

Should My Children Learn **WHY** Martial Arts?



by Michael Robinson



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WHY SHOULD MY CHILDREN LEARN MARTIAL ARTS?

“...For it is easy to criticize and break down the spirit of others, but to know yourself takes a lifetime...”

- Bruce Lee

Throughout the world, a child is taught to give respect so that they can receive it. When I think of the word, “respect” I think of discipline. It is what we have been taught since we were very young. I think of martial arts as a very important learning experience because it is something that opens our minds and increases our awareness. To always respect your opponent(s), to help others, to never give up, to focus, to strategize, and to think before you act. It is a very powerful art that has been around for centuries and more to come. The art of fighting. When a child is taught to defend themselves they are slowly building muscle, harder bones, stamina, agility, better reflexes and a more active brain. What is so special about your child learning this popular art at such an early age?



In Eric C. Stevens’ “7 Reasons Why Your Child Should Practice Martial Arts”, He explains the benefits that your child will surely acquire throughout the practice such as, “They (And You) Will Be More Active.” America has the highest rate of obesity and poor diet. Of course public schools can offer martial arts classes but there are millions of kids that might not want to participate in that after school activity especially if it is in, well, you know, school. When we are more active we want to eat healthy and eating healthy in front of your child

will inspire them to eat healthy as well. Another reason why your child should learn martial arts is, “They’ll Learn To Find Focus And Stillness.” Eric points out that, “the greatest obstacle we face in this lifetime is ourselves” and without a doubt this is true. If we can learn to find the mistakes in our performances then we will want to better ourselves for the future.

In most children’s eyes failing is not something that they would want to face throughout their lives but it happens in many ways. Whether it is failing to talk to other people, a class, a test, a sport, no matter the situation failing is inevitable. Nobody likes to fail but failing can also be a sign of victory since later on that situation will help you find your flaws and to improve yourself. Eric says, “part of life is learning that we all take hits.” This is very true. When I said, “To always respect your opponent(s), to help others, to never give up, to focus, to

strategize, and to think before you act” I was talking about respect. Eric says, “your child will learn that confidence and respect for others comes from a deep sense of self-knowledge.” Imagine how nice it would be to see your child grow up into a more responsible, kind, happy, confident adult. I think everyone would want that kind of persona for their child. I certainly would.

These are all very good reasons on why a child should learn this intense but beneficial art at a very young age. You are not only benefitting them but you are also doing yourself a huge favor. The future of your kid depends on how well you help them so that later on they will learn to help themselves through harsh situations. My older brother learned karate at a very early age and he has benefitted from that both physically and mentally. You will know more about yourself and learn to love yourself a lot better and in time, nothing will stop you. Happiness can come from this skill. Discipline is one of the key formulas that is brought up on a child and nobody can’t deny that. It may take time but for you and the sake of your kid I highly recommend your child to learn this powerful skill. There are no regrets. This is the art of fighting.

HELP AND RESPECT



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"...Be strong when you are weak, brave when you are scared and humble when you are victorious..."

- Michelle Moschetti

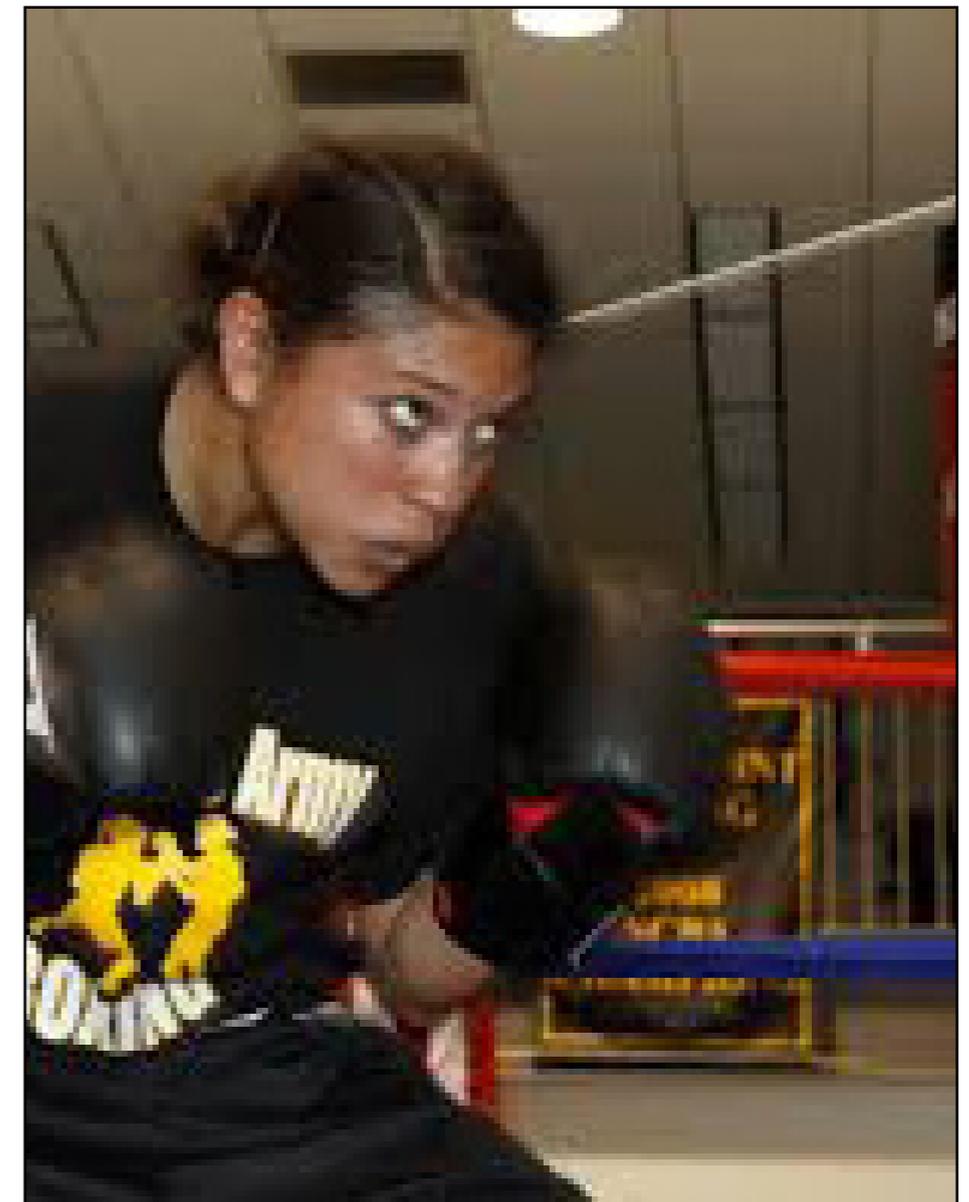
"...Do not speak badly of yourself. For the warrior within hears your words and is lessened by them..."

- David Gemmell

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THE FACTS

1. Children will learn to respect others and themselves
2. Increased awareness
3. Increased stamina
4. They will be more agile
5. More active
6. They will be more focused
7. A healthier diet
8. They may even help and protect you one day

