



TEN REASONS WHY CHILDREN SHOULD LEARN KARATE



First, brain development and academic improvement.



Karate is an excellent form of exercise that stimulates and enhances both the left and right hemispheres of the brain.

This leads to improved concentration which translates into **better academic performance** at school or in other educational settings.



Second, self-control and confidence boost.



Through various training exercises in karate children maximize their ability to regulate their emotions.

Acquiring confidence building self-defense skills and undergoing belts assessments foster a sense of accomplishment thus **boosting self-confidence**.



Third, moral values and etiquette education.



Karate classes begin and end with respect and courtesy.

Teaching **etiquette and respect** positively influencing social interactions.



Fourth, self-defense skills enhancement.



Karate cultivates self-defense skills empowering children to **protect themselves** in threatening situations such as bullying while also nurturing prudence and wisdom.



Fifth, strengthening teamwork and cooperation.



Karate involves group training building **teamwork and cooperation** through various group activities and partnership exercises teaching children to consider and support each other.



Sixth, stress relief and improved concentration.



Engaging in training sessions in Karate helps in stress relief and enhances concentration.

Repeating techniques aimed at **improving focus** greatly contributes to overall mental wellbeing.



Seventh, fun and enjoyment.



Through diverse activities children enjoy Karate and relish new experiences.

Karate **helps children grow** into healthier and more confident individuals.



Eighth, discipline and responsibility.



Karate instills discipline and a **sense of responsibility** in children by adhering to the structured training regimen, following instructions from instructors, and respecting the rules of the dojo.

Learning to be **disciplined and responsible** in karate class carries over into other areas of life, such as schoolwork, chores, and personal responsibilities.



Ninth, goal setting and achievement.



Karate provides children with opportunities to set goals and work diligently to achieve them, particularly through the progression of belt ranks.

Setting goals, whether it's mastering a new technique or advancing to the next belt level, teaches children the value of perseverance, dedication, and hard work, fostering a sense of accomplishment and pride in their achievements.



Tenth, resilience and perseverance.



Karate training teaches children **resilience and perseverance** by challenging them to overcome obstacles, setbacks, and failures.

Whether it's mastering a difficult kata or facing an opponent in sparring, children learn to push through difficulties, stay resilient in the face of adversity, and **never give up** on their goals. These qualities of resilience and perseverance cultivated in karate class translate into resilience in the face of life's challenges outside the dojo.



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