

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JANUARY 2023



*"Good things happen to those who hustle." — Chuck Noll*

## HUSTLE

If you've ever run sprints as part of training for any sport, you know what it means to hustle.

It's not necessarily defined by coming in first. It's about being out of breath when the race is done.

Coach Mike Dennis says this about hustle:

"Hustle can be measured differently by coaches but the process is the same. Players have to be committed and willing to do a little bit more than they are used to doing and more than their opponent will do."

This definition has a lot of relevance to black belt training.

**RIPPLE EFFECT**

Martial Arts

COLORADO

FORT COLLINS

LONGMONT

JOHNSTOWN

BROOMFIELD

FLORIDA

FLEMING ISLAND

Sparring is an obvious example.

To prepare to spar, karate students generally need to advance through (at least) green belt, learning not only a series of different strikes, blocks and combinations, but the skills to deploy them in offense and defense.

You also have to learn how to jump off the line before your opponent does. You have to learn to dodge, to take advantage of openings. To keep moving, backward, forward, no matter what.

That's at the heart of what it means to hustle as you train to black belt and beyond. And it's why sparring is such an important part of that training. Keep up the hustle 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 Karate Helps Kids Hustle*



*"I want people to know my come up, my grind, my authenticity. I don't come from rich parents. I come from hustle." **Latto***

It's tough to grow up, right? Sometimes we forget that as parents. Kids are under tons of pressure, and unlike adults, they haven't learned to deal with it yet. They're soft. Unmolded. Innocent. Perfect.

In comes karate.

The great thing about karate is there's pressure, but no judgment (moral judgment, that is. Tournament judges, of course, still judge).

At the same time, there's a push in karate to help kids get ahead. As a white belt, you see what your black belt instructors can do. And beyond the inspiration there's a level of respect that brings on a sense that kids can do it, too. Again, from Coach Mike Dennis:

*"If a player is a 3 out of 10 on the hustle scale you want them to get to a 6. If another players is already a 6 out of 10 on the hustle scale you don't stop coaching them to hustle, you push them to get to an 8, 9, or even 10."*

Does that philosophy appeal to you as a parent? Your karate instructors are on your side (and on your kids' side, too). Black belt training is all about getting students to push themselves beyond their limits. To get from 0 to 1, as it were. And from 1 to 10.

As coaches (*you know that's what you're known as, right?*) training on the mat with your kids or cheering them on as they train away, we're there to encourage progress, one step at a time. Keep that in mind as you push your kids to excel, in the karate school and in life.

# CHEER ON THESE AWESOME KARATAKA GOOD TIMES!



"I HIGHLY RECOMMEND BRINGING YOUR CHILDREN OR THE ENTIRE FAMILY TO RIPPLE EFFECT LONGMONT!"  
- AUTUMN PELTIER



"I'M VERY PLEASED WITH THE FELLOWSHIP AND WELL ROUNDED TRAINING AND CHARACTER BUILDING."  
- TRACY BYARLAY

Avi was motivated by this worksheet and put effort into all these "activities." He started making his bed for the first time this week.

Teagan went skiing for the first time this last weekend and was a great listener. She was fearless and had a need for speed!!

Great ~~job~~ job  
Note: We are so proud of you! Keep up the great work!  
♡ Mommy,  
Daddy,  
Belle  
& Benny

Ila was very motivated by this worksheet and put a lot of effort in to be able to check off her boxes.

