

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JANUARY 28 2021

RENEWAL

"Vines will be planted, corn will spring up, a whole growth of new crops and harvests yet to come. Life is eternal, a perpetual renewal of birth and growth." —Emile Zola



Reading has been proven to renew your mind. Black Belt training also exposes you to a whole new realm of renewal, and like a library, there's no limit on what you can learn.

Over the course of your journey to Black Belt, you'll hear this (even if you don't comprehend it) from day one: *Black Belt is the beginning of your training.* How can this be?

Like other momentous accomplishments in life, *earning a Black Belt serves as a chance for renewal.* It's different than the usual ways in which we use that concept - renewing a library book, for example, or a passport or insurance policy.

These are effectively *continuations*—we may update our address or vital stats, but nothing's actually "made new."

The opportunity for renewal comes in the new ideas and stories you'll read in those books, the new places and people and cultures you'll encounter as you travel.

ONLINE TRAINING AT
VIRTUALRIPPLES.COM



FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Your fresh passport and library card just grant you access; they say *"I'm ready for the experience."* But whether to accept and truly access that experience is up to you.

Think of a superhero's origin story. *When does that usually come out in comic books or on film?* Usually when the writer or studio is renewing the franchise, right? This happens in *Batman* and in *Star Wars*: How does the story continue? By going back to where it all began.

Martial arts development, a lifetime in the martial arts, is a life of renewal. Consider why 10th-degree black belts (like Grandmaster Jeff Smith, and his teacher, the late Grandmaster Jhoon Rhee) have decided to come back to white and gold belt classes to teach. Consider why black belts take on new students, versus just riding off into the sunset, so to speak.

It's an act of renewal, and it impacts both teacher and student. It impacts parents and communities, too, as black belts use their strength of spirit to give back.

Next time you have the chance, thank your instructors for helping keep you on the road to earning your black belt. Once you get there, it'll be a whole new beginning.

"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

How Martial Arts Helps Renew Our Bodies and Minds



"The single overriding objective in wellness is constant personal renewal. Each day is a miraculous gift, and our job is to untie the ribbons." Greg Anderson

Hey Kids and Coaches! Did you know that renewal means "to make new?" And our bodies are renewing themselves all the time!

The cells that make up your skin, your organs, your blood, your muscles and your bones continually make themselves new. But the pace of renewal changes depending on how hard each type of cell is forced to work.

When cells are damaged or undergo a lot of stress, the body works overtime to replace and replenish them.

That's why your knuckles grow callouses and cuts heal, for example. *And it's one reason martial arts training and exercises are so good for you.* When you do pushups, sit-ups and squats, you get tired, right?

But by pushing yourself, you're strengthening your muscles and bones, because you're breaking down the cells with all your hard work, and those cells then grow back stronger than ever.

We call this "conditioning," and karate conditions the heart and lungs, too. It goes beyond just jumping jacks and long runs. If you know Chon Gi (or any other martial arts form), try it out five times in a row (complete with a bow and a prepare stance each time) at full speed and power. How do you feel? *Probably need to catch your breath, right?*

Those bursts of energy from all those punches, blocks and kicks stress the heart and lungs, making them work super hard at short intervals with just clips of rest in between. Think of a shark swimming super fast to catch a seal, or a squirrel being, well, squirrely.

Cells in the stomach and intestines tend to last only about five days, because they're constantly hit with corrosives like acid. Bone cells bear a big brunt, too, but because our skeletal system is so robust, it takes about ten years for all the cells to completely regenerate.

Of course, as martial artists we develop other healthy habits to refresh and renew ourselves. Things like:

1. **Martial arts** (*especially for kids, who never seem to have a lack of energy*)
2. **Healthy snacks** (*think fruits, tasty veggies like raw snap peas and avocados, and cashews for protein*)
3. **Fun activities and conversation** (*gather when you can after school or work to play board games that challenge the mind, or to **Read with a Black Belt**-see announcements below!!*)
4. **Deep sleep** (*because a good night's sleep helps renew the body and the brain, making kids and coaches refreshed and ready for a new day*)

Make sure you're paying attention to these four pillars of replenishment and keeping them in balance as you renew yourself this year!

"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

NEW STUDENTS

FORT COLLINS

Aiden Burch
Kristopher Burham
Kelly Campbell
Jericho Campbell
Jacob Campbell
Mariyah Campbell
Maelia Vigil

LONGMONT

Brooke Lounnivongsa
Nathalie Lousteau
Mia and Lincoln Vigil
Isobella Strong
Liam Rowland
Junior Parikh
Kuleis Kage
Kase Kamas
Bennett Kulfan

JOHNSTOWN

Amias Pacheco
Alyna Alya
Shayla Ashley
Armando Rios
Ean Simmons
Craig Smoot
Torin Harwell
Parker Babcock
Adonias Archulta
Sammy Perez

LEADERSHIP

FORT COLLINS

Max Blanchard
Jackson Blanchard
Melissa Martine
Sammy Mills
Addyson Moorman
Andrew Yang

LONGMONT

Andrew Giberson
Caitlin Kline
Eleanor Rupp
Imogene Rupp
Micah Schaub
Nicholas Schaub
Nikki Schaub
Emma Schaub

Pete Schaub
Grayson Normandin

JOHNSTOWN

Collet Clark
Nehliyah Stewart
Shayla Ashley

Jennifer Collins
Ariah Dougherty
Zach Bashor



"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

RIPPLE EFFECT
Martial Arts

WE ARE A BLACK BELT

Pad up and try some awesome sparring drills from Master Macy to keep your sparring skills sharp. Beginners welcome!

VIRTUAL
SPARRING
SEMINAR

SATURDAY, FEB 6 AT 11AM

USE THE RINGCENTRAL CODE: 4031211992

ANNOUNCEMENTS



VIRTUAL
FAN SEMINAR

SATURDAY, FEB 27 AT 11AM
USE THE RINGCENTRAL CODE: 4031211992



**ORDER YOUR FANS AT
MYKARATEGEAR.COM**

LEARN THE ART OF LEADERSHIP WITH MASTER MACY!

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.,

**WEDNESDAYS AT
6 P.M.**

**LOG IN TO THE BLACK BELT BOOK
REVIEW AT VIRTUALRIPPLES.COM**

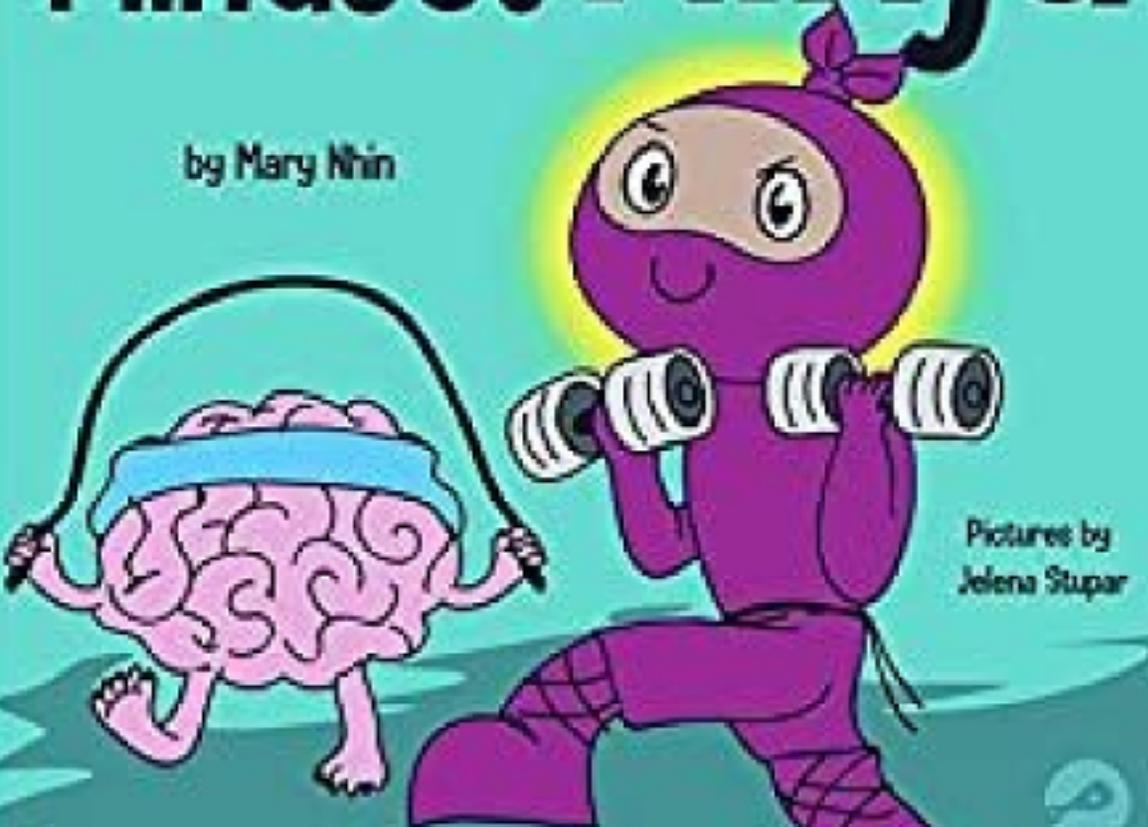
AND MORE!

ANNOUNCEMENTS

READ GREAT BOOKS WITH A BLACK BELT!!

Growth Mindset Ninja

by Mary Nhin



READ BY

MASTER MACY!

**FRIDAY,
JANUARY 29
7:00 P.M.**

VISIT

RIPPLEEFFECTMARTIALARTS.COM/READ

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

READ BY

MR WAGONER!

**FRIDAY,
FEBRUARY 12
7:00 P.M.**

VISIT

RIPPLEEFFECTMARTIALARTS.COM/READ

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

Compassionate Ninja

by Mary Nhin

