

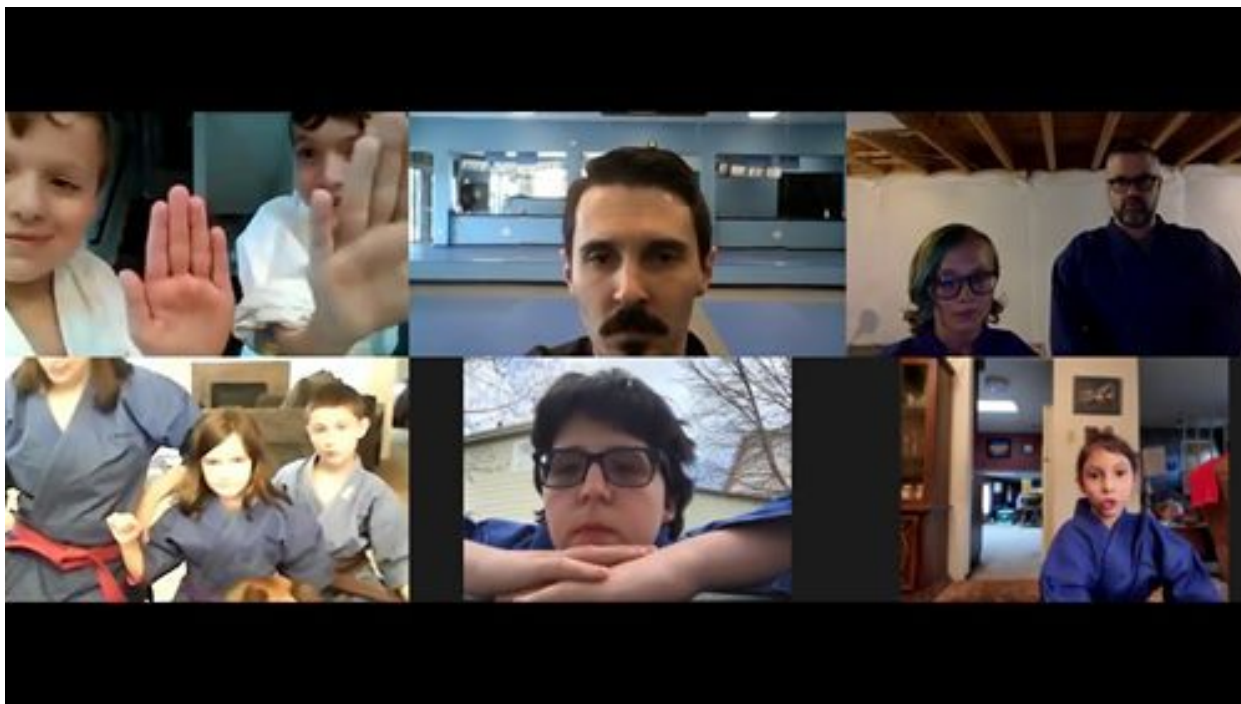
The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 29, 2020

TEAMWORK

“Alone we can do so little. Together we can do so much.” —Helen Keller



From the Longmont school, Mr Wagoner conducts a leadership class for students at home.

It's not a simple time, and we want you to know we're happy you're on our team. Because we are a team, even when we're apart.

It takes a lot to stick together. It's not easy. The ancient writer Aesop tells a story on the subject.

A father has three sons. The boys always argue. They fight. They contend. Their father worries how they'll be when they go out into the world. If they only squabble, he's afraid the world will eat them alive. Then he had a thought.

“Get me a bundle of sticks,” he tells the eldest son. The oldest boy returns with the bundle. “Now break them,” the father asks.

The eldest boy, though strong, struggles to break the bunch of sticks. He can't do it. He can't even bend them. He passes them on. The next brother grunts and struggles as well. He passes on the sticks to the youngest brother, who strives with all his strength to break the bunch. But to no avail.

Then their father unties the twine that bound the sticks together, and hands each brother one stick. “Now try to break your stick,” he says. Each boy easily snaps his single stick in two.

“You see there is strength in unity,” said the father. “When you stick together, no one can break you. When you pull apart, you burst.”

Whether you've been training with us for years, or your Black Belt training has just begun, please know what we're in this together. Your instructors are behind you. Your teammates are too.

Stay well and stay engaged. We're with you.

“Great job by the team at Ripple Effect in quickly adapting to online classes in a matter of days. Fun Brown Belt class in 'virtual Fort Collins' today. Thanks!” - A.J. Tufano

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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

How to Inspire Some Teamwork at Home



"To me, teamwork is the beauty of our sport, where you have five acting as one. You become selfless.." - Mike Krzyzewski

Ever heard the saying "Alone, but not lonely?"

How do some people manage to be by themselves—or just “stuck at home”—and not lose their minds? Especially when the kids are champing at the bit to get to the playground, a friend’s house, or Chuck E. Cheese?

It’s tough. But never fear. The key is keeping kids engaged. Here are some fun karate-themed activities to create some teamwork around the house:

Collaborative Karate Monster. The whole family can join in on this. All you need is some paper, some crayons/markers/pens, and lots of imagination. One person starts by drawing ONE “karate monster” feature on the blank canvas. Could be eyes, the shape of a head, arms, teeth, or big karate fists. Then it’s the next person’s turn. Keep going around the table (or back and forth) until you’ve got your monster fully embodied on the page. Then draw a black belt across its waist to top it off!

Karate Zoology. You’ve heard of “animal style” martial arts, right? (Just think of *Kung Fu Panda*.) Team up with your kids to do some research on your favorite animal. You can use the Internet or some books around the house (old encyclopedias are a great resource). One person draws the picture of the animal in a kung fu fighting stance. The other writes down three facts about the animal.

Grow Your Own Karate Fuel (*yes, we’re talking veggies*). Kids need Black Belt nutrition, right? Want to cut the grocery budget (not to mention trips to the store)? Here’s a super cool one that brings the outside inside: Growing Food from Scraps (click this link for some detailed info: <https://dontwastethecrumbs.com/regrow-food-water/>).

You don’t need a garden. You don’t need a yard. You don’t even need dirt. Kids can get excited about prepping the food scraps and watching them grow.

These superfood veggies are billed as “Buy once. Regrow forever.” Black Belt nutrition in perpetuity. Virtual high five.

“Thank you for helping keep the community safe!”
- Bobby Newton Kline

KARATE WORDS

Teamwork Word Search!

Hey Team! Find all these teamwork words and see how they connect together!

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

TEAMWORK
 SUPPORT
 COURAGE
 OUTREACH
 UNITY
 WINNING

BONDS
 LEADERSHIP
 VISION
 PARTNERSHIP
 HARMONY
 EDGE

HELP
 TRUTH
 TOUGHNESS
 SYNERGY
 PERFORMANCE

“Thankful that our kids still get to have karate virtually. [Virtual Ripples] just shows how much karate is part of them. Thank you @rippleeffectmartialarts for always providing for our kiddos.”

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WITH
**Master
Mom**

AND MASTER MACY

TUESDAY, MARCH 31, 1PM MDT