

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JUNE 2023

## SERVICE



"Action expresses priorities." *Mahatma Gandhi*

*Our life is the sum total of all the decisions we make every day, and those decisions are determined by our priorities.*

Myles Munroe

What are your priorities? How do you define them?

It's a sort of work-backwards situation. It starts with a goal:

*I want to run a marathon.*

That's where the prioritization begins.

*What do I set first?* Diet. Exercise. Training. Mental conditioning. Those are the broad strokes.

Then there are the specifics. *What do runners eat? What foods, specifically, do I get at the store? What times do I eat? How much do runners sleep? How often and how far do they run? How will I find time to get my runs in?*

That's how you get ready for the big race.

It's also the mindset of a black belt.

Black belt training helps people prioritize. Think about getting ready for a belt test--that very first one, from white belt to gold.

You have to prioritize getting to class, learning your kicks and punches and blocks. When to stand at attention, when to bow.

At gold belt you learn your first combinations. Then come your first forms. By brown belt, some years down the road, you'll have literally dozens of these in your martial arts vocabulary. The process changes not only your body but your sense of self as well.

You're becoming stronger, more limber, more capable of moving in the way you want, whether for recreation or practical tasks or for self-defense.

To get there, and to continue getting to your next goal, priorities are key.

Black belt instructors are here to help, so never be afraid to ask!

**RIPPLE EFFECT**  
Martial Arts

**FORT COLLINS**

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*"Excellent experience. Best martial arts around!!!! You guys have helped Cam grow tremendously and he's only at green belt! I can't wait to see what he's capable of with the skills you guys teach him everyday!!!" Rita Evans*

**844-321-KICK (5425)**

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# COACHES CORNER



## *How to Help Your Kids Organize Their Time and Priorities as Leaders*

Do your kids have trouble getting up for school? Doing their homework? Cleaning their room? Telling the truth?

You're not alone.

We all face these challenges (and many others) as we parent our kids to adulthood and beyond. And a big part of doing it right is teaching kids how to put first things first.

Karate helps kids learn to set priorities, and it begins at white belt. *How do I tie my belt? How do I fasten my uniform? How do I keep it clean?*

Depending on their age, they may need help.

*"Nobody's life is ever all balanced. It's a conscious decision to choose your priorities every day." Elisabeth Hasselbeck*

Here's a few things you can do to help your kids set priorities:

- **Set a good example.** If you want your kids to be on time, show them how important timeliness is to you. Leave early for school (including karate class!) to let your kids know you respect the time of teachers, instructors and fellow students.
- **Help your kids distinguish between what they want and what they need.** For young children, you can demonstrate this through your own choices. Let's say you're passing by your favorite store and see an expensive item in the window. "I want that," you could say, "but I don't need it. Maybe I could spend the money on something for the whole family." That sounds a little cheesy (you can fashion your own version), but experts say vocalizing your reasoning helps kids understand how to prioritize for themselves.
- **Help your kids establish daily routines.** This doesn't mean everything has to go the same way every day (like in "Groundhog's Day" the movie). But just like in karate class, we need to give kids a sense of what to expect, how things will go, and what adults expect of them. Involve your kids in setting up and following these routines. "What would be a good idea to do every night to get ready for bed?" Help them think of the necessary things (changing clothes, brushing teeth) and the things you do purely for fun.

Black belts are nothing if not accountable, and your kids (and you, too!) will learn to prioritize what's important all the way along the black belt journey. Your help and attention gives kids the confidence that you prioritize them. Keep up the hard work coaches!

*"Ripple Effect Johnstown has been an amazing addition to our family. I started my 4-year-olds a few years ago. In that time, they have grown tremendously. The self-discipline, self-respect, confidence, and empowered strength they now hold is inspiring." Ryan Norris*

# ANNOUNCEMENTS

# NO CLASSES

**MONDAY &  
TUESDAY  
JULY 3 & 4**



**RIPPLE EFFECT**  
Martial Arts



# SUMMER INTRAMURAL TOURNAMENT



**SATURDAY,  
JULY 22**

LOCATION:

**GAP2GAP TRAINING**

4650 W 120 Ave, Westminster, CO

SCHEDULE:

8:15am: **Black Belt Division**

9:45am: **Grand Champion Rings**

10:15am: **Beginner Division**

11:15am: **Half Time Show**

11:45am: **Level 1 Division**

12:45pm: **Level 2 Division**

1:45pm: **Level 3 Division**

# \$50

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**"IT'S A SCHOOL OF POSITIVE  
CHARACTER-BUILDING, OF  
MERGING THEORY INTO THE  
LIVES OF THE STUDENT,  
THEIR FAMILIES AND  
THE COMMUNITY."**

**- TAMMY B.**