

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

MARCH 2023



DISCIPLINE

Focus your eyes, focus your mind, focus your body. You've heard that mantra a lot. But what's its purpose? In part, to keep us on a track toward something firm, something great, something that does good not just for ourselves but for others.

The philosopher Thomas Hobbes (who lived long, long ago but who thought a lot about discipline) argued that society--things like home, family, civilization itself--depend on an ability for individuals to rise above our immediate wants and needs for something higher.

"You have power over your mind. Remember this, when the world intervenes."

— Marcus Aurelius

RIPPLE EFFECT

Martial Arts

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The concept of discipline involves the suppression of base desires. What is a "base desire?"

Well, (since you asked!!), it's something you want on a gut level. Literally, in the case of hunger (I've gotta have a Coke and a Big Mac!) or even going to the bathroom (!). But base desires also include sleep, wanting to watch TV, and all kinds of other things, that, well, we really feel like doing.

Now you might think, are base desires all bad? Well, no. We all need sleep, food, etc. But we call these things "basic" because they're the base on which we build thoughts, plans, goals. They're the base that lets us do and create hopes. Dreams. Higher order stuff.

Think of it like the white belt basics. Couldn't build those glittering black belt combos without knowing how to do a back fist, a front punch, a sidekick.

So focus. Be disciplined. Learn the basics, practice them by the thousands. And rise above to something greater.

"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

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."

COACHES CORNER

A Motivating (Karate) Tale: PART II



Ansel was anxious about taking on a new pupil, but he did like Plucky's spirit.

"You're on," he said. "We begin at dusk."

As the sun fell, drenching the pasture in a smooth wave of orange, Plucky joined Ansel atop the chicken coop. The metal roof felt warm under Plucky's feet. She felt strong. She felt ready.

Ansel snapped his wings to his hips and raised his chin. "This is attention stance," he said. Plucky snapped to attention too.

"Feet together," Ansel corrected her. Plucky lined up her heels.

"For a man to conquer himself is the first and noblest of all victories" Plato

Ansel led Plucky in karate drills for hours. Wing-tip push ups. Wing-flapping jumping jacks. Dozens of squats on knobby chicken knees. Ansel also taught Plucky some essential blocks and guards.

"Side block!" shouted Ansel as he stepped back and threw a winged ridge hand.

Plucky threw up her wing, but she was too late. Ansel's blow only tapped her cheek, but she felt it nonetheless.

"Are you hurt?" said Ansel.

"No," said Plucky. She shook her head and patted her cheek.

"Then what's wrong?" asked Ansel.

Plucky paused. She looked at Ansel's strong wings and confident stare. "I just feel like I'll never be tough enough, good enough, to go out on my own."

Ansel relaxed his bulky shoulders and stepped back. He smiled. "That self-awareness makes you strong," he said. "You'll build your skills, and you'll set out into the world."

"But what if I get in trouble? What if there's danger I can't handle?" Plucky said. She tucked one wing behind her back.

Ansel's sharp, world-weary eyes met her gaze. "It was the same with me," he said, "a long time ago. Those blueberries are out there for you to taste. Let's make sure you taste 'em."

STAY TUNED NEXT MONTH FOR THE CONCLUSION OF PLUCKY'S BLUEBERRY ADVENTURE!!!

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CHEER ON THESE AWESOME KARATAKA GOOD TIMES!





WOMEN'S SELF DEFENSE WORKSHOP

SATURDAY, APRIL 8

3-6 P.M.

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JOHNSTOWN PLAZA
(NEXT TO SCHEELS)**

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**FRIDAY &
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APRIL
7 & 8**



FREE!!

EASTER EGG HUNT!

**SATURDAY
APRIL 8**



**10 A.M.
PHOTO BOOTH, CRAFT
TABLE, PICTURES WITH
EASTER BUNNY!**

**10:30 A.M.
EASTER EGG HUNT!**

**10:45 A.M.
EARN YOUR WHITE BELT**

**11:05 A.M.
DEMO TEAM PERFORMANCE**

**11:10 A.M.
NINJA STARS**



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Martial Arts

**GIVE YOUR EASTER
A KICK!**

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BELT PROMOTION!

SATURDAY
APRIL 1

9:00 – 10:15 A.M.

WHITE
GREEN
BLACK
BLACK GOLD

10:45 – NOON

GOLD
HIGH ORANGE
LOW BROWN
BLACK BLUE

12:30 – 1:45 P.M.

HIGH GOLD
PURPLE
HIGH BLUE
HIGH RED
BLACK PURPLE

2:15 – 3:30 P.M.

ORANGE
BLUE
RED
BLACK ORANGE
BLACK GREEN

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