respect at home is harder because you're not running a school, and your kids aren't beholden to a curriculum. But the two scenarios do have something in common. Just like the crab's mother, *the little ones only respect what they see the coaches do (or at least model) themselves*.

Without further ado, **here are three ways to generate greater respect between you and your kids at home.**

1. To get it, you've gotta give it. *You can't expect respect from kids if you don't model what that means. This is true in the karate school as well. If a head (or Jr.) instructor is on the mat yawning, complaining, if he or she refuses (or forgets) to bow, if they're dressed sloppily, no student is going to respect them. And if you don't show an interest in your kids activities or problems, they won't think much of yours.*

2. Show respect for your partner. *Kids get used to responding to a norm. If parents are undermining, demeaning or calling each other names, kids will think that's the way things are supposed to go. That it's ok, and this comes full circle back to you. Pay attention to how karate instructors treat each other. How many times have you seen one instructor say another is really terrible at round kicks, or sneer at each other, or get in a fight (not a sparring match) on the floor. Never. Because instructorhood is bound by respect, and disrespect tears it apart.*

3. Create an expectation of respect in the home. *This can require the dreaded 'd' word (aka, disciplinary action). Bad behavior has to receive some kind of punishment or correction. This is why the push ups in karate come as responses to acts of disrespect. But the expectation gets reinforced by positive actions, too. Saying bless you when a sister sneezes. Asking how was your day when mom or dad comes home. What happens as a result of these demonstrations of respect? Conversations, confessions, closeness. It's meaningful and beautiful.*

See what you can do to cultivate respect in the home through your own strengths. You've got it, coaches.

KARATE WORDS

Name: _____

Created with TheTeachersCorner.net Word Search Maker

RESPECT the Word Search!!

Uncover these RESPECTFUL words in the puzzle below!

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

RESPECT
 BLACKBELT
 POWER
 AWESOMENESS
 WELCOME

ACHIEVEMENT
 LEADERSHIP
 GROWTH
 PLEASE
 YESSIR

MASTERY
 STRENGTH
 HERO
 THANKYOU
 YESMAAM

“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

Charlie Thrall

Amelia Parsons

Atticus Parsons

Asher Parsons

Suzi Parsons

Steve Parsons

Jair Aguirre

Nikita Kuliasha

Jordan Gunn

JOHNSTOWN

Shelbie Beaber

Hudzen Rickman

Axton Beaber

Corbin Stinner

Charlie Beaber

Kaden Thomas

Jeremy Campenella

Kenzlia Clayborn

Evan Cole

Tessa Cole

Layloni Marinez

Dominic Martinez

LEADERSHIP

FORT COLLINS

Giselle and Vivienne Beake

Brody Bulmer

Geoffrey Davenport

Collin Hinton-Rausch

LONGMONT

Daniel Rico

Bhone Myaht

JOHNSTOWN

Bentley Franques

Jackson Golubski

Hailey Kipsey

Lucy Mikash

April Saucedo

Aiden Saucedo

Kyle Taylor

Alexandria Yellow Boy

ANNOUNCEMENTS

TOURNAMENT! SATURDAY, OCTOBER 19

TOURNAMENTS

WHAT TO
KNOW ABOUT
KARATE
TOURNAMENTS
IF YOU'RE
NEW

1

IT'S REALLY
JUST A BIG
MARTIAL
ARTS
SEMINAR

You'll find something
that you haven't
learned yet in the
schools, no matter how
many classes you've been to.

2

WATCHING
GIVES
YOU A
TASTE OF
COMPETITION

There's an excitement there,
a tingle, right down to your
heels. You can't define it. You
just have to feel it.

3

YOU'RE GUARANTEED
TO SEE SOME
AWESOME KARATE

The tournament's a chance to find a hero. The
crowds aren't just there to see the reverse hook
kicks and impossible box jumps. They're there to
see the new crop—you—show off how confident
you can be when eyes are on you.

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MYKARATETOURNAMENT.COM

FALL INTRAMURAL TOURNAMENT

8:30-10am **PREP CYCLE & BLACK BELTS**

10-11am **LEVEL I** (*High Gold, Orange, High Orange*)

11am-12:30pm **BEGINNERS** (*White, Gold*)

DEMO TEAMS

GRAND CHAMPIONSHIP

12:30-1:30pm **LEVEL II** (*Green, Purple, Blue, High Blue*)

1:30-2:30pm **LEVEL III** (*Red, High Red, Low Brown, Brown*)

**SATURDAY,
OCTOBER 19**

\$35
INCLUDES
T-SHIRT

**\$40 AFTER
SEPT 28
(NO T-SHIRT)**

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RIPPLE EFFECT
Martial Arts

MILE HIGH KARATE

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