

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

APRIL 29, 2022

## MOMENTUM

*"Success is like a lightning bolt. It strikes when you least expect it, and you just have to keep the momentum going." Michelle Phan*



To go fast you need to build speed.

Think of the horse stance 100 punch challenge: Your swiftness builds with each fist you throw.

That's a metaphor for the journey to black belt.

You don't start out full speed; or if you do (like whapping the x-ray paper with all you've got as a new white belt), you're not doing it with a whole lot of style.

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

**RIPPLE EFFECT**  
Martial Arts

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

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

Cheetahs build momentum as they chase their prey. Comets build momentum as they move through the ether. Indy drivers build momentum as they leave the starting line and burst into the curves around the track.

Black belt students build momentum the moment they step onto the mat and begin to train, and it's the instructors job and duty to keep that momentum, that enthusiasm going in each and every class.

Second by second, minute my minute, day by day and year by year, it's our job to keep you excited about where you're headed: to Black Belt and beyond.

*"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

## *Getting Kids Motivated: Goal Setting and Karate*



*"Most of life is routine - dull and grubby, but routine is the momentum that keeps a man going." Ben Nicholas*

*Speed. Quickness. Velocity.  
Momentum.*

There are a lot of words and concepts to describe how to (basically) go fast.

Of course kids can seem to be going Tasmanian Devil (or Road Runner) quick at all times.

So why is the concept of *momentum* special for kids? Because it's a more mature concept, essentially. Momentum takes time. Momentum takes focus. Momentum takes patience.

That's where goal setting comes in. Goals (sometimes we think of them as "rewards") are such a major motivating factor for kids. *Want to earn a new bike? Here are the steps you need to take to get it.* For example:

1. Clean your room/make your bed every day for a month.
2. Read 20 books and write three sentences on each.
3. Pick up after the dog every day for a month.
4. Practice your karate curriculum every day and earn 10 new stripes on your belt.

Maybe the goals are smaller, and the steps shorter: *Load the dishwasher, you get desert.* It's all about building encouragement. Momentum.

Pictures help visualize the end goal. Master Macy always wanted a Shelby Mustang. He had pictures of this dream car posted above his desk for years, and a plan (a set of steps) that would allow him to buy it. Spoiler alert: Through hard work, he'd built the momentum to make his dream come true. If you're lucky enough, you can catch Master Macy cruising in his prized ride.

Start small. Picture your reward. Keep moving toward it. Gain momentum. Ride it.

# KARATE WORDS

## Momentum Word Search

Gain some speed with this Momentum Word Search!!

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

MOMENTUM	DRIVE	FAST
BUILD	PROGRESS	GOALS
LIGHTSPEED	STRENGTH	LEADERSHIP
SLOWKICKS	ADVANCE	WIN
SUCCEED		

*“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!

**RIPPLE EFFECT**  
Martial Arts

**I JUST EARNED  
MY WHITE BELT!!**

[RIPPLEEFFECTMARTIALARTS.COM](http://RIPPLEEFFECTMARTIALARTS.COM)

**RIPPLE EFFECT**  
Martial Arts

**I JUST EARNED  
MY WHITE BELT!!**

[RIPPLEEFFECTMARTIALARTS.COM](http://RIPPLEEFFECTMARTIALARTS.COM)

**RIPPLE EFFECT**  
Martial Arts

**I JUST EARNED  
MY WHITE BELT!!**

[RIPPLEEFFECTMARTIALARTS.COM](http://RIPPLEEFFECTMARTIALARTS.COM)

**RIPPLE EFFECT**  
Martial Arts

**I JUST EARNED  
MY WHITE BELT!!**

[RIPPLEEFFECTMARTIALARTS.COM](http://RIPPLEEFFECTMARTIALARTS.COM)

**RIPPLE EFFECT**  
Martial Arts

**FUTURE  
BLACK BELT**

**RIPPLE EFFECT**  
Martial Arts

**I JUST EARNED  
MY WHITE BELT!!**

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

**RIPPLE EFFECT**  
Martial Arts

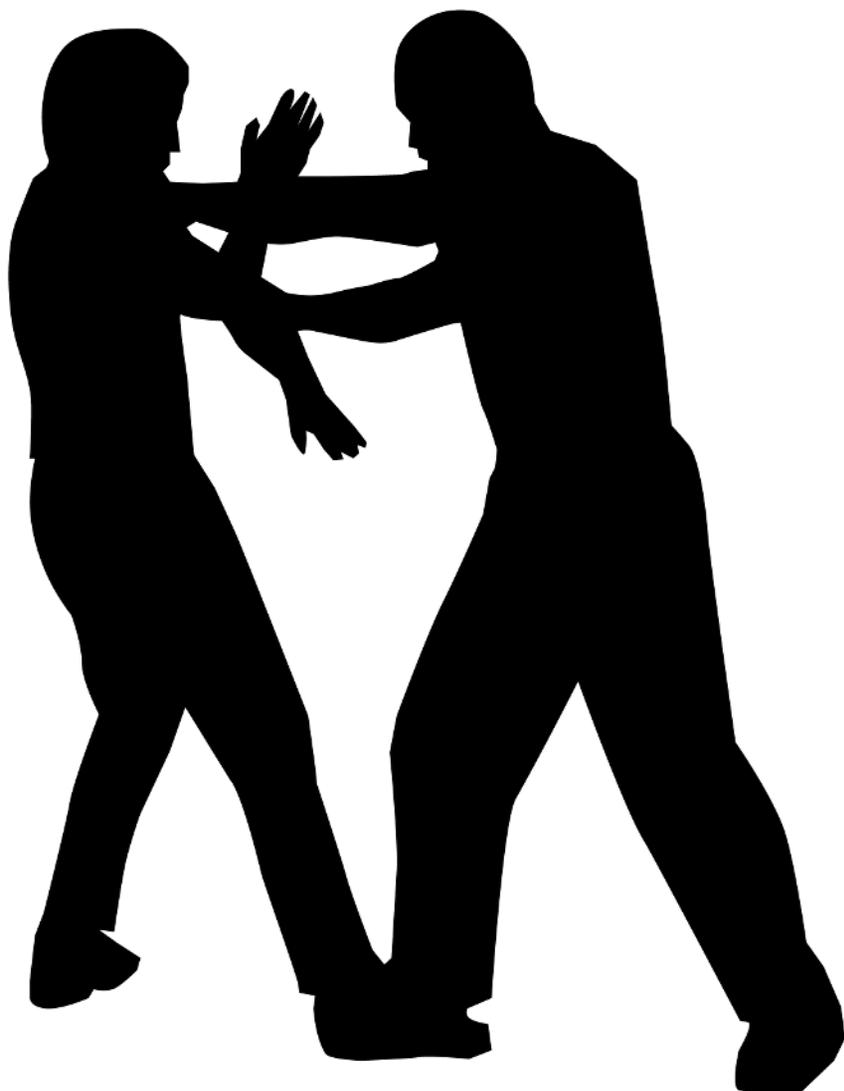
# BLACK BELT IMMERSION WEEKEND

MAY 13-15



## ALL STUDENTS:

*Join us for special seminars with Justin and Jewelianna Ortiz on Saturday!*



# LEAD TALKS: VERBAL JUDO

**EVERY WEDNESDAY: SEE THE FRONT DESK FOR DETAILS!**