



10 Reasons to Train in the Martial Arts

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The time is here. The weather is breaking and everyone is going outside to play with their friends. Your children will now start saying “**I don’t want to go to Karate!**” They will complain the whole way to the school. But you know what...once they get there and see the Sensei’s, and get on the mat, 99% of the kids will be glad they came. Why? Because they have fun, they learn, and it’s a positive activity. So here are 10 reasons why it’s worth the fight, instead of just giving in and letting them take a break or just quit.

Please post this on the refrigerator and take some time to review this with the children and just tell them it’s from their Head instructor... And if they want to take a break or quit that they must come in and talk with the Sensei. Think about ten years from now and they don’t want to go to work, teach them that quitting and not going is not the right way to do it. Let’s help them through this challenge together. Taking a child to Black Belt is a team effort between the student, instructor, and parents. There will be a time where they don’t want to go, or they want to quit their training but here are some reasons to keep them dedicated.

1. **Confidence** - While training in the martial arts, a student’s confidence levels increase as they move up through the ranks. And after years of being an instructor and after they quit, that confidence level goes down. We have black belts that have quit, and their parents have all told me the same thing “It was the worst thing I did, just letting him/her quit martial arts.” It’s very tough for an instructor, today people don’t want to hear that they will regret it, they don’t want to listen. The Martial Arts is a life-long activity. When you quit, you will slowly lose all the benefits it took years to develop.

2. **Focus** - In my school, some of the students have been training for five years or more. That’s five years of learning how to focus with their eyes, mind, and body. These students are Champions. They possess a certain look and sound that other kids just don’t have.

3. **Self Discipline** - Black Belts are self motivated. Wouldn’t you love for your students to be self- motivated? Here at our school, students develop self-discipline before achieving their Black Belts. They will clean their rooms, finish school work, and hold themselves accountable for their actions. This principle is taught primarily in the advanced stages of training. Several things in the early stages of training also help teach basic self-discipline, such as tying the belt, practicing kata, preparing for tournaments, etc...

4. **Self Control** - Another key principle taught at our school. Students learn how to control their mind and body through Martial arts training. By teaching difficult martial arts techniques and sparring applications the students learn self control. Students are also taught how to control emotions by participating in events such as *Kumite* and *Kata* in Martial Arts tournaments. **It is also explained by the Sensei that self control is to be maintained everywhere.**

5. **Respect** - This seems to be the number one reason parents enroll their children in the martial arts. Respect starts as soon as you walk in the door, by bowing. Our students learn to respect Sensei’s, and the Sensei’s teach the students that respect is earned not given. The traditional history of the Martial Arts is taught in the advanced classes when the students are ready for the more advanced teachings.

6. **Life Skills that are taught only in the DOJO** - Our school offers something that no one else is offering....Life Skills Learning. Here at our school we are teaching the following life skills principles on a daily basis: work ethic, learning how to earn, planning, preparing, leadership training, teamwork, how to network, how to make decisions based on knowledge not emotion, learning how to grow by reading and constantly expanding the way you think, are just a few of the things that are taught at our school.

7. **Goal setting and getting** - Every day we are teaching the children to set a goal, and more importantly we are teaching how to achieve a goal. The belt system is a great way to show children how to set goals. It’s very important to start with the end in mind. The Ultimate goal of the Martial Arts is the Black-Belt. Reiterate this to your students. The only way to make the dream work is through teamwork.

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8. **Character Development** - Through martial arts training we teach students that character is all you have at the end of the day. We teach them that your character is developed, and all the principles on the wall are traits that we want to have in our character, and the only way it can happen is to follow the principles every day. By seeing the Sensei's as leaders of the community, and taking part in events with the school the students develop a successful character.

9. **Leadership** - When the children get older they can become a member of the Instructor Training Program. In this program they can assist with classes, help with birthday parties, become staff members, and may even eventually open their own school. During this leadership training process, children learn how to motivate and inspire others. They learn about time management, how to teach focus, how to greet others, public speaking, dealing with challenges, and how to talk to parents and elders. These lessons are invaluable. Most of the sensei's I know and teach began when they were children.

10. **Black Belt Excellence or Habits**-I remember the days before I had a Black Belt. Today, I'm a changed person. I never would have accomplished the things I have without the martial arts. I would never see the sky as my limit without the principles I learned and the training I received through the Martial Arts. The Martial Arts create people who are never satisfied until excellence is achieved. Martial Arts has taught me to fight through challenges where most people would have just thrown in the towel. I'm a fighter with a Black Belt Attitude, and I love to give your children what we all need.....and edge in life....The Champions Way of Life.....