

BENEFITS OF MARTIAL ARTS FOR KIDS

Martial Arts training often provides many benefits to youngsters beyond that offered by other sports like Patience, concentration, humility, self-discipline, self-control, self-confidence, self-esteem, stress relief, self-improvement and a strong healthy body with good coordination.

The **introverted** youngster often begins to blossom when he or she learns Martial Arts. The structured drills that involve punching, kicking, and yelling help the youngster overcome shyness and timidity.

The **anxious or worried** child becomes more confident and assertive as he learns to move and control his body. He or she learns to work and compete with others in a friendly and safe environment. Self-confidence and self-esteem grow. Many parents report a marked increase in the child's social interactions. The youngster feels less threatened by other children or new situations. As a result, there is often more of a willingness to become more involved with others.

The **extroverted** youngster has a safe, healthy outlet in which to compete with him and others. Youngsters are taught how to avoid trouble and challenges. They learn to have enough self-confidence that they need not respond to teasing or provocation from peers.

The **aggressive child** is taught the self-discipline that aids in keeping anger under control. He or she learns that fighting is merely a way of showing off and that showing off is a sign of low self-esteem and a lack of self-confidence.

Martial Arts training is a gross motor activity that helps youngsters develop a sense of integrity about their bodies. Balance, coordination, posture, and general movements improve with Martial Arts training. The kids are always **active** in their sport as they progress, instead of just "warming the bench."

The **pre-adolescent**, in particular, finds that Martial Arts training helps him or her cope with the clumsiness that often accompanies the spurt of growth at this age.

Martial Arts also offers an additional bonus that other sports do not provide. Martial Arts teaches self-defense. In the unsettling times in which we live, knowledge of how to protect oneself can be crucial. Parents often report feeling more secure knowing their sons or daughters are capable of defending themselves.

Benefits of Martial Arts Part II

SELF CONFIDENCE - It doesn't come naturally for many children, but rather is developed over a period of time. As a child accomplishes new goals, his or her confidence level increases. Children become more self confident in our program because they progress individually at their own pace and are not judged against others.

SELF DEFENSE - Children's self defense takes many forms. We teach children to think instead of panic in potentially serious situations as well as how to react to threats from other kids. Our program offers mini-courses in Stranger Danger and School Yard Self Defense.

RESPECT - Our program focuses on teaching children to respect themselves and others. Respect, courtesy and personal integrity are the values our program instills in the students.

BETTER GRADES - Being a Martial Arts Kid also means being a better student. All kids in our program learn skills, such as following directions, paying attention in class, and participate in class activities that help them to become better students.

GOAL SETTING - Our program helps each child to determine what their personal goals are. Once the DOJOKU student sets his/hers goals, our trained instructors will help the student reach for and achieve their goals.

EVERY CHILD WINS – At DOJOKU, every kid can be a winner instead of a bench sitter because our program allows children to reach for their own potential rather than directly competing against other kids.

COORDINATION - Physical participation in the classes challenges the entire body, developing coordination, balance, agility and poise, often neglected in many team sports available to children in this age group.

FUN! - DOJOKU lessons are a dynamic and challenging approach to the martial arts. The classes are designed to meet the level of all children whether they are athletic, energetic, awkward or shy, bold, nice, or maybe even a little wild once in awhile... Chances are the Instructors have seen it and our classes are probably for a kid just like yours.

Benefits of Martial Arts for Teens

Martial Arts training is a unique fitness program which teaches teens to focus their mental and physical energies in productive and non-violent ways. The most obvious benefits of Martial Arts training for teens are physical development, coordination training, and good health. There are also additional psychological and emotional benefits, which are not immediately apparent. Often-mentioned results of Martial arts training are greater focus, increased self-esteem, increased self-discipline, calmness, and a more positive attitude toward life, as well as, knowledge of self-defense. However, the main focus of Martial Arts training is the perfection of character.

Martial Arts has many aspects which are mental, spiritual and physical. It is both an art and a sport. Whether your teen wants to pursue Martial Arts in the competitive arena of tournaments, self-defense, the art, or the exercise and mental gratification it brings, DOJOKU Martial Arts promises to deliver personalized attention and maximum focus towards fulfilling your teen's goals.

Benefits of Martial Arts for Adults

Other than the above stated benefits, adults are usually looking for more of a workout, self defense, stress release or something they can put their heart into that will give them more in return. The Martial Arts is just that, more so than any other activity or sport on earth, Period! What we get from training in the Martial Arts is a better state of mind, better knowledge of not only ourselves but of others as well. We get a toned body and the confidence of personal protection, as long as you are in a dojo that truly teaches realistic self defense.

If not, what you get is a false sense of security! This is the reason DOJOKU was formed, so you do not have to go to half a dozen dojos to cross train in different styles. We have already done it for you, as well as the research to give you the tested and proven techniques that will make you a well rounded Martial Artist, and be better prepared to defend yourself in the real world!