

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

OCTOBER 2022

CONFIDENCE



"Nothing can be done without hope and confidence." — Hellen Keller

Confidence manifests itself along a spectrum.

There's fright and nervousness at one end and supreme over-confidence, even hubris (that old Greek idea of too much pride, of challenging the gods--it was the "fatal flaw" of Achilles and other heroes).

So where's the sweet spot of self-confidence and how does karate, and black belt training specifically, help you find it?

Part of the answer is structure.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

Everyone remembers that feeling of being out on the mat for the first time. The instructors aren't asking for a reverse aerial hook kick right up front, but just that you, as an adult or a 4-year-old, address the class. *Say your name, say your first student creed. Bow. Receive your first belt.*

The black belt journey has begun.

You'll face increasing challenges of mind and body as 10 push ups move to 20 and 50 and 100. Combinations and forms get more complex. You're testing and competing in front of the crowds. You also have hundreds of chances to teach and lead. All of these experiences develop the self-confidence to do anything you want in life, for yourself, for your family and for others.

"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

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COACHES CORNER

How Karate Helps Build Confidence in Kids



"As long as you keep going, you keep getting better. And as you get better, you gain confidence. That alone is success." Tamara Taylor

When it comes to confidence, kids sometimes get confused. *Does it mean always being in the front of the line, always being the loudest, always raising your hand with the perfect answer?*

It depends. Consider the approach of Miyagi from *The Karate Kid* and that of John Kreese, head of Cobra Kai?

One approach is leadership and constructive criticism. The other relies on pain and humiliation.

Here are some tips on helping your kids gain confidence on their black belt journey:

- **Give praise, but be mindful.** Kids are sharp. If praise comes too easily or for every single thing (praise across the board), it can feel hollow, and kids can become suspicious. This applies not just to parents but to instructors, too. Kids learn to challenge themselves as they grow and move up in belt rank, making black belt training a step ladder to confidence in kids.
- **Be a role model.** This includes not only showing kids the right way to do things but participating in your kids' activities together. That's one great thing about martial arts, because parents are invited to learn, lead and test right alongside their kids, all the way to black belt (and beyond). Your kids see you actively gaining strength and confidence, and they're inspired to gain these traits too.
- **Make progress toward a goal.** This goes without saying in karate. Your kids might set a goal to pass a purple belt test. To learn Gae Baek. To enter instructor training. To complete a leadership project that helps their community. Accomplishing these things takes confidence and builds confidence.

CHEER ON THESE AWESOME KARATAKA!



On Oct. 13th, Auziel helped me move landscaping rocks that were causing issues on the side walks. We raked, shoveled, & relocated them. As well as having to pump up the flat tires on the wheel barrow.

Auziel, worked hard and tried each job with gusto and a good attitude! I'm excited that the side walk is safer for people passing by now!

With Great Appreciation
Bill Cunniff



NO CLASSES

**FRIDAY &
SATURDAY
NOVEMBER
4 & 5**



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(YMCA OF THE ROCKIES, ESTES PARK)**

Commitment

**Transforms
WHITE BELTS
into BLACK
BELTS**



Commitment

Transforms
PROMISE into
REALITY.



You're on the Road to Black Belt.