

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

OCTOBER 31, 2021

## RESPECT

*“In a gentle way, you can shake the world.” — Ghandi*



*“Without respect, what is it that distinguishes men from beasts?” Confucius*

Yamamoto Tsunetomo, author of the Hagakure, writes:

*My father Jin 'uemon always said, "You won't break your back by bowing too deeply."... These days people do not bow deeply enough, so they look sloppy. Their posture is poor, too.*

How does the way we stand, sit, eat, and listen convey respect to others?

Tsunetomo, a samurai of 18th-century Japan, took issue with the lack of respect exhibited by so many people around him in his day. But tell that to the line of brown belts above. That's karate discipline on display. Fidgeting doesn't enter into their vocabulary.

**RIPPLE EFFECT**  
Martial Arts

**FORT COLLINS**  
(NEXT TO SUPER TARGET)

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

Scanning right to left, even the untrained eye can detect the note of respect these students convey. Martial artists recognize the posture: the bent backs, the bowed heads, the hands resting at the sides in a pose of respect, but still ready to spring into action at a snap.

Tsunetomo reflects on the disgraceful attitude of society around him. He was aging when he wrote these thoughts. His career as a martial artist, as an active combatant on the battlefields of war-torn Japan, had come to an end.

He sat in relative peace in a monastery, reflecting back on the samurai code, looking about, perhaps, at the servants waiting on him, at the children running about the village. He saw a lack of discipline relative to his martial upbringing. He felt a lack of respect, and he despaired.

Respect for your teachers, parents, and fellow students is something we can never take for granted in the martial arts. It's the reason we bow on and off the mat, in and out of the school, every single time we're in class.

*And it's how we make ourselves and each other proud.*

Respect. It's the knot that binds our belts.

*“My family consistently remarks that belonging to the Ripple Effect family is "the best money we spend every month." The instructors and staff are incredible: positive, motivational, encouraging and challenging.” Zach Baze*

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# COACHES

*To Help Kids Grow Respectful, Create a Picture of Respect.*

**A CRAB SAID TO HER SON, "WHY DO YOU WALK SO ONE-SIDED, MY CHILD? IT LOOKS SO MUCH NICER TO GO STRAIGHT FORWARD."**

**THE YOUNG CRAB REPLIED "QUITE TRUE, DEAR MOTHER, AND IF YOU WILL SHOW ME THE STRAIGHT WAY, I WILL PROMISE TO WALK IN IT."**

**THE MOTHER TRIED, BUT COULDN'T DO IT. SO SHE BOWED HER HEAD, IN RESPECT TO THE REPROOF OF HER CHILD.**

There's a fable by Aesop (*see to the left*) that deals with setting examples for children. It's called "The Crab and Its Mother."

The moral here is something Coaches know all too well: *Respect don't come easy*. But you can't really expect it to. From the moment they're born, kids get used to being waited on hand and foot, Fed, bathed, clothed and cradled. Read to. Soothed. Carried. It takes years (decades?) before they're pressed to fend for themselves.

In the meantime, parental duty is taken for granted. I'm hungry, hence give me food. I need a ride to see my friends, hence fire up the car. I need money for the movies, hence papa shall provide. Not exactly a breeding environment for respect.

So how can we encourage it?

Well, karate (no surprise!) gives some cues. When it comes to respecting the instructors, there just ain't no two ways about it. You don't walk onto the mat without an invitation from them, even if it's just implied. Ever gotten to class late? Lost your belt? Worn a t-shirt vs. your full-top (oops!)? You post up at a corner and wait for the lead instructor to wave you in.

Then you line up and subject yourself to a moment of humility. A moment that strengthens you, despite your failings. That's respect for authority.

The point is, when it comes to karate instructors, kids don't presume they're entitled to anything. To build that level of respect at home is harder because you're not running a school, and your kids aren't beholden to a curriculum. But the two scenarios do have something in common. Just like the crab's mother, *the little ones only respect what they see the coaches do (or at least model) themselves*.

Without further ado, **here are three ways to generate greater respect between you and your kids at home.**

**1. To get it, you've gotta give it.** *You can't expect respect from kids if you don't model what that means. This is true in the karate school as well. If a head (or Jr.) instructor is on the mat yawning, complaining, if he or she refuses (or forgets) to bow, if they're dressed sloppily, no student is going to respect them. And if you don't show an interest in your kids activities or problems, they won't think much of yours.*

**2. Show respect for your partner.** *Kids get used to responding to a norm. If parents are undermining, demeaning or calling each other names, kids will think that's the way things are supposed to go. That it's ok, and this comes full circle back to you. Pay attention to how karate instructors treat each other. How many times have you seen one instructor say another is really terrible at round kicks, or sneer at each other, or get in a fight (not a sparring match) on the floor. Never. Because instructorhood is bound by respect, and disrespect tears it apart.*

**3. Create an expectation of respect in the home.** *This can require the dreaded 'd' word (aka, disciplinary action). Bad behavior has to receive some kind of punishment or correction. This is why the push ups in karate come as responses to acts of disrespect. But the expectation gets reinforced by positive actions, too. Saying bless you when a sister sneezes. Asking how was your day when mom or dad comes home. What happens as a result of these demonstrations of respect? Conversations, confessions, closeness. It's meaningful and beautiful.*

See what you can do to cultivate respect in the home through your own strengths. You've got it, coaches.

# KARATE WORDS

Name: \_\_\_\_\_

Created with TheTeachersCorner.net Word Search Maker

## RESPECT the Word Search!!

Uncover these RESPECTFUL words in the puzzle below!

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

RESPECT  
 BLACKBELT  
 POWER  
 AWESOMENESS  
 WELCOME

ACHIEVEMENT  
 LEADERSHIP  
 GROWTH  
 PLEASE  
 YESSIR

MASTERY  
 STRENGTH  
 HERO  
 THANKYOU  
 YESMAAM

*“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

## FORT COLLINS

Marissa Huff  
Liam Norton  
Max Huff  
Elizabeth Vanacore  
Carson Hooper  
Eva Cook  
Jacob Cook  
Mekhi Barnett  
Avery St. Clair  
Lyla St. Clair  
Esa Hood  
Cosette Hood  
Nic Martin  
Frances LaBelle  
Robert Dilbeck  
Justin Norton  
Oliver Norton

## LONGMONT

Camden Osmond  
Dominic Buffo  
Corynn Richards  
Chris Taylor  
Gabriel Erker  
Gus Erker  
Elijah Margheim  
Peridot Pino  
Abbie Norris  
Grayson Furlong

## JOHNSTOWN

Shelbie Beaber  
Hudzen Rickman  
Axton Beaber  
Corbin Stinner  
Charlie Beaber  
Kaden Thomas  
Jeremy Campenella  
Kenzlia Clayborn  
Evan Cole  
Tessa Cole  
Layloni Marinez  
Dominic Martinez

# LEADERSHIP

## FORT COLLINS

Brian Belcher  
Siena McQueen  
Jenessa and Jeff Booth  
Garrett Smith  
Evan Cooper  
Jennifer, Nick,  
Jessi Harper  
Nicholas and  
Philippa Scott  
Katherine  
Tayden Jones  
Weitenberne  
Dylan Kalajian  
Heather, Geoff, Connor and

## LONGMONT

Miles Koch  
Kaiden Perkins

## JOHNSTOWN

Bentley Franques  
Jackson Golubski  
Hailey Kipsey  
Lucy Mikash  
April Saucedo  
Aiden Saucedo  
Kyle Taylor  
Alexandria Yellow Boy

# BLACK BELT SUMMIT

**NOVEMBER 5, 6 & 7**

**BLACKBELTSUMMIT.COM**

## LEADERSHIP PRESENTATIONS AND CREATIVE FORMS

FRI 8:45pm-9:15pm

SAT 9am-9:30am

SAT 1:15pm-1:30pm

SAT 6:30pm-7pm

## FORMAL TESTING

SAT 7:30pm-9:30pm

## SEMINAR WITH "MASTER MOM" *(all students)*

SAT 10am-11am

## PARENT DISCUSSION WITH "MASTER MOM"

*(all students)*

SAT 11-11:30am

## KRAV MAGA WITH MASTER DEL CASTILLO

*(leadership students ONLY)*

SAT 1:30pm-2:30pm

## TBD SEMINAR

SAT 2:30pm-3:30pm

## BOARD BREAK AND AWARDING OF BELTS

SUN 11am-2pm



**COME ON OUT  
AND WATCH THE  
PERFORMANCES  
AND CHEER ON  
THE TESTERS. YOU  
CAN EVEN JOIN  
IN SOME OF THE  
SEMINARS!!**

**BLACK BELT**

# BINGO



Shared my Candy

Said "Thanks!"

Raked some leaves

Read a *Scary Story!*

Showed respect to a *teacher*

Rocked 20 push ups

Cleaned my room

Practiced **ZOMBIE** Chon Ji

Tied my karate belt

Ate all my dinner!

Said *Hello* to a neighbor

Helped my **sister**



Helped my **brother**

Danced the **MONSTER MASH**

Practiced **100 punches!!**

Said "Yes **Sir!**"

Carved a Pumpkin

Showed **Courage**

Read a book with a *parent!*

Read a book with a **Black Belt!**

Said my **Word of the Belt**

Practiced my combos

Said "Yes **Ma'am!**"

Wore a costume!

**GOT A BINGO? TAKE A PIC WITH YOU AND YOUR WINNING BOARD AND TAG @RIPPLEEFFECTMARTIALARTS ON FACEBOOK!**

## HAPPY HALLOWEEN!

10 Rules  
to Fuel Your Life, Work, and Team  
with Positive Energy

THE  
ENERGY  
BUS

**NEW LEADERSHIP BOOK!  
SEE THE FRONT DESK TO GET  
ABOARD!!**



JON GORDON