

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

DECEMBER 22, 2019

## GENEROSITY

*"That's what I consider true generosity: You give your all and yet you always feel as if it costs you nothing." —Simone de Beauvoir*



The animal kingdom has a reputation for trickery, savagery, brutality. Just take the phrases we use to describe common situations: *Dog eat dog, swimming with sharks, henpecking.*

Not exactly positive associations. But it turns out that lots of animals aren't petty; they're extremely generous.

Bonobo monkeys give bananas and apples to other monkeys outside of their own clan. Why? *Scientists think it's because they like to socialize.*

That is, they like other monkeys, even ones they don't know.

*"You often say, 'I would give, but only to the deserving.' The trees in your orchard say not so, nor the flocks in your pasture. They give that they may live, for to withhold is to perish." —Kahlil Gibran*

Bonobos like it when their fellow monkeys are well. So they give.

Anyone who's given blood can relate. *Sure, Ms. Phlebotomist, stick a needle in my arm. Take a pint or two of my own precious fluid of life. Give it to someone who's lost some of theirs.*

It's a tiny bit of time and pain that grants so much longevity and good.

As a Black Belt in training, as a leader, consider ways to be generous in your *school*, with your *family*, and in your *community* (*this month's cookie drives were a great start*). Black Belts know that giving feels great.

*"I'm smiling the whole time. It's fun, it's challenging, and the instructors and staff...we couldn't ask for better." Amy Lou Dement*

*"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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**RIPPLE EFFECT**  
Martial Arts

**FORT COLLINS**  
(NEXT TO SUPER TARGET)

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

# COACHES CORNER

*Give like a Black Belt.*



*Photo by Marcus Edwards Photography*

*What is generosity? How would you define it to a teenager, a tween, a toddler?*

Experts (that is, the people who actually study how kids learn to be generous) say that the first step is to demonstrate it.

*How?*

Well, to begin with, as parents we need to show kids that the small stuff (and sometimes the big stuff) doesn't matter. Giving gifts over the holidays, for example. Giving kids an allowance. Letting your high schooler borrow the car (hey, no one said generosity isn't frightening sometimes). That last piece of pizza? *It's yours, kiddo. Enjoy it.*

When kids see that giving takes no skin off our back, they become less possessive themselves. They learn through your example, they see it, *they feel it*. Giving feels good, it feels right. Eventually you learn that giving really does feel better than getting.

Stephen Covey, author of the best-selling *7 Habits* series of books, spends a chapter talking about generosity in the sense of a natural human aversion to scarcity (*that is, a fear of not having enough food/money/love for yourself*). Covey calls this the "scarcity mentality," which is opposed to the "abundance mentality."

When we are stuck in the scarcity mentality, "we have a very difficult time sharing recognition and credit, power or profit - even with those who help in the production." Essentially, we get jealous. One kid gets a pat on the back, another kid watches and wants a pat of his own. *What if the kid watching gave a pat to someone else?* That's the spirit of **abundance**--there are plenty of pats to go around, and (bonus!!) I have the power to give them!

Earning a Black Belt is a very serious challenge, and only a small number of people achieve that rank. But once you do, you absorb that spirit of abundance in full. You want everyone you know to achieve Black Belt. You want to help newer students learn. You step into more lower-belt classes, and students look at you in awe. Not because you're scarce with your gifts, but because, as a Black Belt, *you want to give back more than anything else.*

*Happy Holidays, coaches.* Thank you for giving your kids the chance to learn.

# KARATE WORDS

## Generosity

Check out this generous stream of Black Belt giving words--see how many you can catch!

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

GENEROSITY  
 LOVE  
 LARGESSE  
 BLACKBELT  
 CONFIDENCE

GIVING  
 PRESENTS  
 CHARITY  
 HUMILITY  
 BONUS

GIFTS  
 KINDNESS  
 HEART  
 BOUNTY

*“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

Adhvay and Ayushee  
Buddhamaram  
Akshainie Chatterjee  
Isaac Gilmer  
Mason Jones  
Emerson and Stephanie  
Oneto  
Kya Pottorff

## LONGMONT

Josiah Chavez  
Asher Cleveland  
Siobhan Milton  
Douglas Stringer  
Zander Ramirez

## JOHNSTOWN

Hadley Swan  
Dashlynn Swan  
Trenton Dunihoo  
Luke Knaus

# LEADERSHIP

## FORT COLLINS

William Lesser

## LONGMONT

Johnnie Jennings

## JOHNSTOWN

Brody Egan  
Gemini Gallardo  
Koda Armfield  
Laine Meyer  
Kendyll Morton  
Zachary Murrow  
Robert Shepard  
Alexa Wesley

DON'T MISS THE HOLIDAY MOVIE

# HOME ALONE

EXCLUSIVELY ON **You Tube**

JUST SEARCH FOR  
RIPPLE EFFECT MARTIAL ARTS



WELCOME TO THE  
**SHOWDOWN**

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# PREP CYCLE

## ENTRANCE

## EXAM

### WHAT TO BRING

- SPARRING GEAR
- WEAPONS
- FULL UNIFORM
- ATTITUDE!

# FRIDAY, JANUARY 10

RIPPLE EFFECT MARTIAL ARTS  
JOHNSTOWN PLAZA

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# ALL SCHOOLS WILL BE CLOSED FROM DECEMBER 23 TO JANUARY 1

# HAPPY

# HOLIDAYS



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