

# The Karate Times

- RIPPLE EFFECT MARTIAL ARTS -

AUGUST 2023

## EXPLODE



*"No man has the right to dictate what other men should perceive, create or produce, but all should be encouraged to reveal themselves, their perceptions and emotions, and to build confidence in the creative spirit." — Ansel Adams (Photographer)*

*Your energy can go a long way. Just take it from the sun.*

As the They Might Be Giants classic goes, "The sun is a miasma/of incandescent plasma" that blasts out about 3.86 (+ another 26 zeros!!!!) watts of energy at any given moment.

The portion of that energy that travels to Earth takes about 8 minutes to get here, and by the time it does it's mellowed to a mere (!!) 1.74 x 10 to the 17th watts. Not enough to scorch everything to a crisp, but plenty for everything from growing crops in your backyard garden to running the Agua Caliente solar power plant, which by itself produces enough energy to power 230,000 homes.

Yeah, it's a bit staggering to think of the power and reach of the sun's energy. But we all have some staggering energy potential of our own.

**RIPPLE EFFECT**  
Martial Arts

**FORT COLLINS**

**LONGMONT**

**JOHNSTOWN**

**BROOMFIELD**

Think about it--what can you do without summoning energy? Sleep, nap, lie down and stare at the ceiling, maybe. Sometimes it takes energy to do even those low-key things. It takes energy to listen, to concentrate on what you're hearing from your parents or instructors. It takes energy to respond to what you're hearing, engage in the conversation.

And what about wasted energy? If you just burn yourself out, wasting your energy on complaints or hate or procrastination, you're not reaching others, you're repelling them. Pretty soon you feel yourself spun out of orbit, into cold, dead space.

That's a big reason to come to karate classes. The energy you bring to the floor reaches everyone else in the school. They absorb it (even if it's just enough to keep their own beets and carrots growing, so to speak). So anytime your batteries are drained, get around folks with lots of good energy. Then get out and pass on the good vibes!

*"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)**

**WWW.KARATESPECIAL.COM**

# COACHES CORNER

## *How Karate Helps Kids and Parents Harness Energy*



*"In a gentle way, you can shake the world."  
Mahatma Gandhi*

You hear that energy never disappears, it just changes form.

You're pushing your kids to get homework done, chores done, karate practice done. (Just kidding. Karate practice is never done.) Push push push. It takes a ton of energy to seize the day. And we're most efficient when we conserve our resources.

Here are a few tips to keep your engines humming smoothly on these busy summer days:

**Make a Plan.** Karate requires a lot of preparedness. Uniform washed and ready, sparring pads packed and inventoried, Word of the Month worksheets completed (and just wait 'til your kid's in Prep Cycle). If you try to just bolt out the door on the fly, something's bound to fall through the cracks. Same thing with any given day.

**Make a simple list the night before that outlines your agenda.** What do we want to accomplish together tomorrow? Write it down, 1, 2, 3. You'll rest easier knowing tomorrow's gonna go (pretty much) according to plan.

**Pace Yourself.** Getting kids through all the demands of the day can be crazy, especially when you pile too much into the agenda. What are the priorities (getting dressed, fed, teeth brushed, Prep Cycle homework done)? What's highest priority? Allow enough time for what's important in the daily routine, and don't waste your energy trying to pack too much in.

**Tap Their Energy Reserves.** Kids' energy is like the atom's: boundless and potentially destructive. It can also be harnessed. Where do you spend your energy on things they can do for themselves? This can include everything from getting themselves up (alarm clocks are cheap and fun), setting the table, washing their own dishes and innumerable little tasks that otherwise accumulate to make you bonkers by the end of the day.

**Make Time to Relax.** How great did that Sunday afternoon after the Black Belt Immersion feel to you testers? After a hardcore haul through three days of all-out exertion, some ice cream and 12 hours of sleep works wonders. Same thing after a long day at home or work.

Carpe Diem, Coaches. But be sure to get some sleep yourselves.

*"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

## FOCUS WORKSHOP

SEPTEMBER 9TH  
DURING LEADERSHIP CLASS  
(OPEN TO EVERYONE!)

COST \$10

FREE FOR CURRENT STUDENTS

CONTACT:

FT COLLINS: (NEXT TO SUPER TARGET) 970-282-3714

JOHNSTOWN: (NEXT TO SCHEELS) 970-829-1837

LONGMONT (VILLAGE AT THE PEAKS) 719-285-6003

BROOMFIELD (BROOMFIELD TOWN CENTRE) 303-426-0277



## 10 YEAR Challenge

Complete the Ripple Effect Martial Arts  
10 Year Challenge

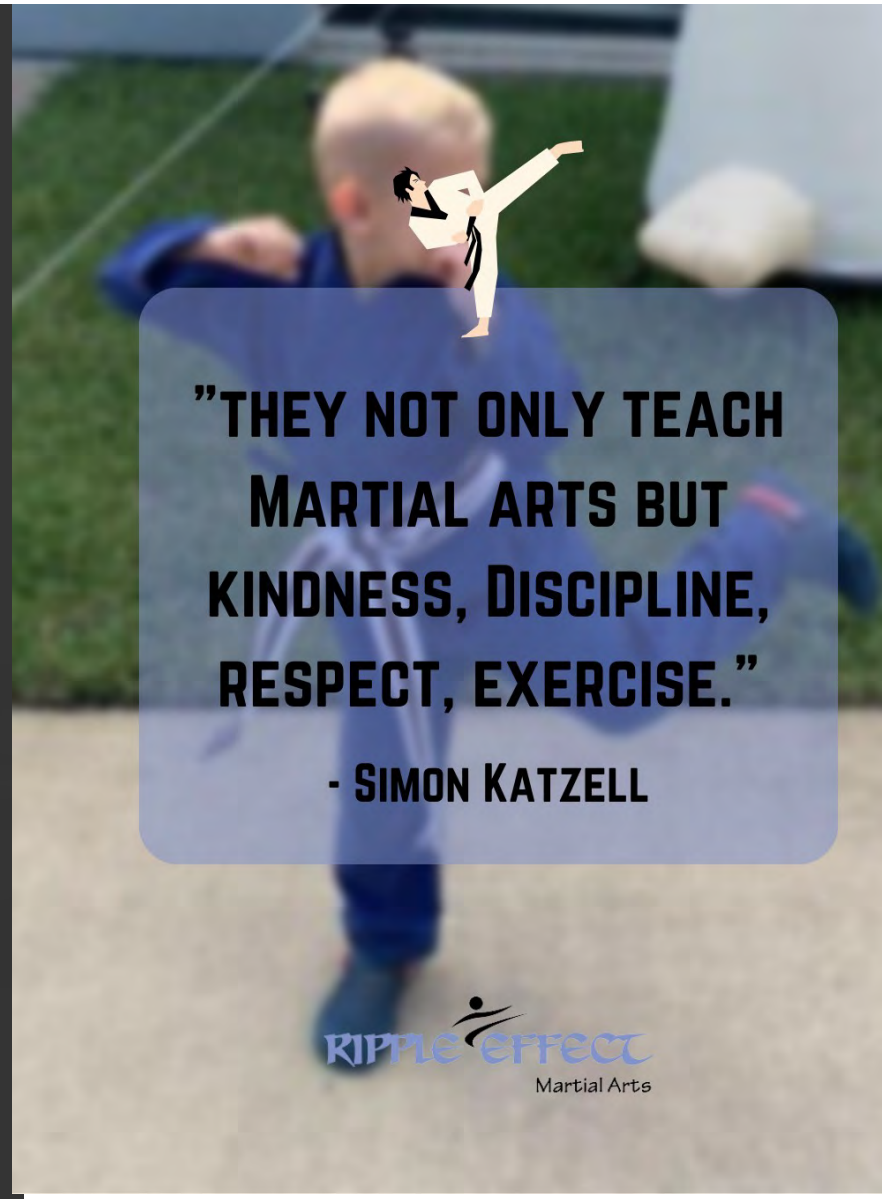
- Record and Tag Us in a Video of you doing 10 of your BEST front kicks.
- Tag 5 Friends and Challenge them to complete and post a video of them doing 10 of their BEST front kicks.
- Post a Picture of you holding a sign with 1 Goal on it that you WILL FOCUS on accomplishing this year.

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## NEW PODCAST!

EPISODE 34: MS ALLIE HAYES AND RIPPLE EFFECT  
BLACK BELTS AT THE BATTLE OF ATLANTA



"THEY NOT ONLY TEACH  
MARTIAL ARTS BUT  
KINDNESS, DISCIPLINE,  
RESPECT, EXERCISE."

- SIMON KATZELL

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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.**