

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JUNE 30, 2020

DIVERSITY

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



A fish-eating bat, *Noctilio leporinus*, catches its dinner on Panama's Barro Colorado Island.

PHOTO: Christian Ziegler

You might be thinking, *why is there a picture of a bat on the cover of a karate magazine? And is that bat catching a fish?*

Let's address both questions. The answer to the second is, yes, this is a fish-eating bat known as *Noctilio leporinus* to scientists, and it lives and hunts on a relatively small island in the middle of the Panama Canal.

As to why it's featured here? First off, bats are cool. And like martial artists, there are many, many different kinds.

You've probably heard the term *biodiversity*, which refers to the range of plant and animal species on the planet.

There are more than 70 species of bats on Barro Colorado, an island of just 5 square miles.



FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Some eat fish. Some eat fruits. Some eat meat (well, if you consider crickets meaty). Some eat frogs. Some suck blood.

How can so many species of bat exist together on the same island? *Because they're so diverse.* Here's another scientific term: *niche partitioning*. Each species of bat hunts a different type of food, they dwell in different types of habitat, and they operate at different times between dusk and dawn. You could say they're brilliant at working out their differences.

But it's not just bats. There are nearly 500 species of trees on this little island (*that's more than the entire European continent!*). How do the trees do it, so densely packed together, competing for nutrients and sun and fending off predators? *Niche partitioning. Diversity.* It's fascinating.

Every individual (yes, you included) is a diversification as a human being. You may be young, old, tall, short, shy, fierce. *Black Belt training helps strengthen your sense of self and forge a more refined identity.* Carve your niche and recognize and value the niche diversity of those around you.

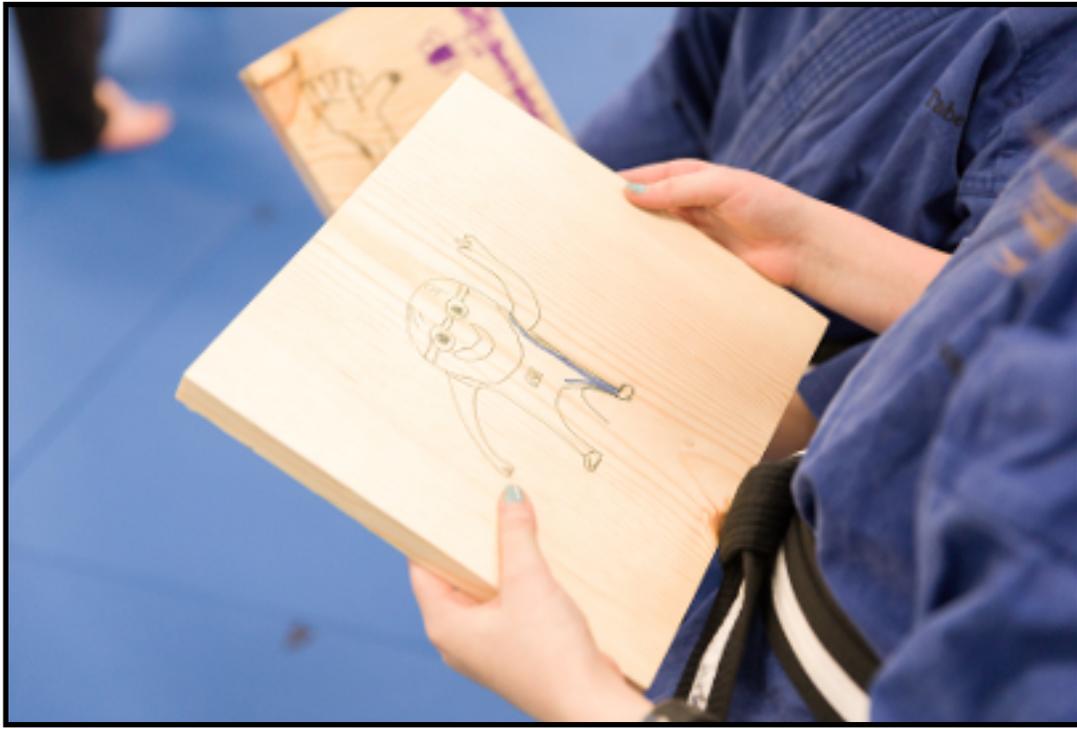
“Great job by the team at Ripple Effect in quickly adapting to online classes in a matter of days. Fun Brown Belt class in 'virtual Fort Collins' today. Thanks!” - **A.J. Tufano**

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

COACHES CORNER

What Every Kid Should Know about Diversity



"Diversity is having a seat at the table. Inclusion is having a voice, and belonging is having your voice heard." - Liz Fosslien

How do you introduce the idea of diversity into your family life and your kids' education?

It's a tough topic. It's a sensitive one. It's a subject apt to burst into divisive political flame.

But it doesn't have to be. Master Macy had a very simple suggestion when it came to introducing the idea of diversity during the month of July. It was *"replace judgment with wonder."*

Let's think about what that means from a kid's perspective. Here are some relatable ways to talk to kids about diversity (*with a martial arts twist, of course*).

First, tell your kids that diversity means *difference*. *Differences are good. Sameness is boring*. It's weak, too. As leaders we're always thinking about the team. If your team is all the same, are we strong? We need differences to make us strong. This is true in the family, too. Moms and Dads disagree. Brothers and sisters do, too. It doesn't mean you have to fight to sort it out. *But conflict can help the family grow*. Here are some talking points to get the discussion started:

- **Martial arts are diverse by nature.** As martial artists, do we just learn one type of kick? One type of strike? Ask your kid to name three kicks. [*front kick, back kick, side kick, round kick, crescent kick, hook kick, axe kick, reverse side kick, etc.*]
- **We practice a modified form of taekwondo** that draws from styles as wide-ranging as judo, kickboxing and muay thai. *We follow tradition. We also innovate.* Talk about ways you've diversified tradition in your family.
- **There are so many martial arts styles:** *krav maga, kung fu, Brazilian jujitsu, kempo, wrestling, western boxing, kali, and more.* Ripple Effect works with many martial artists representing many different styles in our schools. That's because there's always more to learn.
- **We study martial arts to explore our movements, our possibilities.** *How?* Take a sidekick. That's not a natural movement. We use diverse muscle groups when we sidekick correctly. We use our hamstrings, our *gluteus maximus*, our *gluteus minimus*, our hips, our core, all these diverse muscle groups working together to create a strong kick.
- **Anyone ever heard of biodiversity (see the page above)?** It's the diversity that exists out in the world, in nature. We have frogs, fish, ants, grass, goats. Take an afternoon to walk out in the forest or just the backyard. *Look up in the branches. Dig into the earth.* What kinds of plants or creatures do you see? Lots, right? They all live together, they all find a way to work together. As you grow up and find your place in the world, think back to that diversity you discovered in nature.

Diversity is all around us. As leaders we need to recognize it. Approach the world and your neighbors and your kids with wonder, coaches. Thanks for opening those hearts and minds.

"Thank you for helping keep the community safe!"

- Bobby Newton Kline

844-321-KICK (5425)

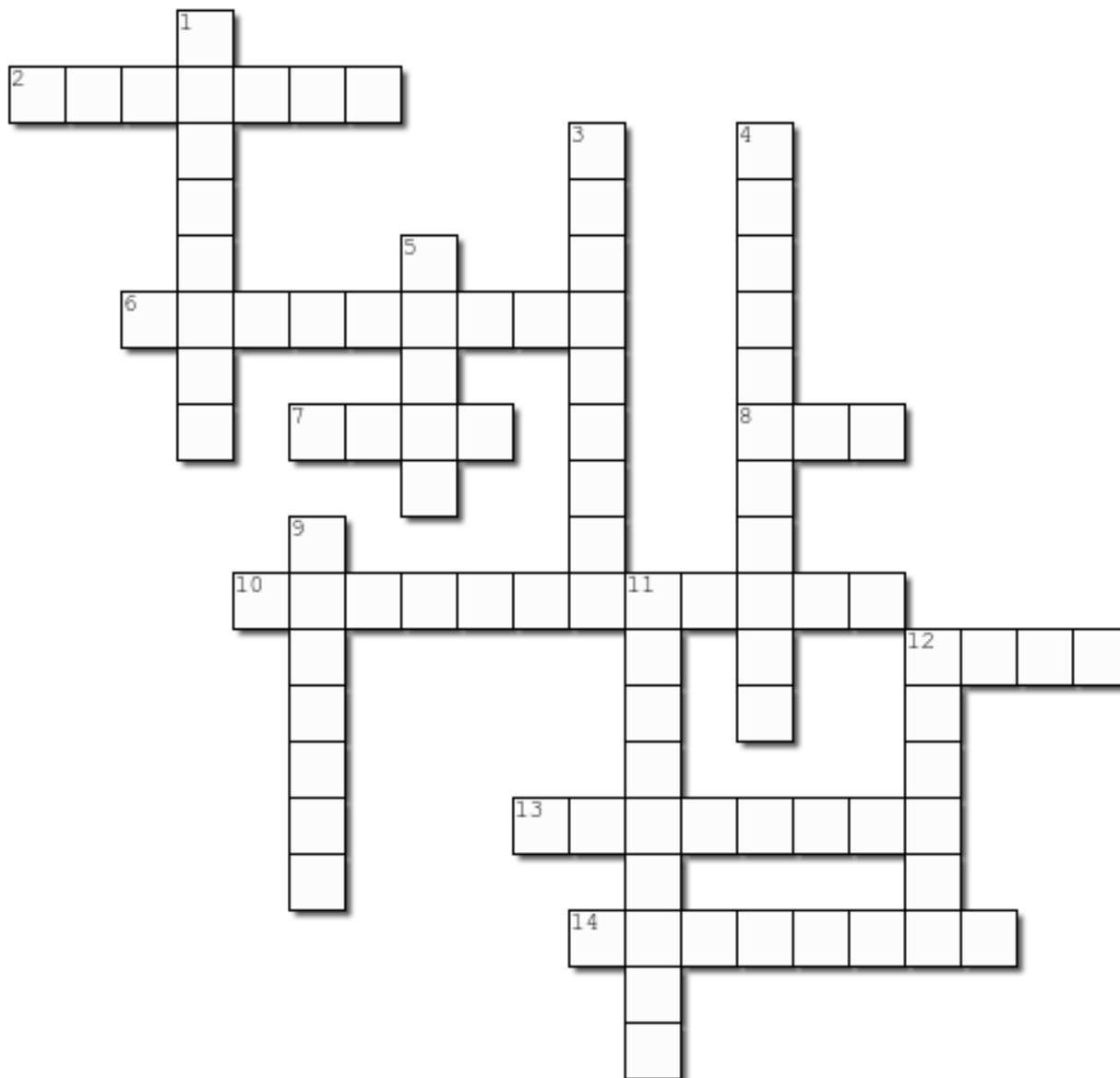
WWW.KARATESPECIAL.COM

KARATE WORDS

Name: _____

Diversity

Diversify your knowledge with this karate crossword!



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 2. Traditional martial art from the Philippines, employs empty hand, blade and stick techniques
- 6. A Korean martial art closely related to Tae Kwon Do; means 'way of the Tang hand'
- 7. To eat healthy, you need diversity in your _____
- 8. Acronym for "Brazilian Jiu Jitsu"
- 10. Scientific term for diversity of species in nature
- 12. A Filipino martial art often referred to as the "art of blade." Tuhon Apolo Ladra is one of its foremost masters
- 13. An acrobatic Brazilian martial art initially disguised as a form of dance
- 14. Founder of Jeet Kun Do. Taught martial arts to anyone willing to learn

Down

- 1. Martial art developed by the Israeli military
- 3. Father of American Tae Kwon Do. Brought Tae Kwon Do to the United States
- 4. _____ requires you to diversify your stretches
- 5. Nation where tae kwon do originated
- 9. _____ requires you to diversify your exercises
- 11. Woman who fought for her place at the front of the bus on December 1, 1955. Also known as the "First Lady of Civil Rights"
- 12. A hard-style martial art developed in Okinawa

"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

Evelin Uribe
Ryder Bjork
Robert Frisken
Abbi Magaldi
Prabal Shrestha
Marcel Marin

JOHNSTOWN

Kyran Sanchez
Hailey Bowman
Joe Edmund
Sylvester Downs
James and Charlie Erdesky

LEADERSHIP

FORT COLLINS

Blake Balhiser
Charlie and Cora Kraus

LONGMONT

Bianca Ribeiro
Noah Ribeiro

JOHNSTOWN

Adalynn and Emma Feaver
Karen Onteveros
Vincent Ingino



Rippkick Fitness Class

MONDAY AT 9:30AM

WEDNESDAY AT 9:30AM

FRIDAYS AT 9:30AM

(12 YEARS & UP)

**LIVE STREAM AND
LIMITED IN-PERSON
SPOTS AVAILABLE**

(AT THE JOHNSTOWN SCHOOL)
SIGN UP ON THE MINDBODY APP

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