

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

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## INITIATIVE

*Give it all you've got.*



*"Initiative is doing the right thing without being told." — Victor Hugo*

*Photo Credit: Laura Greene*

**RIPPLE EFFECT**  
Martial Arts

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

**LONGMONT**  
(VILLAGE AT THE PEAKS)

**JOHNSTOWN**  
(NEXT TO SCHEELS)

We think of karate in terms of fighting power. That includes the power *not to fight* (remember that first karate creed: *I will only fight to protect my life or the lives of others.*).

Initiative is the spark of mind as well as action. You're initiated to do push ups, 10 at white belt, 20 at gold, 100 at black. It all starts with one, giving it all you've got.

Initiative also inspires others. When your fellow students see you busting through those 100 sit ups, jumping jacks, squats, front punches, they're inspired to aim for the same.

Keep the spark black belts.

*"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)**

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# COACHES CORNER

## *How Black Belt Training Helps Kids with Initiative*



The white stripes on these belts are reminiscent of the white belts that these students used to wear.

It's a signal of what lies ahead, of what's just over the brink. These students stand at attention preparing for their official black belt test and certification.

It all starts with initiative.

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

If you're a parent thinking about enrolling your kid in a black belt

program, you're looking down the road. That takes bravery.

Because it's four plus years, and your commitment is as great as your kids'. Driving to the karate school, attending class (either on the mat or in the aisles), and driving back, discussing potential or lack of initiative the whole time.

Karate instructors are there to help, and to keep your kids' confidence and excitement levels at 10 (or 11). But the initiative aspect comes from home.

To keep your kids' initiative up, here are some tips:

- **Give praise.** Let your kids know what you noticed about their karate performance. Are their sidekicks more steady? Their roundkicks higher? Their stances straighter? Give them a high five.
- **Be critical.** Are there areas where your kids could be more better? Attention stance straighter? Address to adults more respectful? Let them know (and be an example--smile!!)
- **Be loving.** Love that your kids are in school. That they're making friends. That they're spending time quiet and thoughtful and alone. These are all black belt traits. *Celebrate them.*

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# CHEER ON THESE AWESOME KARATAKA!



# Commitment

Transforms  
WHITE BELTS  
into BLACK  
BELTS.



Commitment

Transforms  
PROMISE into  
REALITY.



You're on the Road to Black Belt.

RIPPLE EFFECT  
Martial Arts