

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JANUARY 28, 2020

VISION

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." —**Carl Jung**



"Whatever you can do or dream you can, begin it. Boldness has genius, and magic and power in it. Begin it now." —**Goethe**

In olden times, "vision" meant more than seeing. It meant seeing the *future*. You might have heard of "reading the tea leaves" (looking at the dregs of a cup of tea) to see the future. Or looking in a crystal ball.

In Roman times they had a guy called the "auspex," who would read the patterns of birds in flight to determine fortunes of money and war.

But as Shakespeare said: "The fault is not in our stars, but in ourselves, that we are underlings."

Basically, you can't look outside for your fortunes. You have to look *within*.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

When it comes to karate, looking within, having that inner vision, is crucial. Your instructors will give you orders. And you're here to follow them. But all the while you need to look within: *Why am I listening to my instructor? Why should I try harder? Why should I go beyond the limits I feel?*

Martial arts go back a long, long way. And in a way the practice has always been about predicting your future. You're making yourself ready for any situation. Through marital practice, you're making yourself prepared to *face anything*. You're determining things for yourself.

And that's having vision.

"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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COACHES CORNER

Where do you see your kid in six years?



"Keep your eyes on the stars and your feet on the ground." Franklin D. Roosevelt

Every karate student starts out as a white belt. **Actually you start out without a belt at all.** *Your thrill in initiation is seeing that white belt tied on.*

The vision, if not for you, immediately, then for your instructors, is **Black Belt.** You see yourself some years from now. *stronger, better, more confident, faster.* In command of all those skills you've struggled to master.

And beyond that Black Belt? There's more. Indeed.

We've all been asked (or asked ourselves): *What do you want to be when you grow up?*

This question asks us to envision our future selves. *How will we live? Who will we serve? What will we be capable of doing?*

Think about this in terms of your kid's potential in the martial arts. Enroll as a white belt. *Learn. Compete. Continue. Engage. Struggle. Fail. Achieve. Give back.*

This is a cycle, a cycle that gives gifts and reaps them in return. Black Belt training teaches fundamental skills that allow parents and kids to envision a future that grants big benefits. Here's how to harness them in your training.

Teach Time Management. This can start with homework, *(including karate homework):* Where are you going to fit in half an hour for math? For spelling? For Chon Ji? For push ups? *Structure it.* These things don't have to actually dominate your (or your kids') lives everyday. But you have to be mindful about where to devote the time.

Build Skills. *How do I get to Carnegie Hall,* goes the old joke. The answer? *Practice, practice, practice.* Karate training puts you through this: you'll do push ups every class. Slow kicks. Forms. Combos. You'll get kicked and punched in sparring. What happens? *You grow. You adapt. You get used to such things.* And this endows you with a basic skill set (being able to take a punch amounts to a lot in life) that'll prepare your kids to embrace a world of hurt.

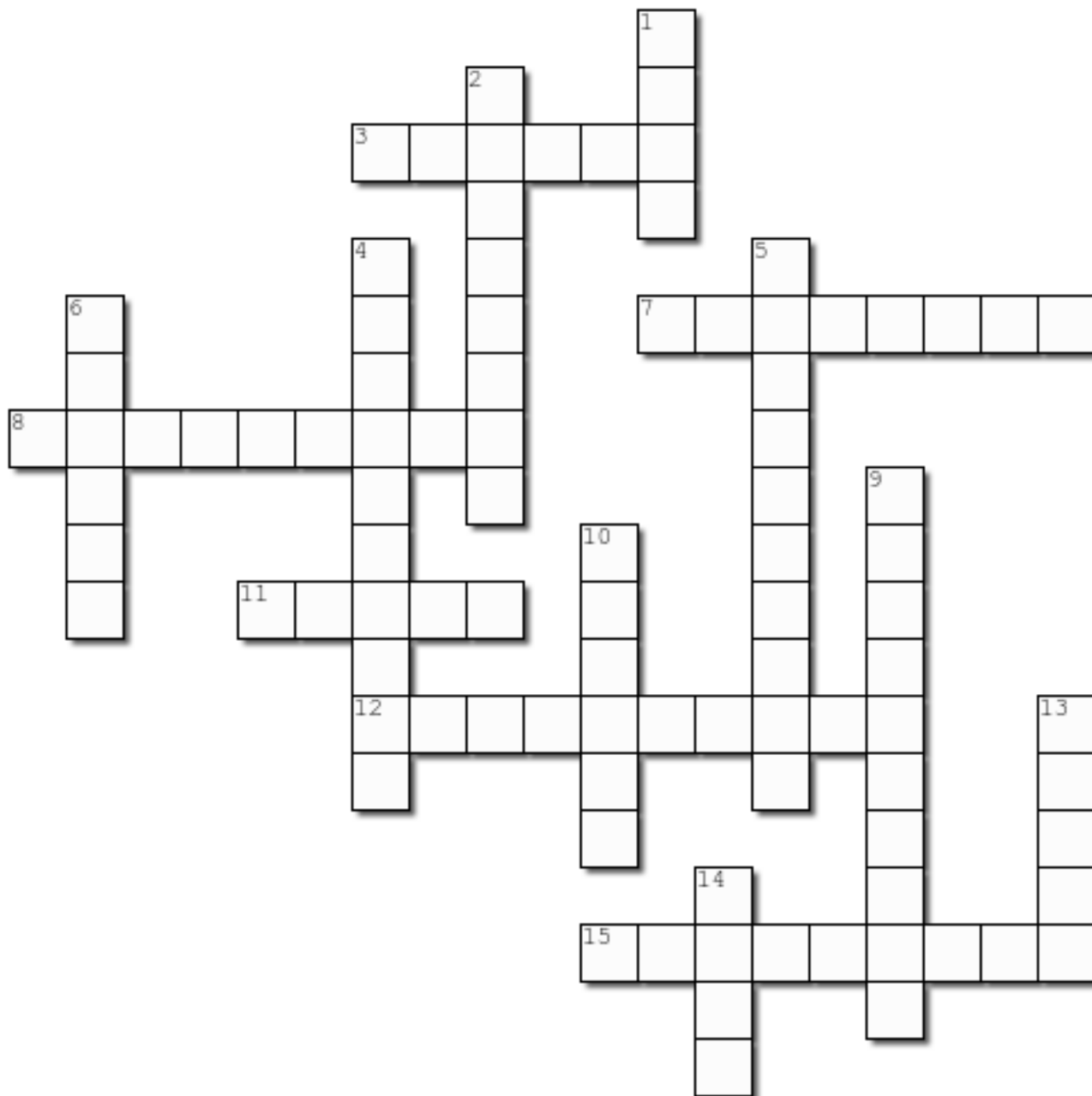
Have fun. When it comes to martial skills, we're not kidding ourselves. *Kids are kids.* And childhood needs to be bountiful in fun. That's what we're after. *Enjoyment in discipline.* Seems impossible, but working together toward Black Belt, you'll be able to see yourself and your kids as accomplisheers.

Enjoyment is the carrot on the stick, as it were. Side kicks and front stances all across the mat are where it starts. Black Belt is where it all begins again.

KARATE WORDS

Vision

Gather your Black Belt powers to "see" the answers below!



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 3. Past, Present, _____
- 7. A possibility; something you have your eyes on
- 8. The highest rank in Tae Kwon Do; goes from degrees 1-10
- 11. What you strive to achieve (Black Belt is a major one of these)
- 12. Belief in yourself; self-esteem
- 15. The faculty or power of looking ahead

Down

- 1. A sight or prospect; a "bird's eye _____"
- 2. What you build from white belt to Black Belt; we do push ups to build this
- 4. How you look to other people; your _____
- 5. perseverance; the ability to stay true to your goals
- 6. Trust or confidence in something; hope, conviction
- 9. The ability to help others achieve their vision
- 10. The ability to see; the January word of the month
- 13. The faculty or power of seeing
- 14. What it takes to accomplish something hard (like Black Belt); the John Wayne flick 'True _____'

“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 Coffman

NEW STUDENTS

FORT COLLINS

Hunter Aesoph
Watson Bene
Charlie Kraus
Cora Kraus
Vanessa Schaffer
Liliana Vigil
Lakshith Vutukuri
Hailey Erbes

LONGMONT

Elijah Young
Mireya Solis
Saravan Gundavarapu
Maya Arguello
Andrew Thomas
Oscar Thomas
Griffin Thomas
Grayson McGuire-Gibney
Sarada Gundavarapu

JOHNSTOWN

Brantley Peterson

LEADERSHIP

FORT COLLINS

Greyson Fleming
Knox Retherford

LONGMONT

JArchie Pekarek
Lucy Menza
Kevin Palacios
Laura Malpica

JOHNSTOWN

Alexa Wesely
Zachary Murrow
Archer Cruise
Grayson Cruise

VALENTINES
DAY

KIDS NIGHT

LONGMONT

NERF WAR!
WILLY WONKA!
DINNER!

...AND CHOCOLATES FROM *Chocolove*
X O X O X

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EVENTS CENTER**

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RIPLLE EFFECT

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SCHOOLS...**

**In
JOHNSTOWN!!!**

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12 - 2 P.M.**

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\$50 PER FAMILY
LEADERSHIP: \$10 PER STUDENT**

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