



Karate Do, LLC

Benefits of Martial Arts Training



If you ask 1000 martial arts students why they take martial arts, you are likely to hear a variety of answers. The popularity of martial arts today can be attributed to the multitude of benefits martial arts training offers. One can think of no other activity that offers such a diversified list of benefits to participants of all ages and genders, and to students who range from the physically fit to the physically challenged. While each of us may start out seeking a particular benefit, martial arts training takes us down a path where we discover that we are gaining so much more.

Respect: One of the most basic principles of martial arts training is respecting everyone, specially those with greater knowledge and experience. For children, this means developing respectful relationships with parents, academic teachers, and peers that also promote a thirst for knowledge and the development of self-respect. The same benefits apply to adults in the work place and at home. Respect is also extended from teachers and parents to students who are striving to improve their life and martial arts skills. The most important aspect of respect is that it is earned not demanded. You will lead a happier and more successful life by respecting yourself, your spouse and family, and the people with whom you work.

No Experience Necessary: Success in martial arts does not depend on your having great athletic skills. However, through your training, you will develop key characteristics to enhance your athletic skills for your other sports interests. Benefits such as better hand/eye coordination, endurance, flexibility and overall physical fitness can help you improve in any sport.

Self-Defense: The martial arts not only teaches you how to cope with physical confrontations, but also how to avoid such confrontations using proper body language and street awareness smarts. In today's world, you may never need to physically defend yourself, but the newspapers are full of people who couldn't.

Mental Discipline: Your daily attitude and the decisions you make when life challenges you with new obstacles are affected by your mental discipline. Martial arts study can teach you how to relax, focus, and maintain your control when the going gets tough. Children with strong mental discipline are least likely to be susceptible to peer pressure anxieties, while adults learn to manage stress levels brought on by life's pressures. Better School Grades: Many parents have reported that their children have dramatically improved their school grades after they began martial arts programs. Better grades in school can strongly influence a child's overall success in their future career and their life. Is there a better reason to involve children in martial arts?





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Working Together: The spread of martial arts around the world was enabled by passing knowledge from one person to another. This sharing continues to create a bond within the martial arts community. The martial arts school is considered a close family-like unit by those who train together. As you reach higher ranks in the arts, you may have the privilege of teaching formally or assisting an instructor. But you can experience the wonderful feeling of teaching today by working with other students in school. When we help others, we become better students ourselves.

Staying Motivated: If you are properly motivated, you can achieve things you might not have thought possible. Life teaches us that motivation levels are not constant. As a martial artist, you learn that you can boost your motivation levels through martial arts Movements. Simply put, when motivational levels are low, martial arts gives you the power to energize yourself and continue to achieve all your goals.

Commitment: To achieve anything in life you must be committed. Martial arts training teaches us the value of sticking to a goal. The student on a journey toward Black Belt encounters many outside influences that can disrupt attendance and training. This leads to missed classes and lower motivational levels. Maintaining your commitment to achieving a Black Belt will help keep you focused on attending your martial arts classes and will ensure that you give yourself the opportunity to achieve your Black Belt goal. This same level of commitment will be a great benefit to the challenges facing you in all walks of Life.

Self-Confidence: To utilize all your skills and to take action on your goals, you must have confidence in yourself to make it all happen. Confidence is perhaps the most delicate attribute of an individual's character. Your current confidence level is generally the result of how you feel about your most recent events in life. The positive training methods used in the martial arts will help give you the feeling of confidence that lets nothing stand in your way.

