

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

FEBRUARY 29, 2020

PASSION

"Passion...unleashes creativity. If you're passionate about something, you're more willing to take risks." —Yo-Yo Ma



Famed cellist Yo-Yo Ma began performing before he was five. He earned degrees from Juilliard and Harvard, recorded more than 90 performances and won 18 Grammys in the process.

Nobody forced him to practice. Yo-Yo Ma just loved music. His tool of musical expression was the cello. And he's always thrived on pulling more tones, more heart, more music from the strings.

Bill "Superfoot" Wallace, on the other hand, has always loved martial arts. He started in wrestling, moved on to Judo, then (following an injury to the knee) started to study karate. He quickly discovered, in his own words, a "love of kicking people."

In order to follow his passion (again, kicking people [in appropriate circumstances, of course]), he had to learn all the disciplines that every martial artist (including you!) takes on.

"Have a blast. Have an absolute ball. Because it's something you can do forever. And it's just fun." —Bill "Superfoot" Wallace

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

This included forms (though Wallace was always known as a fighter) and weapons (though he jokingly complained "doesn't 'karate' mean 'empty hand?'"). One of the areas in which Wallace excelled was flexibility. Superfoot wasn't necessarily super-limber starting out. But because he was working with just one kicking leg (his left), he had to make the most of it. He had to have reach. And that meant he had to *stretchhhhhhhh*.

Passion is dynamic. So it seems like holding a stretch for minutes, days after days, year after year, seems too simple, too static, too *motionless* to represent a passion. But as martial artists we know better.

Anyone who's seen Superfoot give his kicking and boxing seminars can attest that passion can continue to grow with the years. The 74-year-old Wallace's backfists and uppercuts and sidekicks snap as fast as ever.

Passion is infectious, and Wallace has always delivered, in seminars, in schools, and in the ring. No need to ask if his passion for karate has made him happy. *Just take a look at his smile.* Imagine the smile on your face as you impress new audiences and impact lives with the force of your passion.

"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

How to Help Kids Find Their Passion



"Don't count the days - Make the days count." Muhammad Ali

Kids are full of passion, right? That's why they're jumping off the walls. That's why we excuse them for not listening, for not sitting still, for tearing into a rage or breaking down in a flood of tears.

Passion. *They're teeming with it.*

As a white belt (or the parent of one), how can you gauge a passion for martial arts? After all, *you're just getting started on your journey to Black Belt.* You have no idea what you'll find on the way.

If you think about why you're here at all, it probably has a lot to do with how impressed you are with your Black Belt instructors. *What do they represent in terms of character, strength, and prestige?*

Whether your son or daughter wants to be a career martial artist or just strengthen and improve key character elements like self-esteem and self-discipline, the blank slate of white belt is fertile ground for developing passion. We all learn punches, we all learn kicks. Strong front and back stances are crucial as we learn Chong Ji. We practice gold belt strikes and blocks. We stand at attention. We focus our eyes, our minds, our bodies. It's the jumping off point. Every element is crucial.

But as white belts develop into more seasoned martial artists, as you move through the ranks of gold, orange, green and purple., you begin to know yourself better. Know what you're comfortable with, what you like to emphasize in your forms and sparring. Now you're fitter to find your passion, fitter to pursue it. Because you've been guided through the basics, guided to perfect them.

It's an analogy for finding your passion in life, and for guiding your kids to find and develop theirs. As your son or daughter displays his or her energy (in ways that may be frustrating or enlightening), take note. Really watch. Really listen. And really get involved with what they've got going on. You can't define their passion at the early stages (and they can't either). You'll just do your best job as a parent in not limiting it. Sure, discipline is important, and discipline in itself is a kind of limit.

But discipline is a gateway, too. A refinement. A guide. Keep paying attention to in what ways your kids are spending their energy. Then narrow their focus in a guiding, helpful way to help reveal their passion.

KARATE WORDS

Karate Passion!

Get passionate about finding the words of passion below!

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

PASSION

EFFORT

PRAISE

DUTY

SPIRIT

DEVOTION

FORCE

KICKS

PUNCHES

SIDEBLOCK

SIDEKICK

FRONTKICK

ZEAL

FIRE

SPARK

“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

Blake Balhiser
Watson Bene
Zeppelin Conners
Ann Donoghue
Hailey Erbes
Jacob Freeman
Charlie Kraus
Cora Kraus
Mason Olivier
Liliana Vigil

LONGMONT

Cash Foote
Shyanne Nunnery
Brandon Nunnery
Rosie Nunnery
Tristan Murcin
Tony Walls
Sophie Zeh
Elizabeth Zeh
Andrew Zeh
Cannon Thompson
Van Redmore
Elijah Maes
Emery
Dreisbach-Zavala
Enrique Espinosa
Quinten Ross
Madelyn Lucero
Elijah Lucero
Abraham Lucero
Alex LepeCuriel

JOHNSTOWN

Lexi and Kyla Bailey
Vincent and Evelyn
Ingino
Rhyllie Lambert
Ryder Middleton
Teegan Santor
Lane Seewald
Rylund and Keuper Stuht
Shelby and Coleson Yule

LEADERSHIP

FORT COLLINS

Connie Cardenas
Anisza Cardenas
Ariana Cardenas
Kailani Knudsen
Knox Retherford
Alex Zaytsev

LONGMONT

Ethan Quillen
Kris Quillen
Lily Woods
Holland Vallejo
Cade Hart
Aisiri Prakash

JOHNSTOWN

Grayson and Archer Cruise
Mason Simms
Ashtyn Goecke
Dashlynn and Hadley Swan

SPRING INTRAMURAL TOURNAMENT



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SATURDAY MARCH 7 2:30 P.M. in FORT COLLINS

DEMO TEAM TRYOUTS

AND INFO SESSION!!

