

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

APRIL 29, 2020

RECHARGE

"The mind is like a car battery; it recharges by running." —Bill Watterson



Riley and Greidan designed and sold t-shirts this April, raising more than \$600 for Autism Awareness.

What do you do when your phone's battery is on 2%? You plug it in, right?

We need to recharge when we're run down, too. Let's talk about that.

How have you felt, at home, these past five weeks? How are your kids? Is the energy down, drained?

Or is the energy stored up, solid, laying low, but ready to be tapped?

Batteries come in two forms. Primary cells and secondary cells. The first are exhaustible; once they're drained, they're done.

RIPPLE EFFECT
Martial Arts

FORT COLLINS

(NEXT TO SUPER TARGET)

LONGMONT

(VILLAGE AT THE PEAKS)

JOHNSTOWN

(NEXT TO SCHEELS)

Secondary cells are the batteries we're all used to. The rechargeable energy in our laptops, our cars, our tablets, our phones.

That rechargeable energy is also in ourselves.

We hope you've enjoyed taking classes online, reading books with black belts, exploring how to talk to yourself in positive ways, singing karate songs.

Nothing in our lives is static. The energy is just always changing form. As black belts in training we keep *recharging, renewing ourselves, getting ready for what's to come.*

As the weeks and months and years of your black belt journey continue, we'll be here for you. Thank you for always adapting, and for helping us adapt.

"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

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

COACHES CORNER

Keeping the Energy Alive (and Helping Kids Cool Down)



"Positive energy is your priceless life force. Protect it." - Charlene Johnson

Every parent knows what it's like to deal with a kid who's exhausted. Lots of the time, kids who are very young won't even acknowledge that they're tired, let alone that they need to hit the hay.

We can reason from our powerful, developed, (mostly) sane parental minds all we want. Kids don't respond to the words. They respond to action.

So what are some ways to get your kids to slow down and get some rest (and give you some in the process)?

The best approach is to coax your kids into activities and habits that help create a calm, restful state of mind. Watching TV or playing games on your phone might keep them stationary, *but screen time actually revs kids up*--as soon as the screen is out of sight, they're antsy and need more stimulation.

Not exactly the state you want to be in before bedtime. Instead, try:

Walking. Going on a walk, even if just around the block before or after dinner can be a great way to refresh all your minds and get into a restful state before bed.

Talking. Devote ten minutes at bedtime to sharing some positive memories about the day. Have your kids come up with three things they loved doing or seeing. Listen to why they loved these things and *figure out new ways for your kids to experience them tomorrow.*

Reading. Reading refreshes the mind and puts us into a state at once tranquil and active. Even older kids (*yes, we're talking the tween years here*) can enjoy reading with a parent, and you can provoke a lot of cool thoughts and insights through just a casual discussion of a book or story. Here's a list of recommended books for 4th, 5th and 6th graders: <https://www.readbrightly.com/50-best-books-11-12-year-olds/>

Keep at it coaches!

"Thank you for helping keep the community safe!"

- Bobby Newton Kline

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KARATE WORDS

Name: _____

Complete the Sentence

Use the words in the list below to complete the sentence

Created on TheTeachersCorner.com File: 11111111-1111-1111-1111-111111111111

1. Always telling the _____ shows Black Belt _____
2. You have to earn every belt, even your _____
3. At the beginning of each class, we snap to _____
4. _____ set an _____ for others.
5. I will only _____ to _____ my life and the _____ of others.
6. Black Belts never _____
7. Grandmaster Jhoon Rhee is known as known as the _____ of _____
8. Taekwondo means the " _____ of the _____ and _____"
9. The word of the month is _____
10. Chon Ji means Heaven and _____

example attention quit
 Taekwondo Leaders
 American foot integrity
 Earth father fight truth
 fist protect White Belt
 lives recharge way

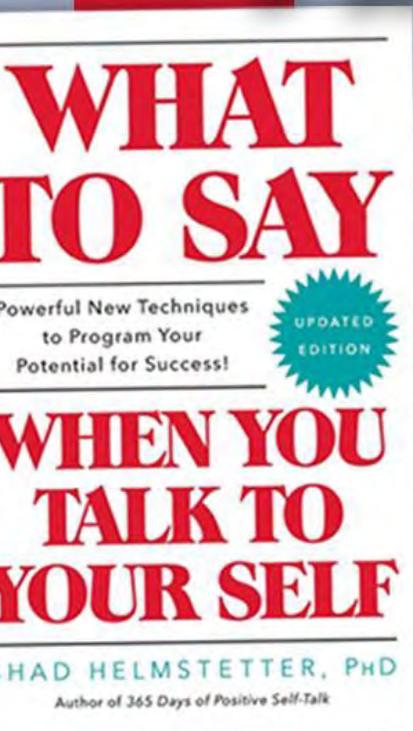
"Thankful that our kids still get to have karate virtually. [Virtual Ripples] just shows how much karate is part of them. Thank you @rippleeffectmartialarts for always providing for our kiddos."

VIRTUAL RIPPLES

- **TRAIN ONLINE**
- **GET INSTRUCTOR FEEDBACK**
- **HAVE FUN!!**

**VISIT VIRTUALRIPPLES.COM
TO GET STARTED!**

DAILYMATCHAT.COM



BOOK REVIEW

with Master Macy

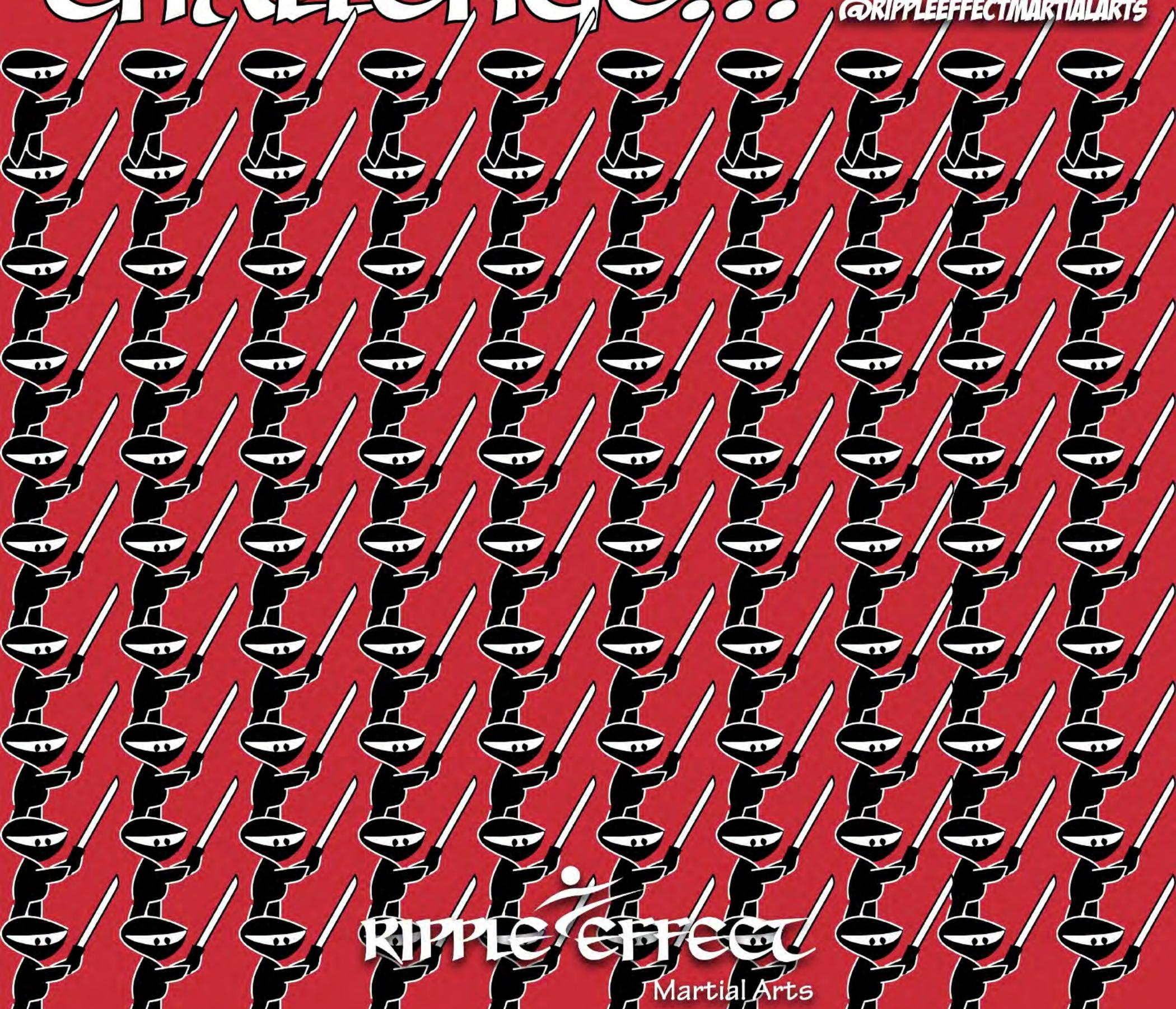
ATTEND
10 CLASSES
& GET A
PIZZA PARTY

STRIPE WEEK: MAY 11-15!

TEST WEEK: MAY 18-22!

100 NINJA CHALLENGE!!!

- DECORATE A STUFFED ANIMAL AS A NINJA
- SNAP A PHOTO
- UPLOAD TO FACEBOOK AND TAG @RIPPLEEFFECTMARTIALARTS



RIPPLE EFFECT

Martial Arts