

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

APRIL 26, 2021

COURAGE

"To dare is to momentarily lose one's footing. To not dare is to lose oneself."

— Søren Kierkegaard



Standing up in front of the judges and your peers to show what you're all about takes a ton of courage.

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FORT COLLINS

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LONGMONT

(VILLAGE AT THE PEAKS)

JOHNSTOWN

(NEXT TO SCHEELS)

"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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Courage is combative. Its opponent? *Fear*. Fear's instinctual, built into our minds and nerves and bones.

Fear kept our ancestors safe from lions, tigers, bears and each other. Our minds say if it looks or sounds or feels scary, *don't mess with it*.

Courage overcomes this mindset. It battles fear. It gets us to places we were afraid to go.

But you can't just dream about being courageous, saying someday I won't be afraid anymore. You have to take action, step by step, getting closer to what you fear.

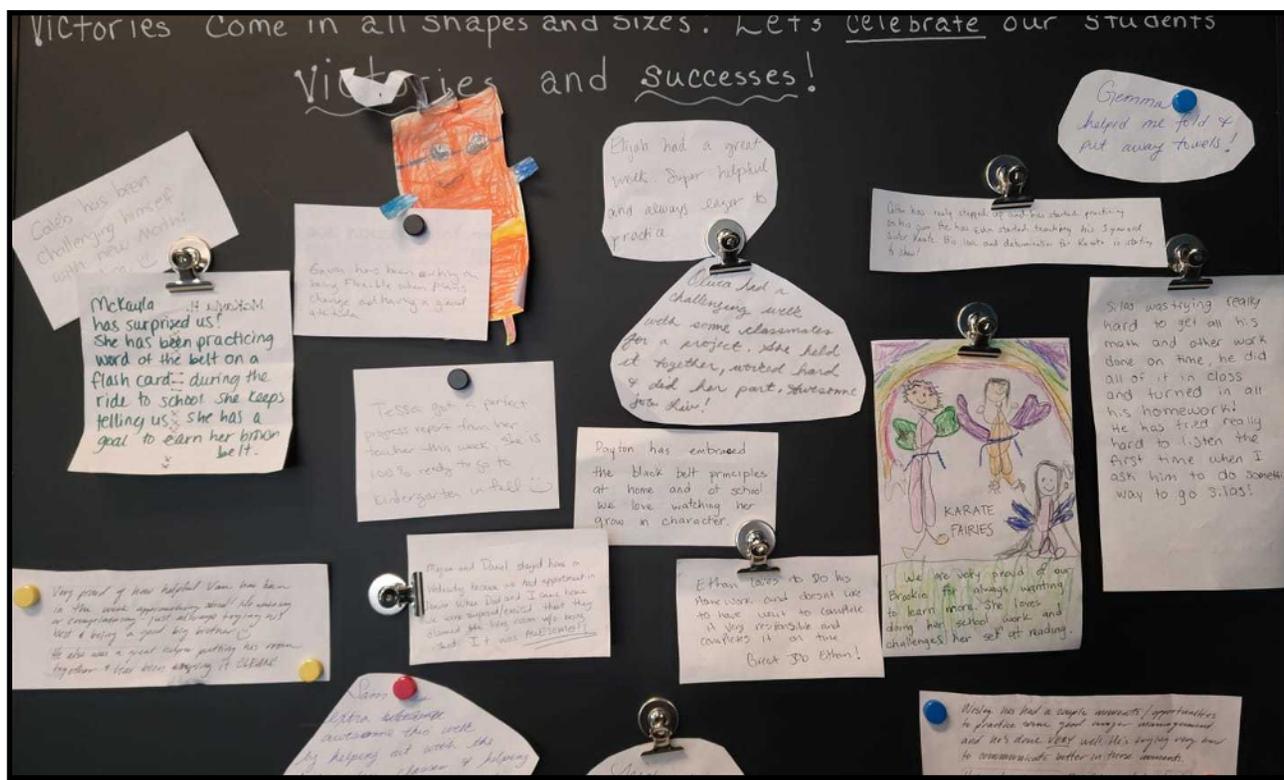
What's one way to do this? *To compete*. Competition is an exercise in courage-building. When you take on a sparring match, you risk getting hit. You risk losing. But you also set yourself up to score, to win.

Being courageous means that you do things that others don't, things that others shy away from. There's a reason that at any sporting event, spectators outnumber by far the players on the field.

Competition isn't easy, but you really give yourself a huge boost of courage when you step up to the challenge. The 'Do' in Taekwondo means "to do, to go for it." And going for it's a virtue.

COACHES CORNER

Building Kids' Courage



You can't spell "encouragement" without "courage."

Courageous kids say *I'm psyched. I'm ready. I'm gonna do the dishes, finish my homework, stand up to that bully. Earn my Black Belt.*

But we have to foster this feeling. That's where the encouragement comes in, and it all starts with your example.

How can you inspire courage in your kids? Here are some ideas.

The April 2021 Vision Board at the Ripple Effect Martial Arts School in Longmont, Colorado. Parents and kids share stories of their karate-school-home-related accomplishments (check out the karate fairies!)

Be positive (while being critical). Kids can malfunction (or freeze up) when they think they're in danger of making a wrong move. Negativity makes it worse, but it's possible to be critical and still be helpful. If their front kicks are flawed, instructors don't say "those kicks look terrible!" They say "looking pretty good, but let's make your kicks a little better. Here, try it with me." Try this approach with math homework, with reading, with dinner, anywhere you see them struggle. Working together, you'll find your kids sorting it out for themselves.

Ask about their fears (and try to relate). Questions show care, that you don't know it all but want to learn from your kids. *What are you scared of? The dark? How does it make you feel? I used to be afraid of the dark, too; then my dad said "let's leave the door open a crack so the light can get it. How does that sound? What do you think we should do about the dark?* The questions get things rolling. Pretty soon the fears are paved over.

Challenge your kids (and help them through the challenges). Kids don't grow without a push. Anyone who's witnessed (or been through) a Black Belt test can attest to this. It's tough to push kids when they're struggling; it's easier to let them off the hook. *But parents are there to push.* We're also there to encourage, to reward real effort. It's our job to challenge them to make that 'B' an 'A', to make those kicks a little higher, to get a little louder with those "yes sirs" and "yes ma'am's."

Give those kids a high five and keep that courage building.

"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

Courage Word Search!

Scramble up your bravery to attack the Courage word search below!

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

BRAVERY
 PARAMEDIC
 NURSES
 HERCULES
 BASSADAI
 INTEGRITY
 COACH
 PERFORMER

HONESTY
 DOCTORS
 SAMPSON
 ACHILLES
 MULAN
 MODESTY
 PARENT
 LEADERS

FIREFIGHTER
 TEACHERS
 BEOWULF
 ODYSSEUS
 BLACKBELT
 COMPETITOR
 EXPLORERS

"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

Jaden Garcia
Callen McClure
Rayne Lambrecht
Hutch Hester
Aspen Glenn

LONGMONT

John Toohey
Victoria Urquhart
Kim Menghi
Amelia McDonald
Amrielle Roznoski
Dakota Denn
Lochlan O'Connor
Aubree Fritz
Luca Pennell
Ben Simpson

JOHNSTOWN

Sienna, Trace and Aurra
Ada
Evan Simmons
Carson Klassen
Garrett Hughes
Trevon Despres

LEADERSHIP

FORT COLLINS

Leo Weber
Ryanne Johnson

LONGMONT

Hayden Hart
Shawn Lankford
MJ, Cooper, and Lauren
Mocilac
Silas Landreth

JOHNSTOWN

Justin Hundley
Jackie Clark
Tyler Jordan

Alayna Alaya
Amias Pacheco
Daniella Mayen



"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

MAY 2021

**WEAPON OF
THE MONTH!**



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