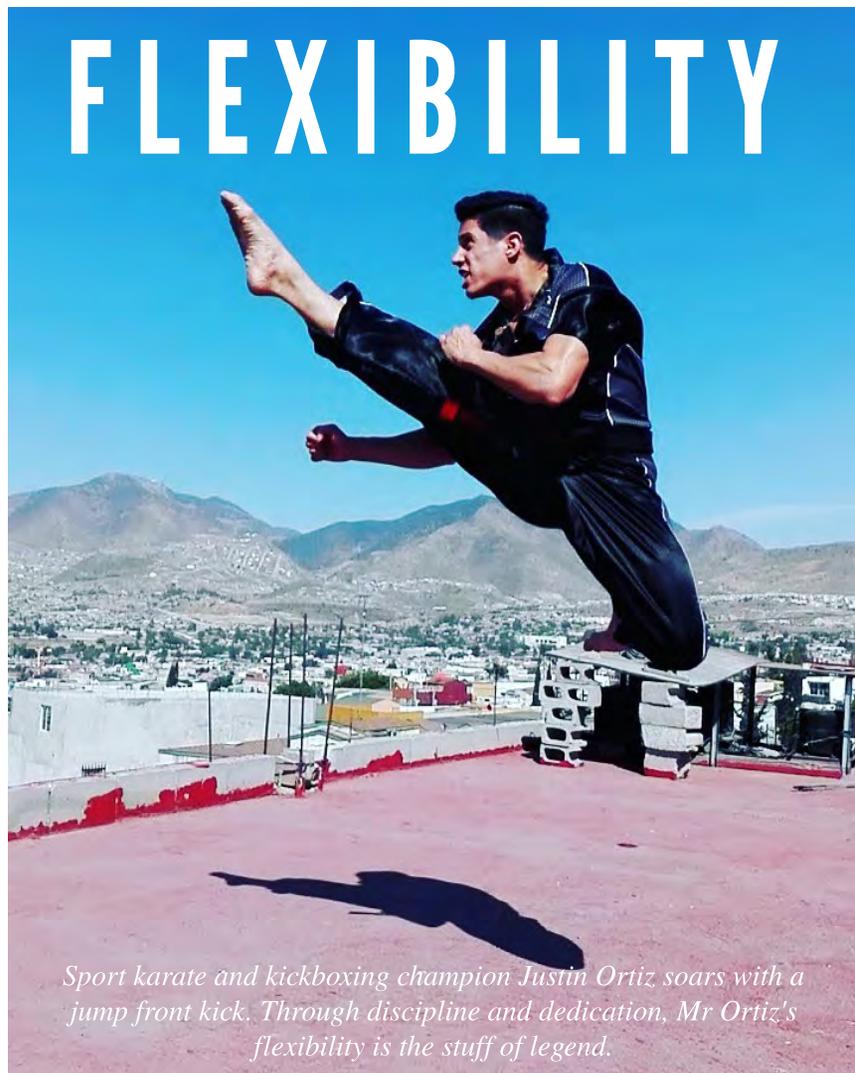


The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 26, 2021



Communism everywhere has paid the price of rigidity and dogmatism. Freedom has the strength of compassion and flexibility. It has, above all, the strength of intellectual honesty.

—Robert Kennedy

Who wants to be more flexible? We all do. And not just so we can kick to the head.

During a Ripple Effect sparring and creative forms seminar in 2018, Justin Ortiz said that he went to a specialist once about a problem with his hips. He wanted to know how to relieve the pain, and he assumed it would involve a way to stretch his hips. The specialist said it's not your hips, it's your calves. That is, *if you want to make your hips better, you need to stretch your calves.*

The point Mr. Ortiz was making is that everything is connected. You can't focus on stretching your hamstrings for higher kicks without also stretching your hip flexors, or the muscles in your back and arms.

But his point goes even further: Every part of your black belt training requires flexibility, from your sparring prowess to your leadership project.

ONLINE TRAINING AT
VIRTUALRIPPLES.COM



FORT COLLINS

(NEXT TO SUPER TARGET)

LONGMONT

(VILLAGE AT THE PEAKS)

JOHNSTOWN

(NEXT TO SCHEELS)

Consider the first thing you think of when you hear "flexibility." It might be words like *bending, looseness, ease, slack*. Maybe you think of a blade of grass or a rubber band. Maybe (especially if you're not a Little Ripple) you think of the opposite, like *stiffness, rigidity*.

One thing you may not have thought of is going past your limits. And that's what flexibility is all about. You might say, *I can't touch my toes*. Well, we're going to get you closer. *I can't kick high*. You're going to kick higher. *I can't do the splits*. You're going to get lower, and lower, and lower as you fight your way to your black belt. *We're going to push you past your limits*.

There's something of a paradox here. Flexibility comes from putting yourself in an uncomfortable situation. Flexibility brings comfort, but comfort doesn't breed flexibility. Flexibility comes from life experiences, challenging experiences. Flexibility is a form of growth. And growth requires a bit of pain.

It's going to help you become a Black Belt. It's also going to help create some healthy connections.

"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

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COACHES CORNER



Instructor and 2nd-degree Black Belt Allie Hayes throws a sidekick in the snow.

Why Kids Need Flexibility (HINT: They Can See It)

As martial artists, a lot of the concepts we try to instill in our kids (modesty, courtesy, integrity, discipline, respect) are difficult for kids to comprehend. They feel it, no doubt, when someone shows them courtesy. But it can be difficult for kids to understand what it means to demonstrate it themselves.

So we follow the three rules of how to teach, as told by Grandmaster Jhoon Rhee: *1. By example. 2. By example. 3. By example.* When we demonstrate courtesy and respect, our kids learn by our example.

Flexibility is like this too, with one added dimension: *You can literally see the effects of flexibility in martial arts*—they’re on display.

Flexibility helps with virtually every aspect of martial arts training. But it’s especially useful as a motivational tool for kids, because it’s something that kids can understand right away.

How high can you kick? How low are your splits? Can you touch your toes? Martial arts teaches us to set goals toward greater flexibility, to make progress.

“When I have to play the same role every day, I have the flexibility to play the character in so many different ways. It’s almost like playing five different roles.”
Simon Baker

Consider when kids are first learning to do the splits, touch their toes, or get into a butterfly stretch. Kids are pretty pliable (i.e., they bend easily), but watching a whole class of young kids stretch can look pretty awkward: lots of bent knees, wobbly legs and ankles; it looks a little off-kilter. But when kids see the instructors stretch with grace, with proper form, they learn to stretch with grace and proper form themselves.

Of course everyone can also see the effects of flexibility in kicks and movement in the martial arts. It’s a major motivation for any student who wants to kick higher and faster (which is a huge advantage in sparring and forms competitions). Flexibility is a great incentive, because kids see it and say “I want to be like that!”

So make sure you kids are doing their stretching homework at home—a few minutes in each pose, every day. You’ll see how it pays off as they make their way 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

KARATE

CHRONICLES



Summon some fun vocabulary to flesh out this Black Belt adventure!

NAME: _____

START HERE
BY CHOOSING
YOUR WORDS!



THEN SHARE YOUR STORY!!

The Snow Day

PLURAL NOUN _____

VERB ENDING IN "ING" _____

ADJECTIVE _____

PLURAL NOUN _____

PLURAL NOUN _____

PART OF THE BODY _____

SOMETHING COLD _____

NOUN _____

VERB ENDING IN "ING" _____

VERB _____

VERB ENDING IN "ING" _____

PLURAL NOUN _____

ADJECTIVE _____

COLOR _____

ADJECTIVE _____

ADJECTIVE _____

NOUN _____

VERB, PAST-TENSE _____

ADJECTIVE _____

ADVERB _____

ADJECTIVE _____

NOUN _____

NUMBER _____

I was walking to karate class. The sky was clear and full of many lovely _____ (PLURAL NOUN). I heard the gravel _____ (VERB ENDING IN "ING") under my flip flops, when somewhere in the distance there came a/an _____ (ADJECTIVE) rumble.

The air became cold as _____ (PLURAL NOUN), and I looked up to see huge snowflakes falling from the _____ (PLURAL NOUN). They landed on my _____ (PART OF THE BODY), which felt like a/an _____ (SOMETHING COLD).

Then I heard something. It was a _____ (NOUN) _____ (VERB ENDING IN "ING") down in the alleyway. I felt like I was going to _____ (VERB) and I started to turn back to run away, but my flip-flopped feet were _____ (VERB ENDING IN "ING").

I knew I had to stand my ground, like I remembered my karate heroes had always done. Out of the shadows lots of _____ (PLURAL NOUN) blew toward me. *I dodged, but a flurry of _____ (ADJECTIVE) snow ninjas, all dressed in _____ (COLOR), came flying at me with their _____ (ADJECTIVE) swords!!!*

Even though their slashes were _____ (ADJECTIVE), I knew I had to get back home, and fast. I couldn't see in the blinding snow, but there was a bright _____ (NOUN) flying through the clouds. It gave me a hope, and I _____ (VERB, PAST-TENSE), moving as fast as my feet would carry me.

"HURRY INSIDE!" my mom called from the door. Her eyes were wide and she looked a bit _____ (ADJECTIVE). (*Who could blame her? There were SNOW NINJAS on my trail!!*)

I reached the door _____ (ADVERB) in time to close it on the sword-wielding, _____ (ADJECTIVE) ninjas.

That's when I smelled something delicious. It was Mom's famous snow day cookies, and I had a thought: "Mom!" I said with a _____ (NOUN). "Let's make enough for all of the ninjas!"

"Ok, but we'll have to work fast," she said. "It looks like we'll have to make about _____ (NUMBER) million!!!"

(Surprise! It worked :) Happy Snow Day!!!



"From a nervous little white belt to a self-confident, thriving Black Belt, John's journey at Ripple Effect has been a joy to watch. It's been a gift to watch him gain the skills to engage any challenge with confidence and patience. I truly admire my son's quiet composure and low-key grit. We're so proud of you, John!" - Zach Baze

NEW STUDENTS

FORT COLLINS

William and Weston
Watson
Curtis Trujillo
Josh Myers
Carlos, Abby, Jayolen, and
Mia Meazoa
Ben Luzader
Jack Levi
Ryanne Johnson
Simone Gerber
Illianna and Izaiah Derrera

Timothy Attenberry
Jackson Koller
Saketh and Sarayu
Vobbilisetty
Will Thornberg
James Meneses
Gunnar Larson
Zella Stevens
Leaderships
William Watson\

LONGMONT

Xavi and Francis Shields
Isabel Chavez
Destery Vogt
Deekan Settles
Jacobi Olivares
Liam Ham
Brooke and Payton Vrieze
John Toohey
Jack Austin

JOHNSTOWN

Jayden Seeba
Avory Weber
Parker Weber
Romely Aguirre
Reisten Carpenter
Tyberius Blatter
Trevon Despres

LEADERSHIP

FORT COLLINS

Aiden Burch
Braelyn Fournet
Keira Stoddard

LONGMONT

Mac Urquhart
Victoria Urquhart
Julian Chavez

JOHNSTOWN

Daniella Mayen
Amias Pacheco
Alayna Alaya



"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



TOURNAMENT

PREP

WITH **MS. HAYES**

**SATURDAY, APRIL 3
11 A.M. - NOON**

FREE!!!

**TO ALL TOURNAMENT
COMPETITORS!**

RIPPLE EFFECT
Martial Arts

FREE!!!



BO STAFF TRICKING

SEMINAR

WITH **MR. WORTH**

**SATURDAY, APRIL 17
11 A.M. - NOON**

RIPPLE EFFECT
Martial Arts

ANNOUNCEMENTS



LEARN THE ART OF LEADERSHIP WITH MASTER MACY!

Bestselling author of THE WINNER'S EDGE
Dr. Denis Waitley
The Psychology of Winning
Ten Qualities of a Total Winner

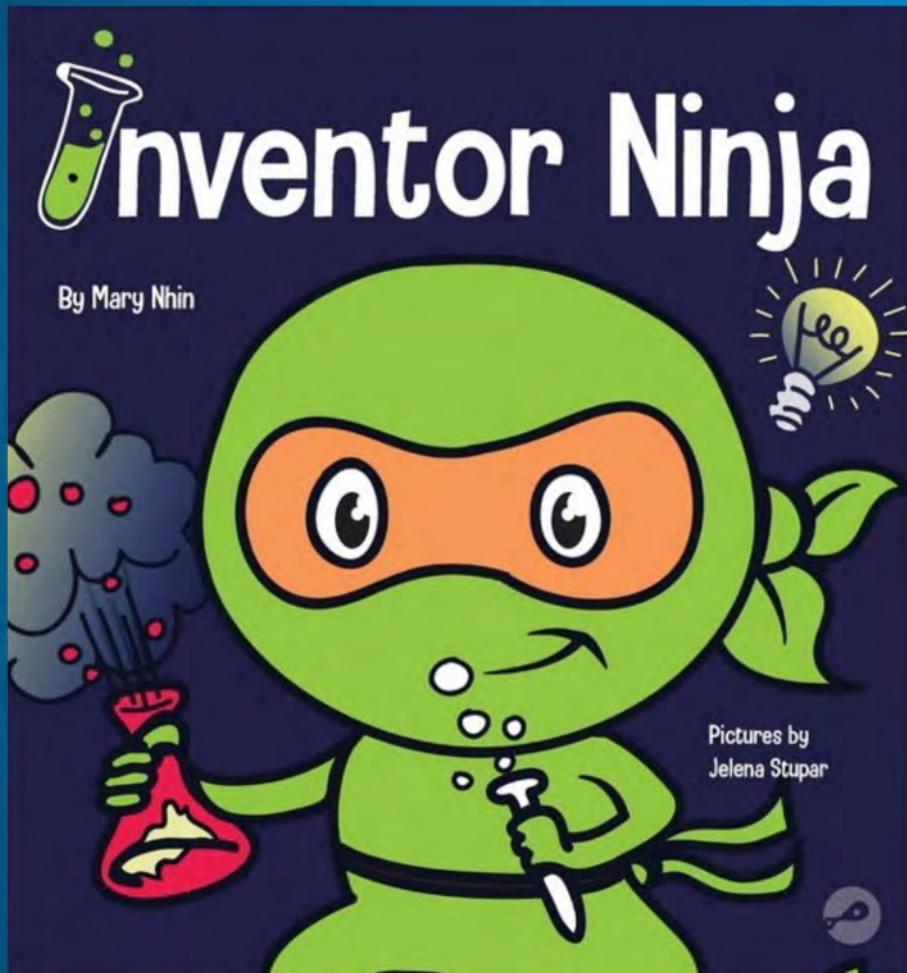
WEDNESDAYS AT 6 P.M.
LOG IN TO THE BLACK BELT BOOK REVIEW AT VIRTUALRIPPLES.COM

"Read this book, follow the steps, and you too can attain the 'Winner's Touch.'
—Spencer Johnson, M.D.,

AND MORE!

ANNOUNCEMENTS

READ GREAT BOOKS WITH A BLACK BELT!!



READ BY
MR THOMPSON!

FRIDAY,
MARCH 26
7:00 P.M.

Dishonest Ninja



READ BY
MS GARCIA!

FRIDAY,
APRIL 9
7:00 P.M.