

The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

JULY 2023

SERVICE



I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.

Rabindranath Tagore

When you train to become a black belt, you're also training to be a leader. And the best leaders learn how to serve others. Martial artists train and mentor other martial artists. They set a positive example for others (you'll hear "yes sir," "yes ma'am," "please" and "thank you" about a million times during your black belt journey).

Martial artists also share experiences and insights, supporting their peers through challenges (everyone was a white belt at one time). Black belts provide words of encouragement and motivate fellow martial artists to keep pushing forward, even when things get hard.

"The best way to find yourself is to lose yourself in the service of others." Mahatma Ghandi

RIPPLE EFFECT
Martial Arts

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This involves developing a strong growth mindset, emphasizing and demonstrating continuous learning and improvement.

Perhaps most importantly, black belts serve others by fostering a supportive community, both within and outside of the karate school. Leadership projects and volunteerism (both required to earn a black belt) have ranged from raising money for diabetes research to work at preschools and nursing homes to habitat restoration.

Becoming a black belt depends on being in the service of your family, your friends and your community. It makes helping others fun and rewarding.

Keep training. You'll become humble and proud to the core.

"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

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COACHES CORNER



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

Teaching leadership skills to children at a young age can help them develop character qualities that will benefit them throughout their lives. Black belt training helps at every stage of a child's development, instilling a leadership mindset in kids and rewarding them for the challenge.

Here are some ways karate helps parents develop their kids into leaders, and what you can do to keep them on track:

1. Set a positive example: Children learn by observing their parents or guardians. When you demonstrate abstract qualities like responsibility, empathy, and effective communication, you serve as a strong model for leadership. You do this at home, of course, and you do it in karate when you're right beside your kids on the mat.

2. Encourage decision-making: Give your child opportunities to make decisions, even small ones, and support their choices. This helps develop their critical thinking and problem-solving skills, which are essential for leadership.

3. Foster teamwork and collaboration: Engage your child in group activities and encourage them to work with others. Teach them the importance of listening, respecting others' opinions, and valuing everyone's contributions. Karate promotes teamwork, increasingly as you move toward earning a black belt.

4. Provide responsibility and autonomy: Assign age-appropriate responsibilities that allow your child to take ownership of tasks (*make sure your kids are filling out their weekly job lists!*). This can include chores, organizing activities, or leading a small project. This helps your kids develop accountability and initiative.

5. Promote effective communication: Encourage your child to express their thoughts and ideas openly and respectfully. Teach them active listening skills and how to communicate clearly and assertively.

6. Support problem-solving: When your child encounters challenges, encourage them to think critically and find solutions independently. Offer guidance and ask open-ended questions that promote problem-solving skills. Sparring is a great example of active problem-solving: kids learn to respond to challenges both slowly in practice and in an instant in the ring.

7. Provide leadership opportunities: Look for opportunities for your child to take on leadership roles, such as leading a school project, organizing a community event, or participating in youth organizations that promote leadership development. Ask any parent of a black belt, and you'll get amazing stories of leadership projects and volunteering that their kids took on to earn that attachment.

Leadership skills develop over time, so be patient and consistent. Your karate instructors and the whole karate community is here to help and support, so don't hesitate to reach out!

"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

*"Service to others is the rent you pay for your room here on earth."
Muhammad Ali*

ANNOUNCEMENTS

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ALPACA lunch.

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**NICE
KICKS!**





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

- TAMMY B.