

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

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COMMUNITY



"We cannot seek achievement for ourselves and forget about progress and prosperity in our community." — Cesar Chavez

Something that strikes you as you enter prep cycle is that you find new ways to communicate with your class, non-verbal signaling, energy that reaches out to your fellow testers and gives them information without a word.

This speaks to how black belt training produces connections between dozens of people aiming toward a communal goal.

These students may or not know each other well. They may not have exchanged a word before connecting in that last year before black belt.

RIPPLE EFFECT
Martial Arts

FORT COLLINS
(NEXT TO SUPER TARGET)

LONGMONT
(VILLAGE AT THE PEAKS)

JOHNSTOWN
(NEXT TO SCHEELS)

This is just the culmination of your black belt journey. The sense of community becomes palpable. Think of it like your first year of high school in a new town. You might not know very many people, and it's a source of confidence when you have some tools in your personality bag to connect with other students. The structure of high school helps to, giving you access to sports, clubs, classes and activities that let you share your interests with others. By the time you're in your senior year and approaching graduation (and your life beyond), the goal is that you have a lot of accomplishments, friends and relationships to show for it.

You can draw your own parallels to the black belt journey, but it's structured to help you form these healthy relationships with other people and institutions in your community. Feel good about what you're doing out there, black belt.

"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 Kids Find Their Own Community



"Communication leads to community, that is, to understanding, intimacy and mutual valuing.." Rollo May

It's funny to watch kids react to group situations. Our excitement and insecurities are reflected in them.

We look at other parents as our kids laugh and stumble socially. We recognize the feelings we have in common. We smile and share some hopes and dreams.

I think every parent can recognize these kinds of feelings, (maybe with a bit of an edge in the environment of all those

karate shouts). Your kids are in for their first white belt class. A little trepidation is probably going through all your minds. *Do all these other students know more than my kid? What if he gets hurt? What if he's embarrassed? Not up to the challenge? How's he going to fit in?*

If this is your first time reading *The Karate Times*, these thoughts may be very fresh in your mind. Once you've read a dozen issues, sat in on 100 classes, gone to a few tournaments, and hopefully stepped from the benches to the mats yourself, you'll feel secure. Hopefully. Have a vision of where your kid is headed on his or her journey to black belt.

Other parents are going to feel it too. You're in this together, and part of the karate community building has to do with sharing the tension and the joy along the way. Parents with help you out and ask from help from you.

We're so thankful to everyone who takes up the challenge of black belt training. We're with you the whole way.

**YES YOU "CAN" ...
SUPPORT YOUR
COMMUNITY!**



**CANNED / NON-PERISHABLE
FOOD DRIVE FOR
LOCAL FAMILIES AND
COMMUNITIES IN
NEED!!!**

**DECEMBER
1 - 23**

**DONATION
BOXES AT ALL
RIPPLE EFFECT
SCHOOLS!**

Commitment

**Transforms
WHITE BELTS
into BLACK
BELTS**



Commitment

Transforms
PROMISE into
REALITY.



You're on the Road to Black Belt.