

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MAY 29, 2022

COMMITMENT

“Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.” — Albert Einstein



*“A master of martial arts becomes like a rock wall, inaccessible to anything at all, immovable.”
Miyamoto Mushashi*

What does black belt training have to do with commitment? And what are the rewards of staying committed?

Here's one way of thinking about your advancement to black belt and beyond:

You've earned a black belt. At this point you've learned your ABC's.

At 2nd degree, you're forming words.

At 3rd degree, you're putting words together, making sentences.

At 4th degree, you're writing chapters.

At 5th degree, you're writing your book.

That culminates in about 20 years of training. And there're many more decades to go.

Commitment, in the martial arts, in medicine, in literature or law or any other discipline goes beyond a lifetime. You're always working toward it—and *that's a beautiful, present, wonderfully actual thing*. Mastery is always in your grasp, and it's always escaping capture. It's not something you possess, no matter who you are, how long you've striven.

What does this mean? It means the quest for mastery is fueled by a commitment to learning, from white belt 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

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

844-321-KICK (5425)

WWW.KARATESPECIAL.COM

KIDS CORNER

Keeping Kids Committed. (Not in the Jail Type of Way.)



"Commitment is an act, not a word." - Jean-Paul Sartre

A lot of what we feel we've come to master is automatic. Natural. We've been doing it a long time, so we've got it down.

Take crying, or screaming, for example. As adults we (hopefully) don't burst into tears at a minor upset, say spilling milk or running out of coffee in the morning (ok, we might lose it over the latter...). We're in control. We've mastered our emotions. We don't freak out.

Of course this isn't really true. We lose it, sometimes. But then we get it back under control.

We've built up years of experience in the push-pull of emotions, reward and disappointment, elation and devastation. We set an example of mastery for our kids or students by this grappling with emotion.

Kids, by contrast, are stark. It's like a slow-mo tearing off of the band aid. They're struck with emotional highs (it's your birthday! Here's some ice cream!) and lows (Time to clean your messy room!), and both can be tough to handle or comprehend.

In the interest of their own development (not to mention your own emotional health), there are some simple ways you can help kids master emotion. The first is simply teaching them to breathe.

Breathing? Haven't they mastered that yet? No. (And you probably haven't either.)

When a kid's out of control (hyperventilating, stuttering, screaming, throwing a fit), they need to get their breathing under control. Here's an exercise:

- 1. Breathe in (through the nose) for seven seconds.**
- 2. Breathe out (through the mouth) for seven seconds.**
- 3. Repeat.**

Extend this to karate practice. Hit a horse stance. Slow punch with the right hand for a count of seven. Then draw that punch into chamber at the hip while the left hand punches out. One. Two. Three. Four. Five. Six. Seven. Repeat.

It works! Keep up the calm, Coaches.



**WELCOME
THESE
FUTURE
BLACK
BELTS!!**



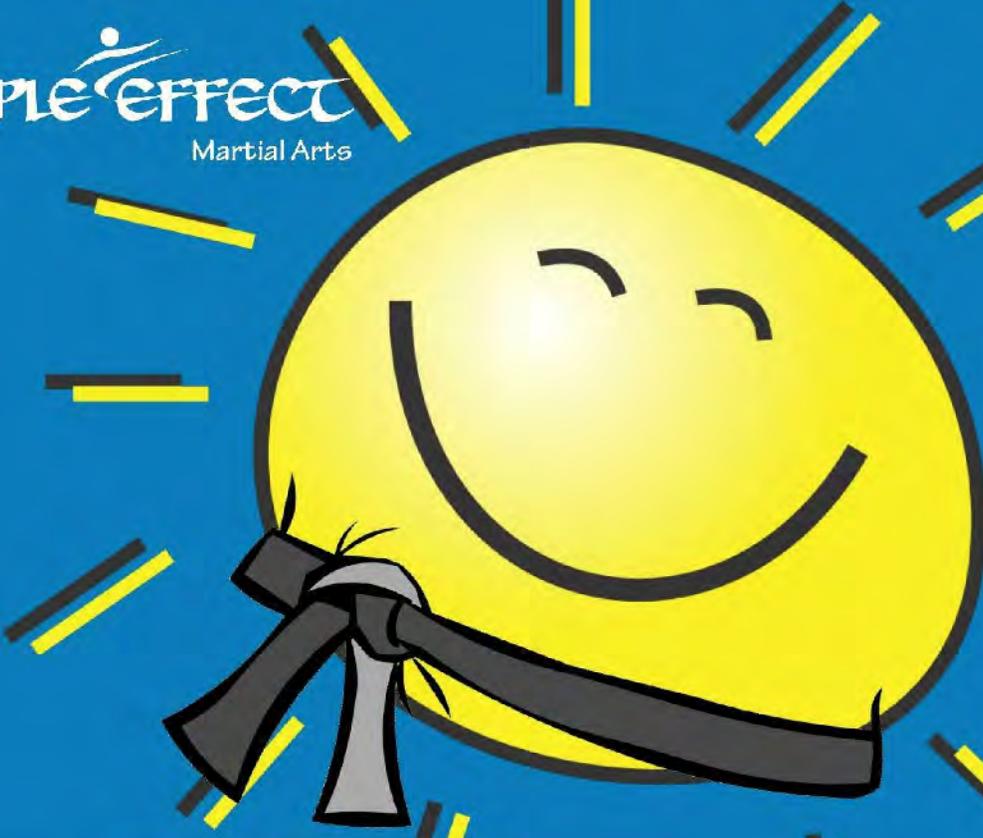
READ WITH A BLACK BELT & PJ PARTY!

FRIDAYS AT 7:15 P.M.

Reading
Karate



JUNE 3: FORT COLLINS
JUNE 10: LONGMONT
JUNE 24: JOHNSTOWN



SUMMER KARATE FUN!!

AUGUST 6

**FAMILY
KARATE IN
THE PARK**

JUNE 3, 10, 24

**READ WITH A BLACK
BELT AND PJ PARTY**

1. (FORT COLLINS)
2. (LONGMONT)
3. (JOHNSTOWN)

**SOUND LIKE
FUN?**

**SEE THE FRONT
DESK FOR DETAILS!!**

JULY 11 - 16

SPIRIT WEEK

- **MONDAY: ANIMAL DAY**
- **TUESDAY: TIES AND TUTUS**
- **WEDNESDAY: COLOR BLAST/TIE DYE**
- **THURSDAY: PUN DAY**
- **FRIDAY: PJ DAY**
- **SATURDAY: TROPICAL DAY (BONUS: WATER BALLONS AND POPSCICLES!)**

NO CLASSES

MAY 30

(MEMORIAL DAY)

JULY 4 & 5

(INDEPENDENCE DAY)

SEPTEMBER 5TH

(LABOR DAY)