

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

AUGUST 31, 2022

## DIRECTION

*Find where you want to go.*



*"Happiness is a direction, not a place." — Sydney J. Harris*

Remember when champion kickboxer Justin Ortiz and his wife Jewelianna Ortiz came to the Black Belt Summit?

Maybe you caught it. Maybe you missed it. But either way, as a black belt student, it must have made an impression.

There are a couple of reasons the Ortiz's don't conduct as many seminars any more. One reason, we can presume, is that by training and competing gaining such widespread acclaim in the martial arts world, Justin and Jewelianna have risen through the ranks.

**RIPPLE EFFECT**  
Martial Arts

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

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

They started out almost exactly where you are--white belts, learning how to kick, punch and stand at attention, learning how to listen, how to learn. At that time Black Belt was the direction, that's where they were headed.

Black Belt opened many doors. Instruction. Professional seminars. International competition and wins (and some losses). Profiles in major martial arts magazines, movies, TV shows and podcasts.

Black belt professionals still love to teach. They love to encounter brand new white belts. But they're also headed toward new heights themselves.

So are you. Keep it up.

*"I'm smiling the whole time. It's fun, it's challenging, and the instructors and staff...we couldn't ask for better." Amy Lou Dement*

*"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 Black Belt Training Helps Kids Forge Their Own Path*



*"In a gentle way, you can shake the world." Mahatma Gandhi*

"By example. By example. By example."

That's the immortal quote from Grandmaster Jhoon Rhee when it comes to how to lead. As parents, we set examples for our kids. We work hard, try to keep things clean, try to be sharp, serious, honest, on the money.

But in the end we don't necessarily want our kids to be just like us.

We want them to be themselves, their own most perfect person.

So how do we chart their course?

We don't, exactly. We just give them the tools to chart their own.

Black Belt training helps with this. In one way (perhaps the chief way), but providing an example. As parents, how many times have we talked to our kids about "what would Master Wagoner say about that?" This could be about the quality of a sidekick or the number of push ups, or about the cleanliness of a room or a complaining attitude.

Basically, you want your kids to move in the direction of Black Belt, which just means having the confidence and integrity and strength to do (as Master Macy says) anything you want in life.

That's the end goal. It's vague. It's different for every human. But it's in your power.

Thanks for training and keeping your kids on the path!!

# CHEER ON THESE AWESOME KARATAKA!



EFFECT Martial Arts		WEEKLY JOB LIST						
Date: 7/31/22		SUN	MON	TUE	WED	THU	FRI	SAT
Ice (No takeout)								
+ Kindness								
Ready								
Fun on Time								
Like "To-do's"								
By 5pm								

**Exit Ticket**  
Name: Emma  
Date: Aug 13, 2022  
Identify one new thing you learned about focus today.  
Looking

**Exit Ticket**  
Name: Abe  
Date: Aug 13, 2022  
Identify one new thing you learned about focus today.  
focus helps your mind.

**Exit Ticket**  
Name: Reuben  
Date: Aug 13, 2022  
Identify one new thing you learned about focus today.  
Too many goals can be bad for focus.

**Exit Ticket**  
Name: Andrea  
Date: 8/13/22  
Identify one new thing you learned about focus today.  
To set 3 goals at a time

**Exit Ticket**  
Name: Matthew  
Date: 8/13/2022  
Identify one new thing you learned about focus today.  
I learn that everyone learns different

**Exit Ticket**  
Name: Thomas, Hi  
Date: [blank]  
Identify one new thing you learned about focus today.  
front punch

**Counters**  
Cat boxes  
10 min in any room  
Pick up clutter

**SELF CARE**  
Meditate / Read  
Cardio/Weights > 20 min  
yoga

**MARTIAL ARTS**  
Curriculum Practice  
35 each - push ups, jumping jacks  
leg lifts, squats

WHAT DID YOU PRACTICE?  
Consistency & Follow through

MY SMART GOAL FOR THE MONTH:  
No laundry living in Baskets 😊

Inspected by:  
(Parent/Guardian)

On the back of this sheet, brag on your kid with a little "victory" note.

**FOCUS**  
**CONFIDENCE**  
**STRENGTH**  
**RESPECT**  
**LEADERSHIP**

**FOUR**  
**WEEKS OF**  
**KARATE:**

**\$29**

**RIPPLE EFFECT**  
Martial Arts



**GI'S ARE  
BACK IN  
STYLE!!**

**STARTING SEPTEMBER  
6TH...**

**FULL UNIFORM REQUIRED  
FOR ALL CLASSES.**

**Karate Style.**



**ALL SCHOOLS**

**CLOSED FOR**  
**LABOR DAY**  
**MONDAY, SEPTEMBER 5**



**THANK YOU WORKERS.**

**RIPPLE EFFECT**  
Martial Arts