

What Makes A+ MARTIAL ART THE RIGHT PLACE?

Self-Discipline

Martial arts will help to teach your children the art of self-discipline. All too often modern-day children are accustomed to instant gratification. Martial arts teach restraint and patience.

Getting Active

A + Martial Arts gets kids away from the electronic screens/TV and off the sofa encouraging them to be more physically active while having fun at the same time! Karate is a total body workout not only for the body but the mind as well! Karate can provide a safe outlet for excess energy. Contrary to what people might think, Martial Arts does not encourage violent behavior. In fact, at A+ Martial Arts we often emphasize that fighting is a last resort. At the same time, kicking and karate chopping can allow kids to work out frustration or anger, while also practicing self-control. Karate can help with coordination. The deliberate, repetitive movements of martial arts can help kids develop a better feel for their body in space, which can be useful for kids to develop their motor skills. This may also help some kids understand the power of the mind over the body, which some find to be valuable to improve the ability to concentrate.

Goal Setting

A+ Martial Arts teaches children to learn how to set achievable goals. Routines are broken down into manageable chunks. A technique or form in martial arts can have dozens of different movements. Children are able to progress through the belt promotion system.

Teaches Positive Competitive Skills

Participating in a competition or tournament teaches children to aim for goals in life and whether they win or not it helps them to deal with either outcome which will be beneficial in later life. A + Martial Arts teaches children to develop a competitive edge while encouraging them to always strive to reach their maximum potential.

Respect

In today's society many children find it difficult to respect authoritative figures. Karate teaches children to respect their instructor and each other as they learn the art. The environment is accepting and communal. Respect is a core value in martial arts. Students are expected to show it for their instructor and their peers. Negativity is generally not tolerated in class, and students are encouraged to support each other. The Sensei's provide structure and clear expectations for behavior. The Sensei's have clear rules and constantly reinforce them. The Sensei's also emphasize good behavior in and out of class.

Listening& Focus

Listening is key in martial arts as without listening to the instructor the child will be unable to complete the move correctly. Karate teaches listening on a one-to-one basis as well as in a group environment.

Kids must stay focused to learn and to perform. When a child's focus drifts, instructors will often ask them to take the "ready stance." This position allows them to reset and ready themselves for what's next. Kids learn gradually, repeating and adding steps as they go. They learn to anticipate which step comes next and eventually put everything together into fluid movements. All of this gives memory a workout, but in a way that kids may find manageable.

Increases self-esteem and confidence

When a child masters a new skill or move it will boost their confidence and give them a real sense of achievement. Working their way up through the ranks also shows that hard work pays off and they have something to be confident about. A+ Martial Arts offer concrete, attainable goals. Some kids with learning and attention issues may feel like they never "win" at anything. In martial arts, kids work at their own pace. They're awarded a different colored belt every time they reach a new skill level. This can boost self-esteem and keep them motivated.

Teamwork

Often in practice classes will work in pairs to practice and learn new skills and moves. This not only teaches them to respect the other children but work together to achieve their mutual goal. They will soon learn that sometimes two heads are better than one!