

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JUNE 28, 2021

TRANSFORMATION

"My transformation represents more than what is just skin deep; it represents my motivation, drive, and willingness to constantly improve." Jinder Mahal



Black Belt Transformation

Martial arts training is all about transformation. Black belt training gives you a chance to envision the better human you want to become. And it starts right from the beginning. Here are some of the ways you'll transform as you train to earn your black belt.

PHYSICALLY

You know the karate mantra: *Focus your eyes, focus your mind, focus your body*. Obviously, over time, you're building physical strength by doing pushups and holding horse stance. But the very minute you line up for your first class you're improving your physique. *Sound like magic?* It's not.

Think about standing at attention. You immediately hit a perfect posture, which doctors (and parents) promote as one of the best things you can do for your overall health. You hold that position for about a minute, unbudging, alongside the other students in your karate class.

Your body is already thanking you. A thousand classes down the line (some aches aside), it'll thank you all the more.

MENTALLY

Your body snaps to attention at the call of an instructor. *Your mind does too*. You've probably felt it: That instant (and there are dozens of them in any given karate class) where it feels like a whistle's blown—you were in the moment flustered, confused. Now in a split second you're focused, keen.

That sense of focus is constantly, sleekly recalled in the course of your karate training, starting right from the beginning. Your mind gets sharper as soon as your feet hit the mats. By the time you're testing for your black belt, your mind has been honed on the whetstone of thousands of classes and commands. It's a foundation of not only mental growth but resilience.

IDEALLY

There are marks of accomplishment in the course of karate training. Trophies, for example. You might have a few trophies or medals from past karate tournaments. And these are meaningful marks of accomplishment (especially for kids). But the feeling of having won, lost, or just participated in a karate tournament permeates the way you think.

The accomplishment, the challenge, putting yourself on the line—that's a feeling that changes the way you approach new challenges in your life. It impacts the way you form ideas, and it's one of the most valuable things you gain from training to become a black belt.

Take note of your transformation. Not only over the course of years (or a lifetime), but in the course of a single day or single class. With every stance, punch, and look, you're transforming.

"[Ripple Effect instructors] get students to want to push themselves. The lessons learned go far and above martial arts. Leadership, confidence, self esteem, respect for others and anti-bullying are the cornerstones of the school." Ben

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

COACHES CORNER

What Does Black Belt Transformation Mean for Kids?



"Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one." Marianne Williamson

Have you ever taken the kids to visit friends or family after a few months, and gotten this response: How on earth did they get so BIG?

Sometimes transformation can happen right before our eyes. Kids grow by micro-inches a day, and the growth is so subtle that as parents we don't notice it. It's why we keep little penciled lines charting our kids' height over a course of months and years. You look back at the wall space from time to time and think, just like those relatives that were stunned by growth that seemed so sudden: How did this kid get so big?

There's another way to think of this, and it's more in league with a pilgrimage or old school navigation across dangerous seas: Look at how far we've come.

On the black belt journey, kids transform in body and mind. Parents are so present, often training alongside, the whole time, the four years pass in a rush. But when you look back on your kids' transformation from white belt to black belt, the transformation is a revelation.

Here are some things you can do to help your kids become stronger, more confident, more appreciative of themselves as they train to earn their black belt:

- *Snap lots of pictures and create a photo album*
- *Create a belt display and hang it on your kids wall*
- *Create an album out of your kids Word of the Month worksheets*

These are keepsakes of your kids' transformation and they can call up some deep pride and emotion, for you and your kids, when you reflect on them in the years to come.

WORD SEARCH

Find these transformational words in the maze of letters below! BRING IN YOUR COMPLETED WORD SEARCH FOR AN ATTITUDE STRIPE!!

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

TRANSFORM

CRAFT

ENABLE

TABULA RASA

EXERCISE

METAMORPHOSIS

BUILD

KINDNESS

COURAGE

LEARNING

FOCUS

CREATE

FACILITY

REVISION

ENRICHMENT

FUN

“While [my son was] in the Little Ripple program, I saw that the instructors really had a passion for teaching their art. Not to mention a massive amount of patience.”

Chianne Coffman



NEW STUDENTS

FORT COLLINS

Talya Gerard
Jesse Slater
James Carter
Anna Nguyen
Hatcher Weady
=

LONGMONT

Zeph Vanhecke Sam Foster
Karma Hernandez Ophelia Eldridge
Elysium Hernandez Jayden Eldridge
Addilyn Pennell
Olivia Pennell
Emilia Bourgoyne Pennell
Acelyn Stettnichs
Eva Pattnaik
Kyle Le

JOHNSTOWN

Garrett Hughes
Wyatt Loeb
Grace Loeb
Makenzie Edwards
Charity Bennett
Sofi Sepulveda
Kayden Morey
Riley Stone
Shalina Blackburn
Lily-Mae Wolf
Eli Fernandez

LEADERSHIP

FORT COLLINS

Aiden Dunn
Logan Dunn

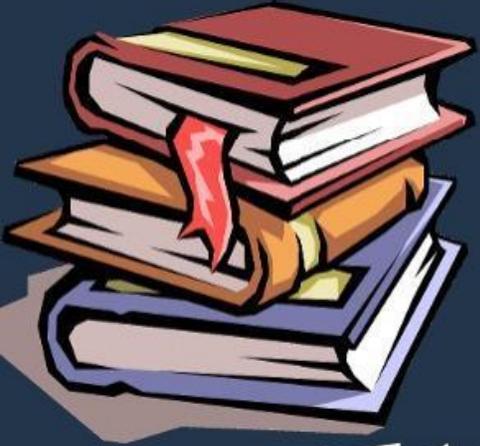
(WELCOME BACK!!!)

LONGMONT

Cody Shetley
Arjun Raviganesh
Caleb Worosylo

JOHNSTOWN

Jayden Seeba
Kyran Sanchez
Roman Evavold
Makenzie Edwards
Trevon Despres
Sammy Perez



RIPPLE EFFECT MARTIAL ARTS

*Summer
Reading*



EXTRAVAGANZA!!

**READ WITH A
BLACK BELT NINJA
HACKS SERIES**

**LISTEN TO COOL KID-FOCUSED
STORIES WITH A BLACK BELT JUNE
11, JULY 9 AND AUGUST 13!**

**LEADERSHIP
LESSONS**

**COME TO THE BLACK BELT
LEADERSHIP BOOK REVIEW EVERY
WEDNESDAY AT 6 P.M.!**

**BLACK BELT
SUMMER
READING LOGS**

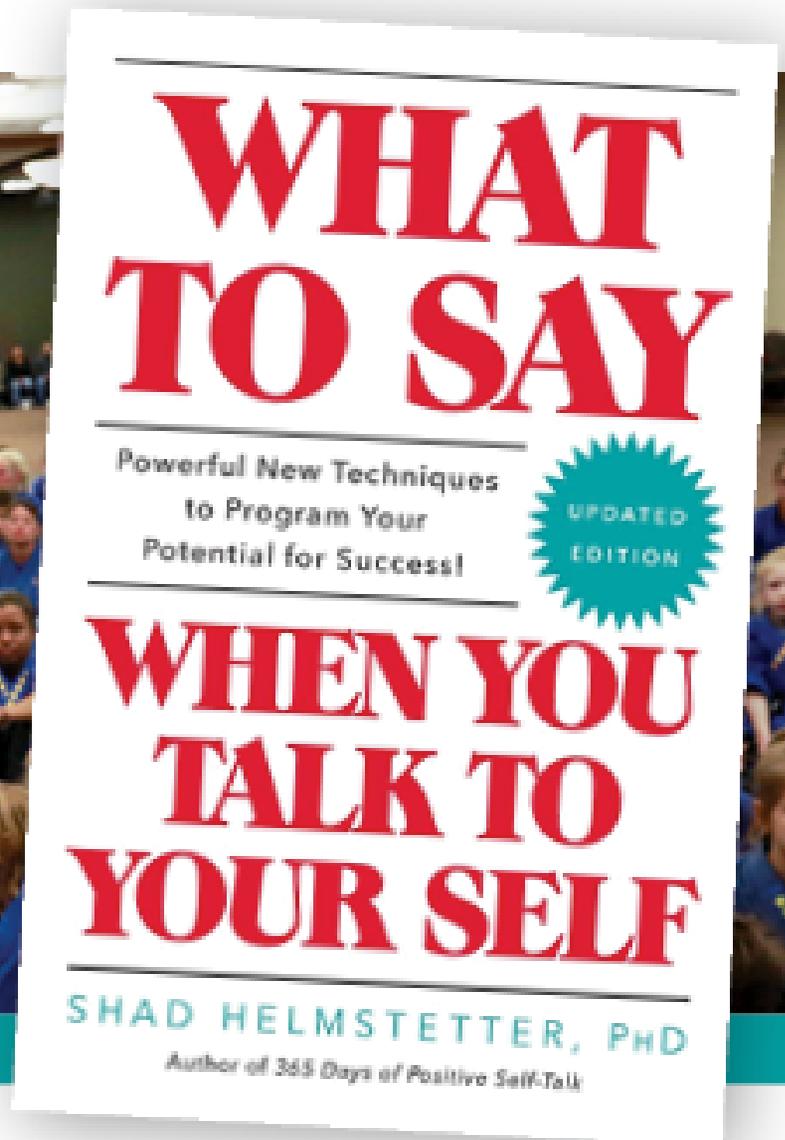
**CHART YOUR READING PROGRESS
AND CLASSES ALL SUMMER AND
WIN SOME SWEET REWARDS!**

*Grab your official Reading Log and Worksheets from the
front desk or at:*

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LEADERSHIP LESSONS

FROM MASTER MACY AND OUR
BLACK BELT INSTRUCTORS.



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BOOK REVIEW

WEDNESDAYS AT 6PM

CALL YOUR PROGRAM DIRECTOR TO SIGN UP FOR ONE OF
THE LIMITED SPOTS AVAILABLE IN EACH SCHOOL.

KALI SEMINARS

W/ TUHON
APOLO LADRA

JULY 16 - 17

LEARN FROM A MASTER OF THE
INDIGENOUS FILIPINO MARTIAL ART



SEE YOUR PROGRAM
DIRECTOR FOR DETAILS!



Need some help carving,
Stan? I brought my
nephew.

Thanks Mary. He
looks like a sharp
kid.

SUMMER PICNIC 2021

SUNDAY, JULY 18
11-1 P.M.

MEHAFFEY PARK, 3825 W. 22ND ST.
LOVELAND, COLORADO

CONGRATULATIONS NEW WHITE BELTS!

