

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

FEBRUARY 2023



MOTIVATION

The exchange going on in the picture to the left involves a series of movements with Kali sticks, and it's something that every Ripple Effect black belt candidate will undergo. Hundreds of times.

The strike upon strike of bamboo is something you begin to feel in your muscles and your mind as you work to learn the sequences. And if you mess up one movement, you might get a stick to your side.

This kind of mistake is one kind of motivation offered by the martial arts. It's not severe--a light tap. But you feel it, and you're encouraged to improve, to adjust.

"If you're going through hell, keep going." — Winston Churchill

RIPPLE EFFECT

Martial Arts

COLORADO

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There's also the positive side of motivation (AKA, the not so painful side).

After getting little kinks worked out in your Kali patterns or forms or sparring, you make it through a perfect sequence on your own in practice.

Then you perfect a sequence with a partner.

Then you perfect a sequence with a group. At a black belt test. In front of a crowd.

This is how black belt training comes out of self-motivation, and how self-motivation leads to black belt. It's a precious cycle.

Along the way, value both the positive feedback and the constructive criticism, including the occasional correction. It's what black belts are made of.

"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

A Motivating (Karate) Tale: PART I



Once upon a time there was a little hen who lived in a run just out back of the old farm house. Her name was Plucky, and she was neither full-grown like her mother nor a chick like her little yellow-feathered siblings. She was just herself. Just Plucky.

Around the fringes of the pasture grew blueberries. Plucky could see the dark blue fruits growing amidst the brambles, and she wanted more than anything to try them. The feed in the chicken run and coop was fine. It was nourishing, Plucky's mother always said. But it was plain.

Plucky longed for tastier morsels. She dreamed day and night about that sweet but bitter fruit.

*"Motivation determines what you do. Attitude determines how well you do it."
Lou Holtz*

Trouble was, there were real dangers outside the run. Mother was sure of that.

"You can't go outside the gates!" Plucky's mother said. "You'll be eaten alive!"

Eaten alive? Plucky thought. She contemplated. That didn't sound nice at all.

But the berries sounded so nice. "What would eat me?" Plucky asked.

Mother had many answers, and she counted them off on the tip of her wing. "Oh," she said, "well there's raccoons, hawks, osprey, eagles, owls, rats, cats, and foxes, of course." Mother nodded in satisfaction. Plucky felt unfazed. She had blueberries on her mind.

It turned out that a friend of the chicken family was an old rooster named Ansel Red Plume. Ansel didn't live in the coop, and he didn't live in the run. He lived above the coop, outside the chicken wire, cock-a-doodle-doo-ing the dawn every morning and keeping the whole farmyard on track for the day. But Ansel also had a regimen. He would do wing-tip push ups, deep stances, ridge-wing punches, and even twirling reverse crescent kicks that kicked up the dust on the ground. He called it the art of self-defense.

Plucky watched Ansel's routine every morning, and admired the way he would walk about the pasture as if he was afraid of nothing in the world. One day Plucky asked Ansel to teach her his art.

"What makes you want to learn my art?" Ansel asked the young hen.

"I want to see the world outside the cage," said Plucky. She meant what she said, and it sounded better than just "I want to taste those blueberries."

STAY TUNED NEXT MONTH FOR PART TWO OF PLUCKY'S BIG ADVENTURE!!!

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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.



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