

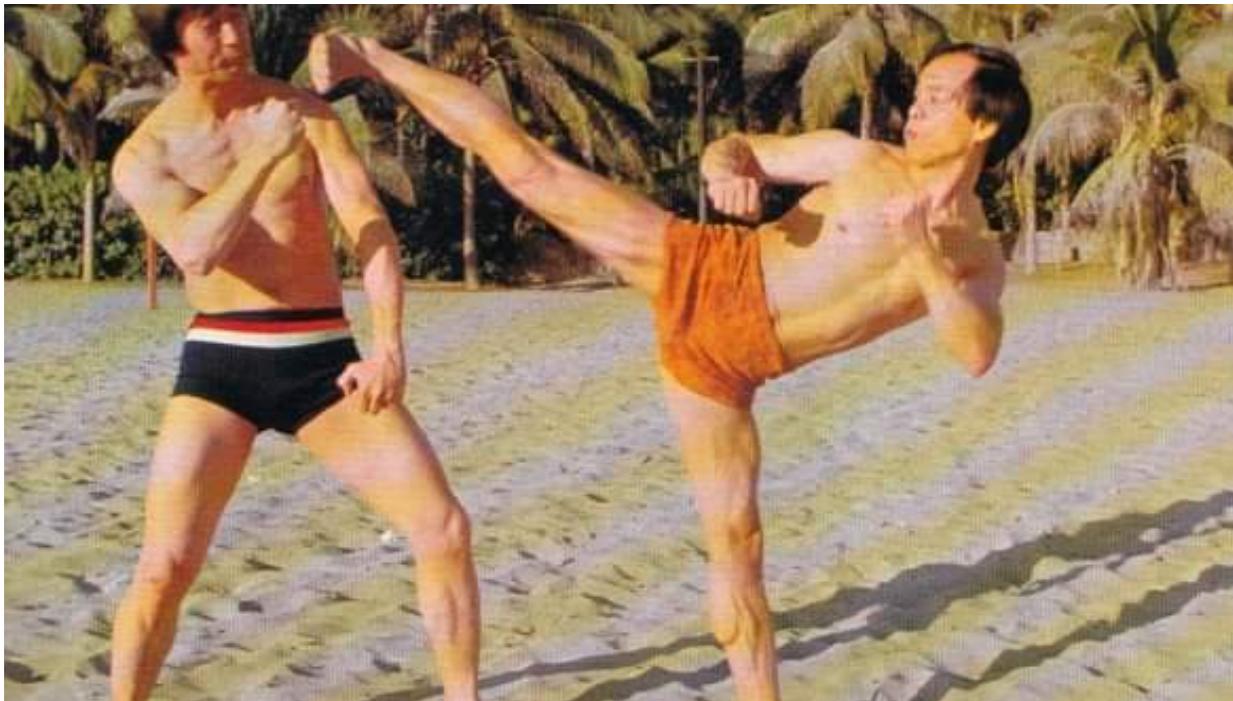
The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JANUARY 30, 2022

STRENGTH

"Strength is the ability to do and bear." Eugene Sandow



Masters David Moon and Jhoon Rhee on the beach in Acapulco, Mexico circa 1970.

Strength can be thought of as consolidation, unity and cooperation in muscular endeavors ("feats of strength"), efficiency and effortlessness in every action. This is what Bruce Lee meant when he said "The less effort, the faster and more powerful you will be."

The science of muscle building shows that exertion strains muscles, causing little tears in the fibers. Thus you literally get weaker before you get stronger. But as your muscles heal, they return to form more powerful than ever.

You know what it feels like when you're learning a new karate form: Does it strain your muscles more than your mind? For most beginning martial artists, it's probably the latter.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Forms ("kata," in Japanese), are traditional methods of conditioning the body to become stronger so that the developing martial artist can undertake the increasingly rigorous training that his style demands. But the measure of a student's progression in forms demands a different approach than counting up the number of reps you're able to do. It's more an evaluation of how steeled you've made your mind in the practice of your forms. You're measured by your strength of habit.

What does this mean? It means *practice, practice, practice*. And practice with what Black Belt Forrest E. Morgan, Air Force Colonel and author of *Living the Martial Way*, calls "the utmost seriousness."

Forms build strong habits. Keep up your practice and feel your strength growing with every stance, every block, every punch.

"Great atmosphere for the kids with lots of positive energy." Mark Krom

"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

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

COACHES CORNER

How Karate Builds Strength in Kids



Photo by Marcus Edwards Photography

All those push ups, squats and forms make kids tired. They break down the muscle fibers, but those fibers grow back, and they grow back stronger than before.

This is the process of damage and repair, and our bodies are built for it.

The key is making it a process, a habit for kids. Karate is structured around building strength in kids that lasts a lifetime, and it comes from a daily routine that balances work with fun.

Strength's built brick by brick. Here's a few ways to get your kids started (and keep making progress).

- Start your morning with a strength routine. Nothing excessive: If your belt-level exercises dictate 10 reps of sidekicks, push ups, sit ups and squats, do five of each before breakfast.
- Practice your belt-level combos, blocks, and/or form for FIVE MINUTES (that's it!) after school every day. Five minutes seems insignificant, but you can fit in a LOT of repetition in that short span--and it pays off big time.
- Keep it up every day till your next belt promotion. (You'll have ample incentive to up your game then!)

That's the premise behind the system. And that's why it takes not weeks, not months, but years of dedication to earn the Black Belt that symbolizes the strength of a person who's worked, worked, worked for that designation.

It puts you ahead. Keep coming to class. Keep putting in the effort. That strength will build.

NEW WHITE BELTS!



*Welcome these
new white belts
when you see them
on the mat!*

BREAKING BOARDS, BUILDING HOPE

**ALL THREE
SCHOOLS...
IN
JOHNSTOWN!!!**

FRIDAY FEBRUARY 4

5-6:30 P.M.

**(GREEN, PURPLE, BLUE,
HIGH-BLUE)**

7-8:30 P.M.

(CONDITIONAL BLACK AND BLACK)

SATURDAY FEBRUARY 5

9-10:30 A.M.

**(RED, HIGH-RED, LOW-BROWN,
BROWN, HIGH-BROWN)**

11 A.M.-12:30 P.M.

**(LITTLE RIPPLES, WHITE, GOLD, HIGH-GOLD,
ORANGE, HIGH-ORANGE)**

1-2:30 P.M. (ALL RANKS!)

**\$15 PER STUDENT (ALL PROFITS GO TO HELP
VICTIMS OF COLORADO FIRES)
ONLY 40 SPOTS PER BREAK!**

FORCE FEBRUARY

NINJA NIGHT!!



**PIZZA!
SNACKS!
MOVIES!
FUN!**

SATURDAY

FEBRUARY 12, 5-9 P.M.

\$50 PER CHILD (AGES 6 AND UP!!)

JUST 20 SPOTS—*SIGN UP AT THE FRONT DESK!