

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

NOVEMBER 22, 2020

HUMILITY

"Live a life full of humility, gratitude, and intellectual curiosity. Never stop learning." —Gza



This famous painting of The Great Wave off Kanagawa" by the Japanese artist Hokusai depicts the bravery of fisherman facing the raging seas. It also shows their humility, bowing in their wooden boats under the great might of the waves.

Black Belts are powerful, impressive, dominant. *So how can a Black Belt be humble?*

It turns out that pride and humility aren't mutually exclusive. There are many benefits to developing a sense of humility, and (like so many Black Belt traits), humility is something you learn and earn through trials.

These include trials at home and school: kids argue with parents and teachers, teachers argue with parents and kids. A rich sense of humility helps us survive these exchanges and enrich others' lives in the process.

Humility is also a form of self-defense. Consider the old adage: *We learn karate so that we need never use it.* Black Belts are humble enough not to put themselves or others at unnecessary risk. Black Belts don't bully other people. They don't venture down dark paths just to prove how brave they are. Black Belts don't taunt other kids into "proving themselves" in a dare or a fight.

Their humility is protective as well as a strength.

ONLINE TRAINING AT
VIRTUALRIPPLES.COM



FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Black Belts also gain awareness of their own fallibility; that is, *Black Belts make—and own—their mistakes.* Mistakes aren't embarrassing anymore; they're genuine. Mistakes aren't hidden or shameful; they're on display.

There's a Chinese proverb that says, "The taller you grow, the lower you bow." No one represents this better than a Black Belt. You've grown from white belt through the ranks, with all the attendant trials and joys. *Think about what you represent to new students, just getting started in their martial arts journey and wondering what's possible for them.*

As a Black Belt, these students look to you to see what's possible. *What will you demonstrate for them?* Start by (humbly) recalling what it was like at white belt. *Worried you'd make a mistake, worried others would see it.* We all need Black Belt examples in our lives to help us see what fears are possible for us, with help, to overcome.

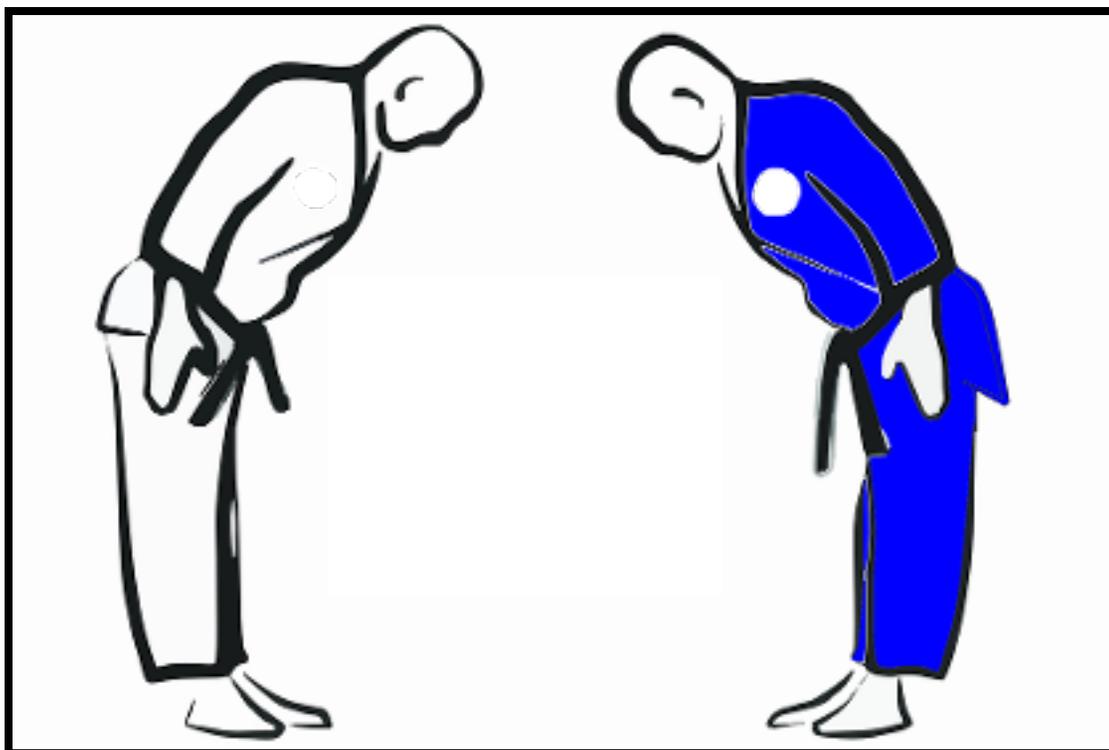
Humility gets us grounded, makes us strong and secure in our beliefs. This is, in fact, at the root of what it means to be humble. "Humility" comes from the Latin word "humus," which refers to the earth. Just like the earth beneath your feet, humility is strength. Make it your Black Belt foundation.

"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



*"A grateful heart is the beginning of greatness. It is an expression of humility."
James E. Faust*

Want to be a Black Belt? Be Humble.

How do we teach kids to be humble, even as we're challenging them to tackle new trials?

How can humility help build stronger families?

And how can being humble help kids become leaders in life?

Training to Black Belt has some proven, time-tested results in kids, including greater confidence, stronger self-esteem, and a readiness to show respect to family, teachers and peers.

Black Belts are also more likely to stand up to (and far less likely to become) bullies. But no matter your age, gender, or personality type, the journey to Black Belt humbles as it empowers.

Here's how.

Reflection

Black Belts learn, over the course of their training, to lose with grace, with dignity. To come in second, third, or to not even place in a sparring or forms competition means there's more to learn, something to admire in the competitor who got the higher score. Karate students bring this to their life at home and school, able to reflect on new ideas and points of view and supporting other people in their goals.

Gratitude

Humble kids are thankful kids. Black Belt training builds a "never take things for granted" mentality, and this begins to take shape at the very earliest stages. *How?* To earn each successive belt, students must earn stripes for showing a *positive attitude*, asking for the *support of their parents and teachers*, and *giving thanks*. You'll lose count of the number of times you'll hear "Thank you, Ma'am!" and "Thank you, Sir!" on the way to Black Belt.

Open-Mindedness

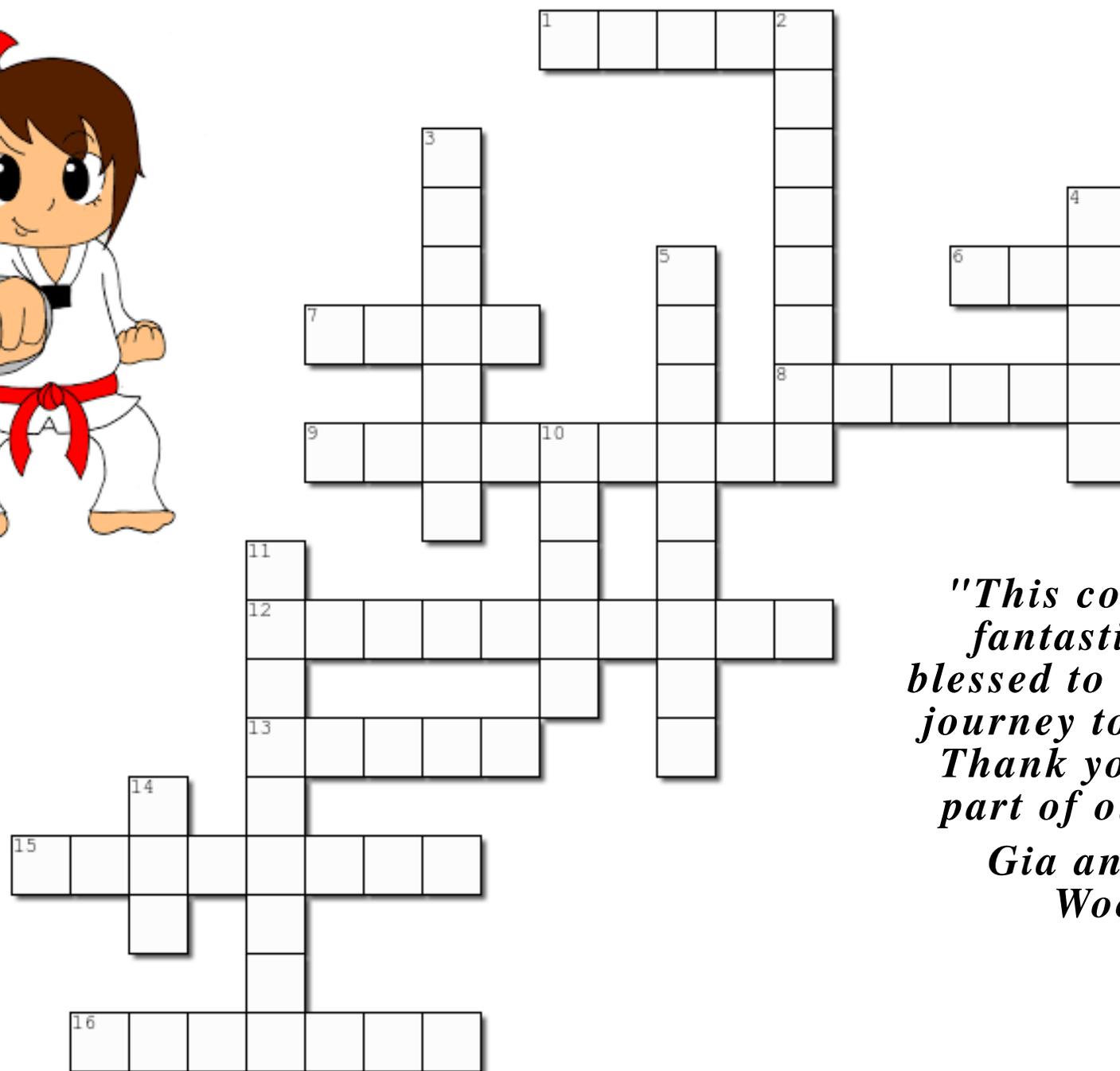
Research has shown that humble people are more open-minded, less inclined to judge others and ready to listen and discuss new points of view. The first word of the Black Belt Creed, recited by students after every karate class, is *MODESTY*. It's at the core of what it means to be a Black Belt. And as your child moves through his or her training, testing, and promotion, humility serves as a compass to keep them open to accepting—and overcoming—new challenges.

Black Belt humility is forged just like Black Belt power: though the exercise of it. Just as push ups, sprints and side kicks build strength and endurance, the act of bowing out of respect and saying "please," "thank you," and "Yes Sir, Yes Ma'am" builds a powerful sense of humility on the route to Black Belt.

*"Ripple Effect Martial Arts not only teaches amazing martial arts skills and discipline. They also focus on attitude and character development. Our son has pushed himself beyond what he thought was possible and we could not be prouder of him!"
The Herrera Family*

Humility Crossword

Show us your humble side and complete the puzzle below!



"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

Created using the Crossword Maker on TheTeachersCorner.net

Across

1. The opposite of falsity; what philosophers seek
6. Name of the person quoted on the first page of this newsletter
7. To understand your own faults, and to understand the thoughts of others, you need to have an _____ mind
8. Showing _____ is a great way of showing gratitude
9. The third character trait of the Black Belt Creed
12. What you see in the mirror; a way of thinking about things, contemplation
13. A quality that gives you faith in someone or some thing; you have to earn it
15. The second character trait of the Black Belt Creed
16. The first character trait of the Black Belt Creed

Down

2. The November 2020 Word of the Month!
3. The quality of speaking the truth; someone with this character trait is trustworthy
4. The name and central character of a famous epic poem by Goethe; also, the person quoted on page 2 of this newsletter
5. A fascination with the unknown; it's also what "killed the cat"
10. The opposite of clumsiness; rhymes with "face"
11. To give thanks means to show this; rhymes with "attitude"
14. You feel humility in your _____ (also known as a "punch in the ...")

NEW STUDENTS

FORT COLLINS

Blayne Brown
Walter Christiansen
Holt Hamilton
Darren King
Katelyn Shannon
Cole Shannon

LONGMONT

Jordan Lachel
Grayson Normandin
Rylan Vosbury
Dominic Hernandez
Keegan Daubert
Brielle Hernandez
Weston Daubert
Ethan Berumen
Riley Daubert
Colton Minter

JOHNSTOWN

Bryce Boyd
Nehliyah Stewart
Hunter Peck
Maalliyah Miller
Alex Millsap
Charli Millsap

LEADERSHIP

FORT COLLINS

Akshainie Chatterjee
Parker Deogracias
Lakshith Vutukuri

LONGMONT

Martina Young
Saryn Luther
Karter Davenport
Lauren Meyers
Elijah Young
Taolan Meyers
Tessa Bachel
Adam Meyers

JOHNSTOWN

Kaliann Nappi



"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

ANNOUNCEMENTS

HOLIDAY CLOSURE

No Gold-Black Belt Virtual or In-Person Classes Thursday, November 26th - Saturday, November 28th

(Some White Belt and Little Ripples classes are still on for the 27th and 28th - call 844-321-KICK for details!)

Happy Thanksgiving!

ENVISIONING
YOUR PATH TO
BLACK BELT

Name: _____

Write down three goals that you'll say to yourself as you work to earn your Black Belts by the dates below!

BLACK BELT DATES
(MONTH, YEAR)

1st Degree Black Belt: _____

2nd Degree Black Belt: _____

RIPPLE EFFECT
Martial Arts

Have you created your Black Belt goals?

[Click here to get the worksheet!](#)

Burn a few (hundred) calories w/Master Macy Thanksgiving Morning!

[Click here to join LIVE!!](#)

YOU

VS

TURKEY

RIPKICK HIGH-ENERGY FITNESS CLASS

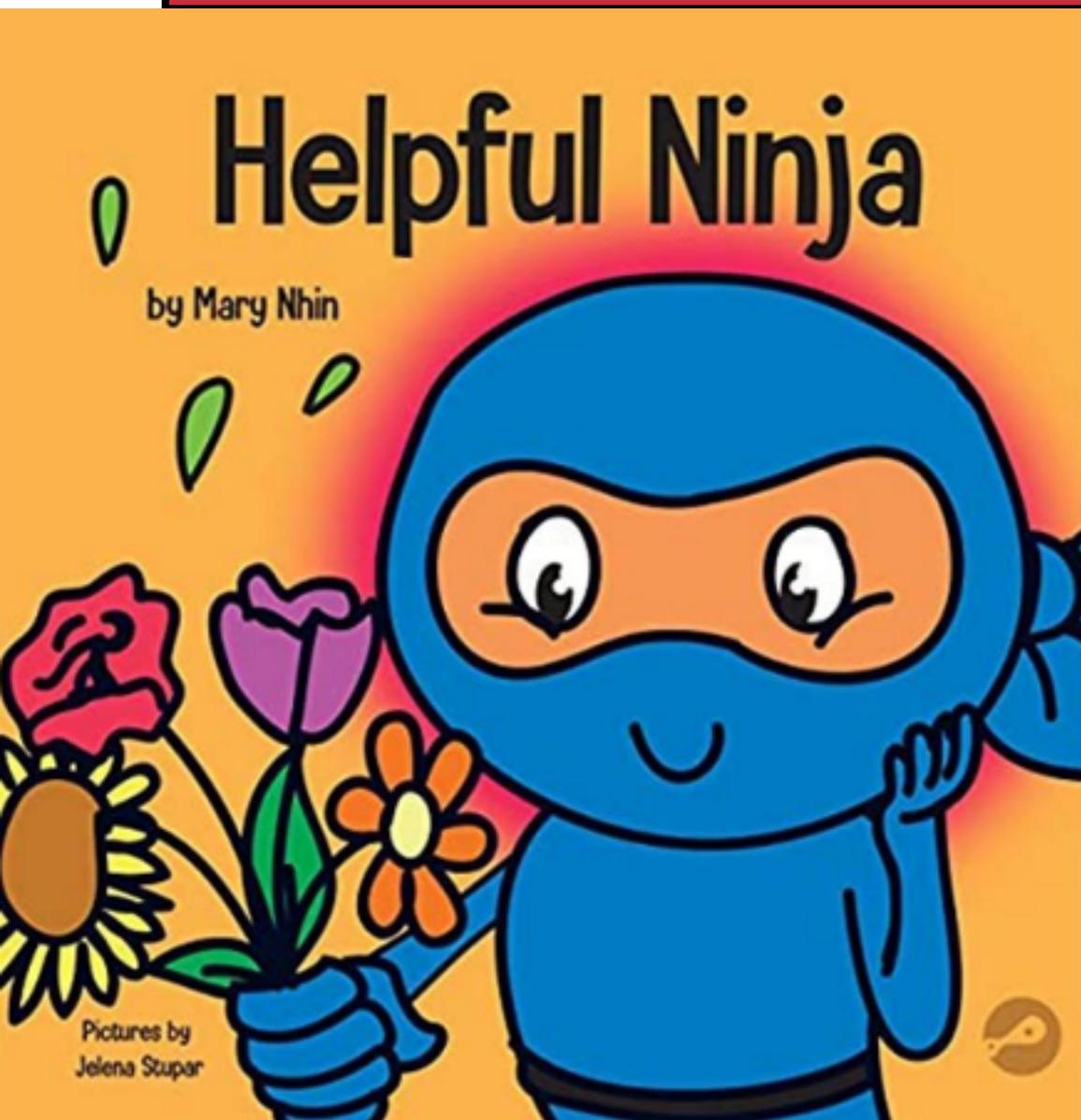
TURKEY BURN FUNDRAISER

RIPPLE EFFECT
Martial Arts

AND MORE!

ANNOUNCEMENTS

READ GREAT BOOKS WITH A BLACK BELT!!



READ BY **MR BRADY**

**FRIDAY,
DECEMBER 4
7:30 P.M.**

VISIT
VIRTUALRIPPLES.COM

for access to the **BLACK BELT
BOOK CHAT!**

HEAR THE ADVENTURE OF THE

**FRIDAY,
DECEMBER 18
7:30 P.M.**

WITH **MR
OLMSTEAD!**

**NORTH POLE
NINJAS**

VISIT
VIRTUALRIPPLES.COM

for access to the

**BLACK BELT
BOOK CHAT!**