

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

AUGUST 31, 2021

ACCOUNTABILITY

“I think we should be men first, and subjects afterward.” — Henry David Thoreau



Master Macy delivers an \$8,000 check to Children's Hospital of Colorado.

When we think of accountability, we usually think in terms of being “held accountable.” Being held accountable isn’t fun. It’s what happens to criminals. You steal from the cookie jar, you’re caught, and now there’s no more dessert for a week. You’re busted. Do the crime, do the time, as the saying goes.

But being accountable doesn’t have to be this way. It goes back to the black belt virtue of self-discipline. You want a cookie. But dinner’s coming up. Rather than grab one out of the jar, how about asking Mom or Dad first? Sure, they may say no dice, you’ll kill your appetite, but think of how many respect points you’ll earn when you say “OK, thanks.” And close the lid of the cookie jar, and move on.

That’s accountability, self-directed. You trust the authorities (Mom or Dad in this example). You (probably) know what they approve or disapprove, and you, for lack of a more exciting way of putting it, follow the rules.

But take a look at the quote from Thoreau above. The ideal is for kids, adults, and citizens (not to mention black belt students) not to succumb to the will of authority or power, but to recognize sources of power and authorities who exercise power in positive, constructive ways. To be people/persons first, and subjects afterward.

That means not nabbing a cookie because you think “it’s out of order; it’s not good for me right now; I’m hungry and a stout dinner sounds better than a measly cookie.” As Polonius says to his son (in Shakespeare’s *Hamlet*, during one of the character’s brief flashes of wisdom): “To thine own self be true.”

Doing the virtuous thing you’ll never be in danger of being caught red-handed. That’s being self-accountable—true to your self.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

“[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

KIDS CORNER

Creating Accountability in Kids



How can you turn your kids' idea of accountability (which can be a drag), into authority, which is super self-empowering? It's not easy, but there is a formula.

According to child psychologists, kids respond positively by being encouraged to make good choices. This might be by doing what they're told ("Eat your vegetables!" "Yes Sir."). But the goal is to get kids to start a self-dialogue of accountability—"I know Mom wants me to eat my carrots.... So I'm gonna nosh some carrots."

This extends to everything kids need to be compelled (at least at first) to do: Practice karate. Clean up their room. Do some math. You name it, kids have got to see some sense of reward for doing it.

This goes back to the spirit of accountability. Namely, it helps human relations. People (including parents, but especially kids) are happy when they get what they want. The immediate goal is for kids to make healthy choices. The long-term goal is to help them BE HEALTHY, to live long, productive, aspirational lives that bring about joy and accomplishment.

So next time you see a chance, have your kid practice accountability. For example, let them:

Pack their own lunch (they get to choose what to throw in the bag—as long as it aligns with your dietary rules for a healthy meal)

Pick their own clothes to lay out for the next school day (again, they're empowered to choose, but the choices have to be reasonable)

Pick a TV show to watch on a Friday night with the whole family

And so on. In every case, if they make choices that are in line (think black belt choices), they'll feel the reward in your approval and satisfaction. "Great job on lunch! You look great in that outfit! Can't wait to watch your favorite show!" These are rewarding sentiments, and they'll create a cycle of black belt accountability.

Thanks for keeping them on track, coaches.

STUDENT WORDS

Name: _____

Karate Scramble!

Unscramble the martial arts monikers below!

Scrambled on Flipboard.com/kenner1001/Scrambled Words

- 1. klcba lteb _____ excellence, Ma'am!
- 2. ookbd _____ Korean word for your martial arts uniform
- 3. cphun _____ Strike using the first two knuckles
- 4. kdiescek _____ Most powerful move in taekwondo
- 5. tittle lriep _____ The youngest martial artists at Ripple Effect
- 6. rphsaieled _____ What every martial artist, teacher, and parent seeks to master in helping others achieve success
- 7. mesatgdnrar _____ Jhoon Rhee, Jeff W. Smith and Stephen Oliver are examples
- 8. aaketr _____ Japanese term meaning "empty hand"
- 9. illnisedcp _____ A trait crucial to black belt training, related to focus and drive
- 10. sohcol _____ English for "dojo" (place of learning)
- 11. obw _____ A formal show of respect
- 12. cseerpt _____ A martial trait, aligned with courtesy
- 13. gsrnirp _____ A way to put your karate moves into practice
- 14. do nsa _____ Green belt form
- 15. chon ij _____ Korean term meaning "Heaven and Earth"



Photo by Marcus Edwards Photography

“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

NEW STUDENTS

FORT COLLINS

Maddox Kruger
Hayden Cole
Elena Bell
Declan DeHerrera
Carter Becker
Owen Stephens
Ben Whitedove
Shiloh Provost
Ollie Branfield

LONGMONT

Eric Miller
Noah Zimmerman
Miles Koch
Dahlia Taylor
Cypress Taylor
Kaiden Perkins
Niko Sparks
Aaron Hernandez
Mateo Carrazco

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

Travis Dunn

LONGMONT

Celeste Martinez
Mike Frisken
Alethea Frisken
Amelia McDonald
Acelyn Stettnichs
Sam Foster

JOHNSTOWN

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



TALKS

WEDNESDAYS AT 6PM
IN YOUR LOCAL KARATE SCHOOL

**IMPROVE AT
SCHOOL**

**BUILD
LEADERSHIP**

HAVE FUN!



WE RAISED
\$8,000



**FOR PARTNERS
FOR CHILDREN'S
MENTAL HEALTH**

THANK YOU!!!

**CONGRATULATIONS
STUDENTS!!!**

FALL INTRAMURAL TOURNAMENT



**SATURDAY,
OCTOBER 2**

\$35
INCLUDES
T-SHIRT



**\$40 AFTER SEP 8
(NO T-SHIRT)
REG ENDS: SEP 22**

LOCATION:
TBD

Final schedule with time to arrive, warm up, and compete will be emailed out to individual competitors.

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Martial Arts

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