

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

FEBRUARY 25, 2022

COURTESY

"Politeness costs nothing and gains everything." Lady Montague



"A tree is known by its fruit. A man is known by his deeds." Saint Basil

Bow low. Bow often.

This is a black belt attitude.

Kids observe it in karate. They take something away. The ideal is for them to bring this attitude back to school and home.

There's a lot of history behind the relationship between courtesy, aggression, and self-defense in the martial arts. Even on the battlefield, medieval samurai lent politeness to the enemy before leading the battle charge.

It's the same in sparring in the modern day. Your job is to score a point, to win the match.

But to win without courtesy is a hollow victory.

That's why karate classes start with everyone on the same plane, standing at attention, in belt rank order (there's a courtesy in respecting those who have trained longer, even if you're lined up behind a kid half your age).

We recite the creeds together. We bow to each other. And when we do partner drills, it's not a competition. We make each other stronger and help our partner overcome hurdles.

Courtesy is at the heart of everything, especially in the martial arts.

"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

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RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

COACHES CORNER

How Kids Learn Courtesy through Karate



"All doors open to courtesy." Thomas Fuller

Courtesy in the Martial Arts:
Courtesy at Home (for Kids!!!)

Anyone who's ever been in a karate class or even just walked into the karate school knows that courtesy is at the forefront. You're greeted with courtesy, you're answered with courtesy. It's an essential element of the atmosphere at the karate school.

But how does karate teach courtesy at home? Does it translate?

It does.

The reason is reward. When kids bow to an instructor, the instructor bows back. A raised hand gets a high five. A good kick gets an approving nod. Kids notice.

Parents can encourage this at home. When your kid does anything on their own initiative (gets up one time, does their homework, picks up their clothes and toys, brings their dishes to the sink, practices karate), give them a high five and a word of thanks.

On the other side of the coin, when your kids misbehave, yell, make a mess, speak with disrespect, be courteous in your response. Of course this doesn't mean letting them off the hook; but there's a courtesy even in punishment (or correction) that will leave a far more positive impression.

If you've ever seen a kid get in trouble in karate, you'll see the instructors bring courtesy and discipline into the same sphere. The idea isn't to express anger or frustration, but simply to address what's wrong. That attitude impresses kids on the mat. It impresses them at home, too.

KARATE WORDS

Courtesy Word Search

Find these courtesy-related words (and courtesy opposites). Bring your word search in for an extra attitude stripe!

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

COURTESY

KINDNESS

UNDERSTANDING

LISTENING

BITTER

NICE

RUDENESS

RESPECT

DEFERENCE

HELPFUL

ANGER

DISRESPECT

SWEET

“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 Coffman

FUTURE BLACK BELTS!



*Welcome these
future black belts
when you see
them on the mat!*



TOURNAMENT

TRAINING



LEARN HOW TO:

- PERFORM AT YOUR BEST
IN FRONT OF THE JUDGES
- HIGHLIGHT YOUR
TECHNIQUES
- GO FOR THE WIN!!!

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APRIL 2

APRIL 16

11 A.M. TO NOON

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SATURDAY
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Black Belts

8:30 a.m.

Level 1 (Forms)

10:00 a.m.

Beginners, Demo Teams and Grand Championships

11:00 a.m.

Level 2 (Forms and Sparring)

12:30 p.m.

Level 3 (Forms and Sparring)

1:30 p.m.



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