

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

AUGUST 31, 2020

## RESOLVE

*"Study the ruling principle of the wise, what they run away from, and what they seek out."*  
—Marcus Aurelius



*Jhoon Rhee throws a sidekick, long before his Grandmaster days.*

Jhoon Rhee built a martial arts empire from nothing.

Coming to Texas following the Korean War in the late-1950s following his service as an interpreter for the U.S. Air Force, Rhee began taking courses in engineering at the University of Texas at Austin. He also began teaching select students in the fighting art of taekwondo.

Those early students included legends in the martial arts community like Grandmasters Pat Burleson and Jeff Smith. These students, the foundation of the growing empire, taught others. The empire grew.

ONLINE TRAINING AT  
VIRTUALRIPPLES.COM



**FORT COLLINS**  
(NEXT TO SUPER TARGET)

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

Grandmaster Rhee faced many restrictions and obstacles, including skepticism about the martial arts (this was nearly 70 years ago, well before Bruce Lee had made martial arts famous, and "karate" was considered esoteric or totally misunderstood in the West).

He kept building, moving to Washington, D.C. to set up new taekwondo schools, teaching new students (including members of Congress and famous fighters like Bruce Lee and Muhammad Ali) and personally inspiring thousands, including our own master instructor, Greg Macy.

You're part of that empire, part of that legacy. Earning your Black Belt takes courage. It also takes enormous resolve.

*"Ryan's dedication to martial arts has been nothing short of incredible. He started at age 10, and it has been amazing to watch him grow stronger and more confident. We could not be more proud." ~Josh Fudge*

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

# COACHES CORNER

## "I Am Willing": Building Your Kids' Resolve



*"Fall seven times, stand up eight." - Japanese Proverb*

Scottish author, speaker and life coach Gary John Bishop has three words that he says help people revamp their lives. *Stuck in a rut? No creativity? Always arguing? Can't turn off the TV?*

It's tough to break out of the routine that sending us (and kids) in a slow, depressing churn. Bishop says three words start the transformation. They are: "I am willing."

The book Bishop wrote (you can look it up) is meant, obviously from the title, for adults. But the message about willingness works just as well for kids.

When your kid says "I can't do the dishes/help with the yard/take a long walk/stay in bed/finish my homework," what she means is (even if she doesn't know it), "I'm not willing to." So how do you build their will?

**1. Demonstrate your own willingness.** Tell yourself: *I'm willing to listen. I'm willing to understand. I'm willing to try new things.* Kids see this, and it's your leverage to get them going. That's why parents are always being encouraged (hassled, poked and prodded, in a good way) to join their kids at karate. Imagine what your kids witness when they see your willingness to learn the forms, do the push ups, snap to attention and follow directions. You're not just ordering them around; you're taking orders yourself (and awesomely, may we add).

**2. Chart accomplishments.** It's incredibly important to chart progress. Say your kid goes one day without complaining, one day of cleaning his room, one night without coming out to bug you in the evening. Make a chart and note it—that first step turns into two, three, four... and becomes a habit. (Karate job lists and worksheets can help.)

**3. Be willing to reward.** There's a reason behind the (virtual and real) high fives, the stripes, the belts and the Facebook shout outs in karate. Accomplishment gets rewarded by the experts (instructors). At home, you're the expert. You're the authority, the instructor, the fount of knowledge. You can reward kids with things tangible (ice cream, visits to the park, a TV show, some spending money) and intangible (taking time out to listen, to play).

Giving builds resolve and helps kids keep on and get back up with things get tough. Keep it up Coaches!

*"Cooper continues to show self-control both on the mat and at home.  
He is fearless, and he always has a smile."*

*- Toni Eddleman*

# KARATE WORDS

## Word Match: Famous Martial Artists

Match the descriptions with the names of these famous martial artists from modern and ancient history!

Created on TheTeachersCorner.net Match-up Maker

Bruce Lee	a. Known as the "Father of American Tae Kwon Do"
Chloe Bruce	b. Chinese martial artist and actor famous for role in "Crouching Tiger, Hidden Dragon"
Ed Parker	c. Martial artist known for her flexibility and high kicks
Kareem Abdul-Jabbar	d. Legendary female warrior who defended China against the Mongols
Mulan	e. MMA fighter famous for his Shotokan karate skills
Tuhon Apolo Ladra	f. Kickboxing champion, member of Team Paul Mitchell Karate
"Wonderboy" Thompson	g. Pro basketball player who fought Bruce Lee in "Game of Death"
Jade Xu	h. Master teacher of the art of Kenpo
Michelle Lee	i. Female martial artist who competes in Wu Shu
Jhoon Rhee	j. Master teacher of the Filipino art of Kali
Chuck Norris	k. Teacher, actor, founder of Jeet Kun Do
Justin Ortiz	l. Battled Bruce Lee in the final fight of "Way of the Dragon"

*"This community is fantastic! We are blessed to see our son's journey to Black Belt. Thank you for being part of our family!" Gia and Jeremy Woolman*

# NEW STUDENTS

## FORT COLLINS

Scarlet House  
Alandra King  
Keira Stoddard  
Blayne Brown

## LONGMONT

Celeste Cady  
Darien Krause  
Grady Snyder  
Scarlett Young  
Iver Osborne  
Jack Poirot

## JOHNSTOWN

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

# LEADERSHIP

## FORT COLLINS

Charlie Davenport  
Mitchel Malzahn  
Oliver Oneto  
Emerson Oneto  
Stephanie Oneto  
Akshainie Chatterjee

## LONGMONT

Lori Carranza  
Joshua Guevera  
Brett Kelley

## JOHNSTOWN

Adalynn and Emma Feaver  
Karen Onteveros  
Vincent Ingino



*"It's been a joy to watch John's transformation from nervous little white belt to thriving Black Belt. Quiet composure. Low-key grit. We're so proud of you John!" ~Zach Baze*

# Ripkick 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**

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SIGN UP ON THE MINDBODY APP

**RIPPLE EFFECT**  
Martial Arts

## PIZZA PARTY **CHALLENGE!!!**

**HOW TO GET YOUR  
SLICE:**

- ATTEND EVERY BELT-RANK AND LEADERSHIP CLASS YOU CAN (VIRTUAL OR IN PERSON) FROM SEPTEMBER 1 - 30
- LOG IN TO MASTER MACY'S LEADERSHIP BOOK REVIEW FOR DOUBLE CLASS CREDIT! (MONDAY NIGHTS AT 7 P.M.)
- THE STUDENT WITH THE MOST BELT-RANK ATTENDANCE FROM EACH SCHOOL WINS A PIZZA PARTY FOR TEN FRIENDS!!!

**SOCIALLY DISTANCED. TOTALLY DELICIOUS.**

**WINNERS ANNOUNCED SATURDAY, OCTOBER 3**

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