

# **BENEFITS OF MARTIAL ARTS**

## **1. IMPROVEMENT OF GROSS AND FINE MOTOR SKILLS**

MARTIAL ARTS IS EXCELLENT IN IMPROVING GROSS AND FINE MOTOR SKILLS. CHILDREN BECOME AWARE OF THEIR BODIES WHEN PARTICIPATING IN MARTIAL ARTS AS THEY GO THROUGH THE MOTIONS: STANDING UP TALL, MOVING FROM ONE STANCE TO ANOTHER, KICKING, JUMPING, AND PUNCHING. AN IMPROVEMENT IN GROSS AND FINE MOTOR SKILLS WILL HELP SOMEONE PARTICIPATE IN ANY ACTIVITY THAT INVOLVES PHYSICAL STRENGTH AND COORDINATION.

## **2. INDIVIDUAL GROWTH**

IT CAN BE ANXIETY PROVOKING TO PARTICIPATE IN TEAM ACTIVITIES BECAUSE CHILDREN MAY NOT KNOW HOW TO INSERT THEMSELVES INTO THE GROUP, OR ARE AFRAID TO LET OTHERS DOWN. MARTIAL ARTS IS THE PERFECT OPTION; CHILDREN ARE ABLE TO PARTAKE IN A SPORT AND FOCUS SOLELY ON THEMSELVES. ONCE THEY BECOME MORE COMFORTABLE WITH THEIR OWN ABILITIES, THEY WILL THEN FEEL MORE CONFIDENT PARTICIPATING IN GROUP ACTIVITIES.

## **3. STRESS RELIEF**

MARTIAL ARTS FOCUSES ON BREATHING, MEDITATION, AND MINDFULNESS, WHICH ALL HELP TO TRAIN ONE'S FOCUS OF ATTENTION. THIS SKILL WILL HELP CHILDREN REMAIN CALM WHEN THEY FEEL BURDENED WITH MANY TASKS, WHICH WILL ULTIMATELY MAKE IT EASIER TO COMPLETE THE CURRENT PROJECT AT HAND. WHILE IN THIS STATE OF CONSCIOUSNESS, ONE'S TROUBLES AND STRESSORS ARE ABLE TO SLIP TO THE FOREFRONT OF THE MIND AND THE SUBCONSCIOUS CAN TAKE OVER AND FIND AN EFFECTIVE SOLUTION.

## **4. ABILITY TO SET ATTAINABLE GOALS**

WHEN PARTICIPATING IN MARTIAL ARTS, CHILDREN ARE ABLE TO WORK AT THEIR OWN PACE. THEY LEARN NEW SKILLS AT EVERY LEVEL AND CAN SET THEIR OWN ATTAINABLE GOALS. ONCE THE SKILLS ARE MASTERED AT THE LEVEL THEY HAVE BEEN PLACED AT, THEY RECEIVE A REWARD LIKE A NEW COLORED BELT. RECEIVING THIS AWARD FOR MASTERING NEW SKILLS BOOSTS CHILDREN'S SELF-ESTEEM, WHICH WILL ENCOURAGE THEM TO CONTINUE PARTICIPATING IN THE SPORT AND ACQUIRE NEW SKILL SETS.



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