

Benefits of Martial Arts for your Child

We believe that a child's total wellbeing, both psychological and physical, can be strengthened simultaneously. While the physical aspects of exercise and training improve your child's general health, it likewise improves emotional health with increased self-esteem and self-confidence as well as decreased tension, stress, anxiety and depression. Here are just a few of the Benefits of our Martial Arts Programs for your child:

- **Self-Defense** – The instructors have trained for many years to make sure everything we teach is reality based. We've trained under some of the best martial artists in the world and are dedicated to staying on the cutting-edge of REALISTIC martial arts training – for ourselves and for your children! With that said... Your child may still be in the developmental stage of their life and will focus only on the basics of our Training Curriculum. Basic Techniques include: Proper exercise form, punching, kicking, blocking and advance techniques.
- **Focusing and Listening** – We know Focus plays a key role in the mindset of children who have limited attention spans at this stage in their life. Our Program will build their attention span... teaching your child to focus on the task at hand while improving their listening and reaction skills at the same time. As a result, your child will excel in physical activity, improve their ability to stay focused, and become an astute listener in the dojo, at home, and in school.
- **Teamwork and Positive Social Interaction** – Teamwork is necessary for any young child to develop. It is at this stage in their life that they develop an understanding and a confidence in their ability to work with others. Our activity based curriculum and teamwork oriented environment, develops character and teaches your child that the more we work together in the dojo, at home and at school...the more we get accomplished.
- **Self-Control and Good Decision Making** – Self-control refers to the training that one gives one's self to accomplish a certain task or to adopt a particular pattern of behavior, even though one is unfocused or would rather be doing something else. For example, when your child has learned to listen to mom and dad, pay attention in class while listening to the teacher instead of talking to his friend next to him, he has demonstrated the ability to self-control... while making the good decision to do so.
- **Balance and Posture** – For many 3-6 year olds, one of the skillsets that is often overlooked, but needs constant work and attention is balance and posture... basic skills necessary for almost any activity. Poor posture leads to cramped organs, improper breathing, and a whole host of other unhealthy bodily expressions.
- **Memorization and Retention** – We utilize fun and effective memory and retention drills for both Martial Arts and real world applications. Aside from Martial Arts etiquette, skill-based and technique driven retention, our memorization requirements include parents home and cell numbers, emergency contact numbers and residential address retention.

You'll find in many cases, our students are pre-prepared and learn these life skills prior to being introduced to them at their school. Our program improves memorization skills essential for well-rounded student development and school academics in the near future.

- **Self-Discipline and Responsibility** – Our instructors are masters at creating a vision for your child that self-discipline is fun and rewarding. We instill this vision through interactive and teamwork oriented games, drills and real world activities. Our age specific Martial Arts training techniques are used in correlation with a child's household chore responsibility, their awareness to clean up after themselves and homework assignments accomplished in a timely manner. Your child will begin to improve their ability to initiate accountability, follow directions and take pride in doing the right thing.
- **Physical Fitness and Healthy Living** – It is important for children to understand the importance of being healthy and physically fit at an early age. Being physically fit is a necessity for any martial artist but more importantly... The sooner we enforce this concept, the healthier your child will be now... and the less difficult it will be to stay physically fit as they grow older. We stress the importance of good eating while physical fitness activities are always fun and rewarding.
- **Coordination and Motor Skills** – Children with strong bodies, fine-tuned motor skills and physical coordination developed through Our Little Dragons Program will have improved: general health, sports performance, as well as other physical activities such as dancing or bike riding. Our Coordination and Motor Skills Training will develop your child's cardiovascular system, their muscular strength, and will create a general kind of body awareness which can only be gained from a whole body method of Martial Arts training. Your child will be more coordinated, less susceptible to injuries, and be much more aware of their body and how to use it correctly.
- **Self-Esteem and Confidence Building** – Our Youth Program improves a children's self-esteem through consistent positive verbal reinforcement and our Life Skill Stripe reward system. When kids work to earn their next belt level, not only are they learning basic world-class self-defense, they are building self-esteem and learning to feel good about themselves. Plus, unlike most other martial arts programs, our Martial Arts Programs have no fees for testing or advancement. We believe a student must earn their next level, not pay for it!
- **Self-Confidence** – Nothing can take the place of the security in knowing that your child can defend themselves should the need ever arise...and your own child's self confidence in knowing this themselves is immense.

“People who continue to practice the martial arts for prolonged periods are different from the general populace in these ways: they have a lower level of anxiety; an increased sense of responsibility; they are less likely to be radical; they have an increased level of self-esteem; and they are more socially intelligent.” (Source – Psychology Today, May 1985.)

- Respect – One of the most important words in martial arts is respect. Students are taught to respect their instructors, each other, and themselves. Our instructors spend time in class discussing the importance of respecting school teachers and parents. A child's social behavior should be directly linked to his or her progression in the martial arts class. It's not just about winning, Our Youth Program is about personal growth and becoming a better person.
- Great Physical Fitness while Battling Childhood Obesity – Did you know that childhood obesity has more than tripled in the past 25 years? The first step to preventing childhood obesity is addressing the problem before it occurs. If you catch obesity early on, there are ways to prevent your child from developing further health risks. If your child is already overweight, it is important to understand the psychological effects obesity has on children that are potentially more damaging than the physical side effects.
- Karate and Self-Defense helps empowering your child with self-confidence while rewarding them with achievement. For children with low self-esteem issues, martial arts teaches confidence and self-discipline while providing engaging physical activity. The stamina and endurance children develop during training in our youth program, results in natural weight loss and an improvement in overall physical and mental health.
- Anti-Bullying Education – Bullying is defined as unwanted, aggressive behavior that involves a real or perceived power imbalance. Kids who bully use their power – such as physical strength, access to embarrassing information, or popularity – to control or harm others. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally and purposely excluding someone from a group. Both kids who are bullied and who bully others may experience serious, lasting problems.
- Our anti-bullying approach is based on the NSA martial arts principles of redirection and straightforward assertiveness. Students are taught to manage situations without the use of violence, learning ways to assess threats, redirect verbal assaults and mobilize the audience, which is a critical factor in empowering the bully.
- Personal Attention – We know the impact a good instructor can have on a student. Our Rank Certified Instructors are experienced, patient, enthusiastic, and teach with a perfect blend of discipline and fun. With up to 5 Instructors on the floor during any given class, every student receives the personal attention they deserve.
- Social Skills and Friendship – Making friends is an important part of childhood. We provide the positive atmosphere and family oriented activities necessary to help young children make new friends, while teaching them the concepts of sharing, compassion, and conflict resolution

In addition to our regular classes we host numerous events for our students including karate camp, Inter-Dojo Tournament, State Tournament and National Tournament.

