

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

DECEMBER 28, 2021

PERSPECTIVE

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." —**Carl Jung**



"No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions and emotions, and to build confidence in the creative spirit." — **Ansel Adams (Photographer)**

In olden times, "perspective" meant more than seeing. It meant seeing the *future*. You might have heard of "reading the tea leaves" (looking at the dregs of a cup of tea) to see the future. Or looking in a crystal ball.

In Roman times they had a guy called the "auspex," who would read the patterns of birds in flight to determine fortunes of money and war.

But as Shakespeare said: "The fault is not in our stars, but in ourselves, that we are underlings."

Basically, you can't look outside for your fortunes. You have to look *within*.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

When it comes to karate, looking within, having that inner perspective, is crucial. Your instructors will give you orders. And you're here to follow them. But all the while you need to look within for motivation: *Why am I listening to my instructor? Why should I try harder? Why should I go beyond the limits I feel?*

Martial arts go back a long, long way. And in a way the practice has always been about adapting to an unsure (and often dangerous) present. You're making yourself ready for any situation. Through marital practice, you're making yourself prepared to *face anything*. You're determining things for yourself.

And that's a positive perspective for the future.

"I'm smiling the whole time. It's fun, it's challenging, and the instructors and staff...we couldn't ask for better." **Amy Lou Dement**

"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 CORNER

How Karate Helps Kids Gain Perspective



"Keep your eyes on the stars and your feet on the ground." Franklin D. Roosevelt

A classic instance of the importance of perspective in the martial arts is the tournament environment.

Sometimes what you feel about your own performance isn't reflected by the judges' scores. Sometimes you're rewarded with a score that's higher than what you think you deserve.

All parents have felt the elation of seeing their kid perform a karate form and receive applause and a trophy.

Most parents have also felt the disappointment of not seeing their kid walk away a champion of the tournament ring.

There's that literal (sensory) impact of perception at the karate tournament, too, as in when judges of a sparring match seem blind to a strike, when no point's awarded for a strike that seemed so obvious to everyone else.

Here's the upside: All this exposure to perspective, to different lines of sight and feelings and hopes and disappointments, is what makes martial arts tournaments (not to mention black belt training) so important for kids. Suffering a loss and then reflecting on how that loss occurred--from the eyes of the judges--is incredibly valuable, especially when that reflection happens in an environment of encouragement and self-improvement.

That's what the karate schools are all about. Offering a safe place to fail--and a safe place to show off. Shy kids may not want to show off their skills. Competitive kids hate to lose. In karate, you're rewarded for the bravery it takes to take a new perspective on both circumstances.

**WE'RE CLOSED FOR A WEEK OF
BLACK BELT R & R!**

DECEMBER 24 - JANUARY 2



**SEE YOU IN THE
NEW YEAR!**

**HAPPY
HOLIDAYS!**

RIPPLE EFFECT
Martial Arts

LET'S WELCOME THESE FUTURE BLACK BELTS!



