

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

APRIL 2023

GROWTH



PHOTOS: Bottom row - Marcus Edwards Photography

Top row - Moms

Growth is painful. Change is painful. But, nothing is as painful as staying stuck where you do not belong.

— N. R. Narayana Murthy

Growth takes on a whole new dimension at Black Belt. And before you've reached that level, that's hard to comprehend.

Aren't I growing from white to gold belt? From red to high brown? Yes, you are. And in lots of ways that growth is swifter, more visible, more immediately impressive, more real. It's like a friend's baby or any growing child; let just a few months go by and then you see them again and go "Wow! She's grown so much!"

It happens quick in the earlier stages. You blink an eye and you're in 5th grade, high school, graduating college. In karate, you start out struggling to do ten push ups. By Black Belt, you're hitting a hundred just to get warmed up.

You've built yourself a foundation. Now it's time to build *up and out*. Into your school, your family, your community. And, of course, yourself.

RIPPLE EFFECT
Martial Arts

FORT COLLINS

LONGMONT

JOHNSTOWN

BROOMFIELD

That's why we say that growth, in essence, begins at Black Belt. You've worked for years to prepare your mind and body to learn. To really elevate yourself above the foundations—*punches, stances, kicks and patterns*—you've spent years perfecting.

At Black Belt, you're ready to grow upward, outward. You're ready to expand into new worlds of footwork, into new dimensions of martial forms, techniques and ideas.

Of course you've been expanding for years in your martial arts training. But here's the thing: *You're now ready, armed and ready, to inspire others.*

Think about this: When you were a white belt, did you feel ready to tie a belt on another student in front of a hundred people? Could you make another student confident enough to spar at a tournament, to perform Chon Ji amid a roar of cheers?

Probably not.

Earning your Black Belt means you've built the knowledge, skills, and

"We've seen blood, sweat, tears, laughter, contemplation, dissolution of ego, and some real foundational character development. I wholeheartedly recommend Ripple Effect for anyone looking to get into, or continue on with, the martial arts." Eric Allstott

844-321-KICK (5425)

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COACHES

Help kids grow.



"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Viktor E. Frankl

People are like soil. They can either nourish you and help you grow as a person or they can stunt your growth and make you wilt.

— Plato

Our parents told us not to “hang with the wrong crowd” and we doll out the same dictum (or some version of it) to our kids.

But who is the “right” crowd? What’s the social, instructional, and ultimately professional “soil” in which we strive to plant our kids?

It’s tough. We need people to encourage our kids, to get them excited, to push through limitations. Some measure of that task of course falls to us as parents, but it’s also the effort of their teachers, their siblings, their heroes and their peers. If their teachers are lazy, their heroes selfish, their buddies profane, well...

The kid’s not gonna learn. They’re not gonna grow.

Seeking out and sacrificing for the best environment counts for so much when it comes to nurturing growth. Here’s a story for coaches and their karate kids:

The Lemon Seed (Part 1): A girl stood waist high to her mother, who was squeezing lemons in the kitchen for lemonade. The girl asked about the seeds that spilled out. “What’s that” she said, tapping the glass of the pitcher as the seeds descended.

“A seed.”

“What does a seed do?”

“Well this seed grows into a lemon,” the mother said, stirring the juice.

“How does it grow into a lemon,” said the girl, looking at one of the shriveled seeds on the counter and at the little pile of plump yellow lemons beside her mother’s hands. The girl’s eyes went back and forth, wondering.

“It needs good soil, good dirt,” she said, noticing the girl’s frown. “Somewhere good to grow.”

“Can I have one?” the girl said. Her mother nodded, slicing through one of the fruits with her knife and squeezing the juice and pulp into the pitcher. “Here,” she said, spreading the stray seeds into her daughter’s eager palms. “Take ‘em outside,” she said. “Find a good place for them to grow.”

The girl walked out the back door, seeds in the folds of her palms. She was going to find a good place. She passed one spot, full of rocks. She opened her palms to look at the seeds. “You seem soft,” she thought. Too soft for these rocks.

She walked on to a spot that had collected pools of rain. “Seeds make plants, plants need water,” she thought. But her mother had also taught her to respect deep water, pools. She weighed the seeds in her hand. Maybe they’d drown in there. She walked on.

Next she came to some flagstones that were warmed and dry with the heat of the sun. “The sun helps things grow,” she thought. She’d learned that. But there was no water here. It was too crisp. She went a little further, into a place in the backyard under the fringe of a tall pine.

She bent down. She pressed the seeds into the dirt. It felt soft as she pressed each one to bury it in the rich soil. She felt the light of the sun on her little fingers as they worked. She looked back to the kitchen window, where her mom was working. She licked her lips, and walked back for some lemonade.

KARATE JOKES

Why was the jockey so great at karate?

He had a great horse stance.

What's always fun to serve but never fun to eat?

A knuckle sandwich.

Why was the Morse code operator so bad at sparring?

She was always telegraphing her moves.

Why did the blue belt climb Mt. Everest?

He wanted to be a high blue belt.

What do line dancing and Yul Gok have in common?

A good foot stomp.

What's the best karate move when fighting on the moon?

A crescent kick.



Photo - Marcus Edwards Photography

"The facility is immaculate and the instructors are amazing. I have seen a great improvement in my grandson's attention, patience and focus!!! Highly recommend!!!"

Lisa Charbonneau

ANNOUNCEMENTS

**BLACK BELT
IMMERSION**

GALLERY TIMES!

**SATURDAY
MAY 6**

**YMCA OF THE
ROCKIES
ESTES PARK**

6 - 7 p.m. 7 - 9 p.m.
Legacy Workshop Formal Testing
w/Master Macy

RIPPLE EFFECT
Martial Arts

***BLACK BELT
SPECTACULAR &
BOARD BREAK!***

**YMCA OF THE
ROCKIES
ESTES PARK**

**SUNDAY
MAY 7**

**\$10.00
LIMITED SPOTS!**

10 a.m. - 2 p.m.

RIPPLE EFFECT
Martial Arts



ANNOUNCEMENTS

**MOMS
TRAIN
FREE!!**

All May!!

RIPPLE EFFECT MARTIAL ARTS

FORT COLLINS
LONGMONT
JOHNSTOWN
BROOMFIELD

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