



Sports And Fitness

Enjoy The Benefits Of Martial Arts!

The benefits that come from practicing a martial art is that you have a healthier, fit body and mind. You gain agility, balance, coordination and reflexes. Those gains can translate into better performance in sports and in every day life. The true armor that martial arts gives to a student is the strength of self esteem. Strong values make a stronger person. In martial arts, respect for others is emphasized plus you learn to avoid dangerous situations and feel confident in the ability to defend oneself if needed.

Let's talk about self esteem. Self esteem is the way we feel and think about ourselves. Healthy self esteem can affect every-



thing we do in our lives. It promotes a positive "yes I can" attitude. It also enables us with the tools to have the best chance at being a happy and successful adult.

An important part of self esteem is respect. In martial arts training, the student learns to have respect for the instructor and fellow students in the class. The martial arts instructor communicates with you about what is expected and informs you of your progress in learning. The classroom is also a great environment to meet new friends with similar interests.

Discipline is an important ingredient when practicing martial arts. It takes discipline to consistently focus on improving skills, going to practice and concentrating on the work involved in growing. In addition, as you gain ranking in the martial arts studio, other students will look to you for guidance. You learn to feel confident in your abilities, communicate what you know to others and make new friends. As you move up in rank, you gain a different color belt that shows others how much effort you have put in. It is the philosophy of martial arts that both the body and the mind must be disciplined in order to overcome obstacles that hinder growth.

Another benefit that comes from this disciplined approach is the ability to concentrate on achieving a goal. This can carry on to other areas of your life, including school work. It can also be an important factor as you grow up and face new challenges in your lives.

