

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 30, 2022

## POSITIVITY

*"Whoever is happy will make others happy too." Anne Frank*



*"Each day provides its own gifts." Marcus Aurelius*

*Be positive.*

That's what we say and what we teach. It's a tough go, from the student's perspective. From the instructors' perspective, too.

How do you feel good and motivated about doing ten push ups? Holding a sidekick for ten seconds? Surviving a sparring bout?

And that's just the white-gold-orange-green belt stage of things.

**RIPPLE EFFECT**  
Martial Arts

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

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

When you're going for black belt, some brand of positivity needs to get into your blood.

It's not only infused in you (and becomes part of who you are), it's part of what you give back--to your instructors, your kids, your parents, your teachers, your community.

This is real. It's not as tangible as the sweat and tears you shed on the course to black belt, but positivity is what you give back, what you bestow.

Stay positive as you work to learn your forms and encourage those beside you to try their best. It's a black belt trait.

*"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 Kids Learn Positivity through Karate*



*"Only in the darkness can you see the stars." Martin Luther King Jr.*

We hear a lot about positivity these days. Seeing the good in things. Striving to find the silver lining.

As parents, positivity couldn't be more dear. Think of the long road trip with the kids in the back seat. Are we there yet? How long? I'm hungry. I'm thirsty. I'm too hot. This is taking forever!

It's enough to drive you crazy (no pun intended). The remedy is a course in positivity.

And that's essentially what black belt training is. Martial arts helps kids learn how to be more positive because essentially there's no alternative. Karate is one of the most fun activities kids'll ever do, whether it's animal runs for the Little Ripples or sparring and breaking boards for kids and teens. Karate=fun.

Except when the going gets tough, of course. Becoming a black belt means building strength, and that takes some sweat (and sometimes tears, and [rarely] blood). The discipline can be rough on kids, like when they're faced with a new food; they're hesitant to try it, and quick to shove it away if it's not to their taste.

Same with push ups, side kicks, forms repeated again and again and again to perfection. That's why karate instructors emphasize what students are doing right, what they're improving, how they're getting faster, stronger, sharper in their karate moves. It's a focus on progress, on the positive.

Every parent has seen this in action on the karate mats. The instructors lead, but really it's a collective effort. As other students work to give their all, your kid looks on and gives a little more effort herself. It doesn't feel like a gulf, like a pit (that's the negative). It's more like a hill to climb, and when kids reach the top, they're thrilled, elated. Happy. Proud.

That's where the extra push up comes from, and by the time you're testing for black belt, you're capable of feats you never thought possible.

# KARATE WORDS

## Positivity Word Search

Go for the gold (belt) with this positivity wordsearch!

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

POSITIVITY  
 LIVE  
 FUN  
 GENERATION  
 LOVELINESS

ATTITUDE  
 ENERGY  
 BLACKBELT  
 LIGHTBULB  
 BRIGHTNESS

ZEST  
 MOTIVATION  
 CHARISMA  
 WARMTH

*“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!!!

**MARCH 12**

**APRIL 2**

**APRIL 16**

**11 A.M. TO NOON**

**FREE!!!**

WITH TOURNAMENT  
REGISTRATION AT  
[MYKARATETOURNAMENT.COM](http://MYKARATETOURNAMENT.COM)!!!

# TOURNAMENT TOURNAMENT TOURNAMENT



## SATURDAY APRIL 23

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.



**EARLY BIRD PRICING: \$50 (INCLUDES  
FREE T-SHIRT!!) THROUGH  
MARCH 15**

**\$50 THROUGH APRIL 1**

*At the Sports Authority building at  
Village at the Peaks in Longmont*

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