

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

DECEMBER 29, 2020

REFLECTION

"Think about being seen only by yourself, and not through the eyes of others." —Miyomoto Mushashi



Martial artists specialize in the power of reflection, which is essential to leadership and personal growth.

Have you ever forgotten where you put something? Your keys, your glasses, your earphones, your toys? Reflection helps in this process. You stop and think: *Where did I last have these things? Where could I have left them?* What makes sense? Reflection helps you focus and find the answer.

Reflection helps us empathize with other people. When you've hurt someone's feelings, made someone sad, you can reflect, think back: *How would that make me feel?* Reflection helps us feel what they feel, and that makes us better people.

Has that ever happened to you?

In karate, if you fail a test, or don't get 1st place in a tournament, you can learn a lot by reflecting on your own performance: *How much did I practice my combos, my form, my presentation? How could I improve myself?*

ONLINE TRAINING AT
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FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

All the karate schools have wall to wall mirrors—that's not by accident. It's so you can literally reflect on everything you do in the school. You can see yourself, go *"that sidekick didn't look quite right; I'll adjust it."* Make sure you use those mirrors—look at yourself, at home, too.

One of the most important things about self-reflection is that it helps us function better and reach our goals. When you wake up in the morning and reflect on what you want to accomplish today, what steps you need to take, you can see things clearly.

At the end of the day, reflect again: *Did I take those steps? Did I reach my goal?* This can be something little, like cleaning your room or taking out the trash. Or it could be steps to something big, like learning your form so you can progress toward your Black Belt.

As instructors, we have to work to be our very best; we're always working to get better. *That's because what we teach you is a reflection on us*—so if you're getting better, that means I'm doing a good job teaching. I'm reflected in you, and you're reflected in me.

Let's always reflect our best.

"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

Black Belts Look Back to Forge Ahead



“It is easy to criticize and break down the spirit of others. But to know yourself takes a lifetime.”

Bruce Lee

Do your kids have the power of reflection? They can see themselves in the mirror, so, yes, in a sense. But they can't see their actions or their consequences in polished glass. They need training to do that.

Reflection gives kids the power to *1. Think Out Loud. 2. Accept the Consequences of their Actions. 3. Make Changes to Improve Themselves.* Let's look at what that means.

Thinking out loud is something that mature people (i.e., parents, teachers) do all the time. It makes us more productive, helps us get stuff done. *What are my top three goals for the day? Maybe I should pick up some vegetables for dinner tonight. I wonder what Mom would like for Christmas? What did I do today that made somebody happier?*

Giving voice to these kinds of thoughts helps us reach goals, however big or small.

Kids can do this too, but they need your help. Prompt them to reflect: *What do you want to do today? How do you think we should get ready? You have a karate test coming up—what do you still need to learn?* Martial arts gives you the tools to ask these questions.

Accepting consequences is tough for kids. They want, naturally, to avoid them. (So do we.) But consequences teach us a lot. The feeling of losing a game, for instance, makes us more passionate when we win. Losing is a consequence of bad choices, not bad luck. Winning—especially when the win is the consequence of learning from our mistakes—gives us a thrill. We're more eager to win, and less afraid to fail. The value of reflection gives kids a runway—they feel like they have room to take off.

Making a change for the better is the ultimate outcome. Mistakes make us better when we reflect on them. Try this with kids. Say: “That didn't work.” Say it with compassion, and without judgment. Encourage kids to ponder, to think about what could go better next time. This works best when the failures contrast with successes. Consider cooking, for example: *Does adding more sugar or salt make the sauce better? Is there such a thing as too much or too little?* Grab a recipe and try it out! It's all about experimentation, and reflection on what works (and what didn't).

Black Belts aren't pictures of perfection. *Black Belts strive for perfection.* It's their defining trait. Training gives you many opportunities to reflect on what's gone wrong and what goes wonderfully right. Keep celebrating successes on your Black Belt journey.

“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

KARATE WORDS

Reflection Word Search

Find these words related to reflection in the grid below!

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

REFLECTION
MIRRORING
CONSIDER
STUDY
STRENGTH

VISION
MEDITATION
PONDER
WRITING
BLACKBELT

MIRRORS
THOUGHT
COGITATE
PUZZLE
LEADERSHIP

"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

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

GLO-CHUCK VIRTUAL SEMINAR

SAT, JAN 9

4:30PM (WHITE-H. BLUE)

5:30PM (RED+)

With special guest
Mr Arkfeld

Get your glo-chucks at
MYKARATEGEAR.COM
(Order by **Dec 7** to receive
by Christmas... Last day to
order is **Dec 21**)

FREE

CALL TO REGISTER:
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RIPPLE EFFECT
Martial Arts

HOLIDAY CLOSURE

*We're closed December 31-January 2nd
for virtual and in-person classes.*

Happy New Year!

RIPPLE EFFECT
Martial Arts