

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

SEPTEMBER 27, 2021

PATIENCE

“Patience is bitter, but its fruit is sweet.” — Jean-Jacques Rousseau



Black Belt Karate students waiting for the start of a early morning run.

Strike fast. Strike first. Move in. Get over the line. Hustle hustle hustle.

At first glance this doesn't seem to be a vocabulary consistent with patience. But commands like these are the jolts of lightning; patience is the taut and open air in which it strikes.

Patience is a key element of success in any sport. Doesn't matter how swift and miraculous Roger Federer's backhand is; if he swings too soon it whiffs like anyone else's. Of course this is timing, not patience proper. Patience is more abstract, conceptual. But it's the bedrock of victory for any athlete.

Why? *Patience allows you to learn.* To recognize mistakes and difficulties, and not just immediately (and unwisely) react to them. All great athletes develop patience in the course of their training. Martial arts is different in that patience is embedded not just in active training, but in everything you learn and do.

Consider what you do when you come to class. *Bow at the threshold of the school. Bow onto the mat. Bow to your lead instructor before the creeds. Bow after.* And at the end of class, *bow out.*

You hold each bow for about three seconds, a time to compose yourself. To give thanks for the opportunity to do what you're about to do, learn what you're about to learn, kick who you're about to kick. It's brief in the scheme of things, *1, 2, 3*, but as an act of conscious, willful, reverent pause, each bow strengthens your resolve.

Other disciplines test, show, and strengthen patience in class. Waiting, for example, to be officially excused. At the Black Belt tests, jumping to your feet and dashing off for a drink before the instructor yells "Go!" will earn you and your team the honor of 100 push ups, sit ups, or burpees. Maybe all of the above, depending on the patience of your leader.

Sound fun? Well, no one said patience was an easy art. Master Macy has a story of one of his instructors hearing a complaint about the splits in Prep Cycle. The answer?

Making the guy who complained hold the splits for the whole three-hour session. *Youch.*

Martial arts, through careful, patient, devoted instruction, teaches us to care about our own development, our own progress and improvement - even through what seems like punishment. It's all about training, adaptation, correction. Growth.

And that takes time. See yourself as a Black Belt. And trust in your instructors' diligence, practice and patience to guide you there.

“[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)

KIDS CORNER

Helping Kids with Patience



"Sometimes things aren't clear right away. That's when you need to be patient and persevere and see where things lead." Mary Pierce

“Slow but steady wins the race,” runs the famous line from Aesop’s “The Tortoise and the Hare.” It’s a testament to patient progress.

A recap: *The quick, jittery rabbit challenges an old, belly-down, lumbering turtle to a race. At the starting line the rabbit predictably bolts, leaving the shelled sucker in the dust. The rabbit looks back at his opponent, sees him loping forward with impossibly slow steps, and decides he has time to take a rest. That turtle has no chance of catching up.*

We all know the end. The tortoise overtakes the sleeping hare and is first across the finish line. Patient, humble progress wins the day.

This moral is tough to get across to kids. Bent on instant gratification (their brains are hardwired for it), they just don’t get how patience can pay off. That’s why the switch flicks from calm to chaotic when kids, especially in the volatile years between 3 and 6, don’t get what they want the moment they want it.

And, though it's harsh to hear, they won’t just grow out of it. Patience is a learned behavioral trait, one that goes against the grain of our natural impulses.

Like the headstrong, restless rabbit, kids need to be taught a lesson about patience and its rewards. Here are a few tricks of the trade:

Have your kids rethink the situation, take it from frustrating to fun. Say they’re hungry and screaming for dinner. “I can’t wait! I want it right now!!” Well, it’s gonna be another 20 minutes. What fun things could they do in that time?

“This is your time,” you say, “to play outside! To play a game on the phone [which of course you’d never otherwise allow], to watch a 20-minute [appropriate] show.”

Etc. What was a burden becomes an opportunity (genius!).

Affirm their feelings (and get them to affirm them, too). Whether your kid can’t stand waiting for Christmas to come or is near a tantrum in line at the grocery store, recognize their frustration. Just saying “I know, waiting is hard,” says that you feel their pain, at least a little bit. It may not totally defuse the situation, but over time it’ll help build trust and compassion, and that builds patience.

Say thanks (a lot). This is huge. Expressing and acknowledging gratitude gives kids a sense of power that can help fill the void in when it's hard to be patient. When the kids are tired of waiting, just say "Let's say thanks. Say it with me, 'thanks that we have food, that we're together.'" *Thanks for your patience, Coaches!*

STUDENT WORDS

Name: _____

Karate Scramble!

Unscramble the martial arts monikers below!

- | | |
|-----------------|--|
| 1. klcba lteb | _____ excellence, Ma'am! |
| 2. ookbd | Korean word for your martial arts uniform |
| 3. cphun | Strike using the first two knuckles |
| 4. kdiiscek | 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!



FALL INTRAMURAL **TOURNAMENT**



**SATURDAY,
OCTOBER 2**

\$35
INCLUDES
T-SHIRT



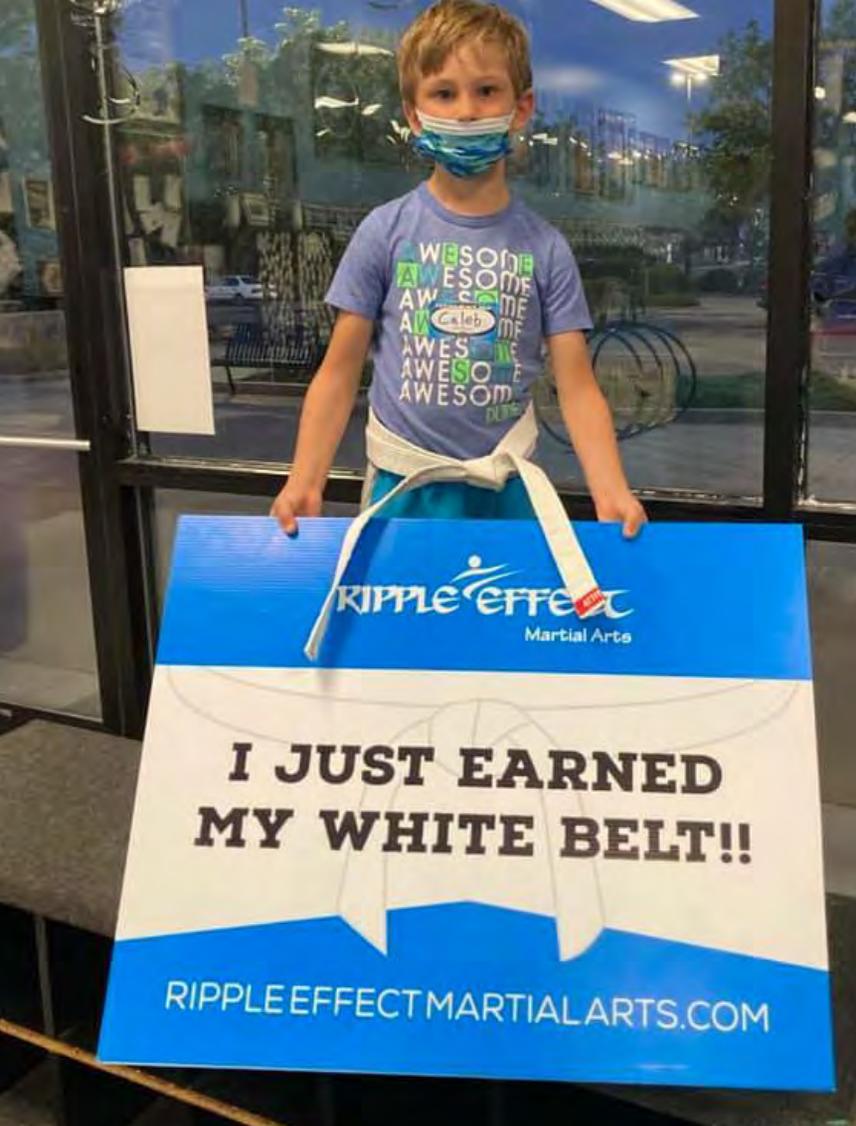
**\$40 AFTER SEP 8
(NO T-SHIRT)
REG ENDS: SEP 22**

LOCATION:
TBD

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

RIPPLE EFFECT
Martial Arts

MYKARATETOURNAMENT.COM



**CONGRATULATIONS
TO OUR
NEWEST
WHITE
BELTS!!!**