

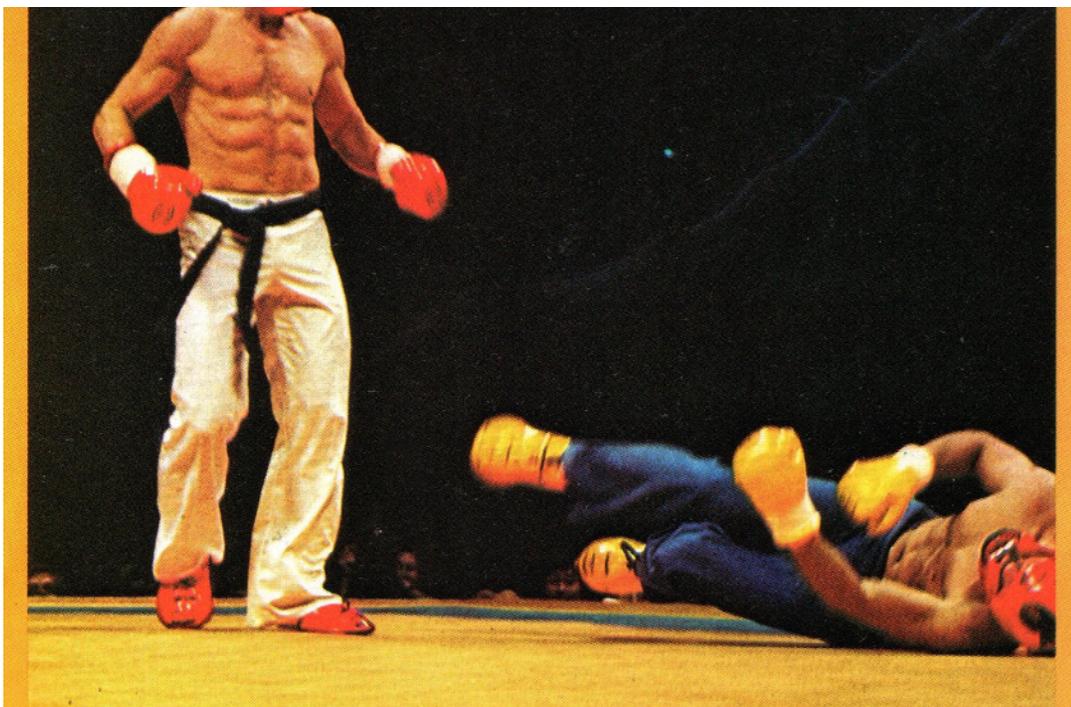
# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JUNE 30, 2020

## CONSISTENCY

*"Without courage, we cannot practice any virtue with consistency." —Maya Angelou*



*Jeff Smith (left) falls an opponent in a 70's kickboxing bout in Europe.*

You've heard "A Black Belt is a white belt who never quit."

Here's a story for you.

Jeff Smith was a junior high school student when he began training at an impromptu upstairs dojang at Texas A&I University.

The students (college-aged and a little hostile to youngsters and newcomers) were intimidating. Luckily for Jeff, the instructor held every student in equal esteem.

That instructor (in case you didn't know), was our forefather, the late Grand Master Jhoon Rhee.

*Fast forward.* Jeff Smith won several national and international kickboxing titles. He was selected (by Grand Master Rhee) to succeed to the position of leader of Jhoon Rhee Tae Kwon Do in Washington, D.C. He won the International Kickboxing Title against Karriem Allah in the undercard bout at the famous "Thrilla in Manilla" bout between heavyweights Muhammad Ali and Joe Frazier.

*What's the point?* Grand Master Jeff Smith has become a 10th-Degree Black Belt, *and he still finds ways to go beyond.* He's been teaching students for more than 50 years. He's not only achieved but delivered Black Belts to multiple thousands of students. He's never quiet. *That's consistency.*

**RIPPLE EFFECT**  
Martial Arts



**FORT COLLINS**

*(NEXT TO SUPER TARGET)*

**LONGMONT**

*(VILLAGE AT THE PEAKS)*

**JOHNSTOWN**

*(NEXT TO SCHEELS)*

*"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

## *Setting a Consistent Example*



*"Getting an audience is hard. Sustaining an audience is hard. It demands a consistency of thought, of purpose, and of action." - Bruce Springsteen*

Kids can teach us a lot about consistency. *Or, perhaps, reveal how inconsistent parents can be.* How often have you had to answer the question "Why?" or "How come?" from a kid?

It forces us to confront the legitimacy and consistency of our own reasons for doing things, for giving orders all day long.

These innocent inquiries also put into perspective what we take for granted, and how we see the world from our grown up, privileged perspective.

*In other words, do we walk the walk?*

Your kids will get to a point (if they're not there already) where they'll weigh your actions against your commands and think "what gives?" It's the old "Do as I say, not as I do" scenario.

*You watch TV at night all the time--why can't I?*

*You tell me to eat healthy, and I see you snacking on chips!*

*You say I have to wear a helmet when I bike, but you don't wear one!*

*You tell me to go to bed at 8, but you stay up way later!*

*You send me to my room when I do something wrong, but I can't send you to yours!*

It's pretty clear which of these are legitimate complaints. Then again, it's complicated to be a coach.

A good way to address it respectfully but with authority is to point out other leaders and how they act. The Black Belt Tests are legendary for this; all the students stay up all night and do a million (or so) push ups and kicks. The instructors get a bit more sleep and don't do *quite* that many. Their care is consistent.

So is yours. And kids'll see that, when you're always invested in what they're up to, your love is what guides them to greater things.

*"Thank you for helping keep the community safe!"*

*- Bobby Newton Kline*

# KARATE WORDS

Created with TheTeachersCorner.net Word Search Maker

## Martial Arts Word Search!

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

KARATE  
 SIDEKICK  
 UPPERBLOCK  
 FRIENDS  
 DISCIPLINE  
 STRENGTH

COURAGE  
 ROUNDKICK  
 SIDEBLOCK  
 BLACKBELT  
 FOCUS  
 RESPECT

PUNCH  
 FRONTKICK  
 SELFDEFENSE  
 SELFESTEEM  
 POWER

*“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.”*

# NEW STUDENTS

## FORT COLLINS

Charlie Davenport  
Angel and Kailee Hall  
Mitchel Malzahn  
Denise Pulsone-Smith  
Bret Smith  
Mason Smith  
Oliver Smith  
Veanna Smith  
Vahan Smith  
Tristan Sandeno

## LONGMONT

Rocco Fiske  
Nikki Olson  
Joshua Guevara  
Nolan Mendelson  
Hudson Mendelson  
Clara Shipp  
Johnathan Buhr  
Rebecca Wingo  
Eric Wingo Buhr

## JOHNSTOWN

# LEADERSHIP

## FORT COLLINS

Blake Balhiser  
Charlie and Cora Kraus

## LONGMONT

Izarya Gurganus  
Danny Gurganus  
Van Redmore  
Wes Redmore  
Heidi Orozoco  
Ian Orozoco  
Noah Ribeiro  
Bianca Ribeiro

## JOHNSTOWN



*Wednesday  
July 22*

GATES OPEN  
AT 7PM,  
SHOW STARTS  
AT DARK

**BLACK BELT  
SPECTACULAR  
Viewing Party**

**SWEET DOUBLE-FEATURE:**

- 1 : Black Belt performances
- 2 : Screening of Kung Fu Panda

**\$15 PER  
PERSON**

(KIDS 5 & UNDER  
ARE FREE)

Holiday Twin  
Drive-In,  
Fort Collins

*No outside food/  
beverages, please.*

**RIPPLE EFFECT**  
Martial Arts



**DAILYMATCHAT.COM**

Bestselling author of **THE WINNER'S EDGE**

**Dr. Denis Waitley**  
**The  
Psychology  
Of  
Winning**

**Ten Qualities of a Total Winner**

"Read this book, follow the steps, and you  
too can attain the 'Winner's Touch.'"

—Spencer Johnson, M.D.,  
author of

**WHO MOVED MY CHEESE?**



**BOOK REVIEW**

*with Master Macy*

**TUES & WED @ 1:15PM**