Article Side
Livermore Alert-Our Upcoming National Jujitsu Convention for Everyone by Bestfree Karates

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YA GOTTA GO to our upcoming National Jujitsu Convention. It's the first weekend in March, the 5th and 6th. Our convention is both a social and cultural exchange where juniors and adults alike will meet new friends from all over the globe.

We at Elite Self-Defense teach cutting edge classes for children, teens and adults in the Livermore, Pleasanton and Tri-Valley Area. We teach Traditional Jujitsu, BJJ and MMA Our classes include traditional martial arts as well as tumbling and gymnastics. We have our special child development specialist, Dr. Robyn Sillverman, who provides us each month with the tools that help bring true life skill building to our juniors. We have seen success in self-esteem, self-reliance, discipline, better grades in school, conduct and many other areas.

We have fun and exciting classes for women, men and children focusing on fitness, stress releif and of course, the martial arts. There is a nice social experience as well. We are like a great big family. And for your children we have a special Character ImprovementÂ program that our parents rave about.

Self-Discipline Webster defines self-discipline as the â€œcorrection or regulation of oneself for the sake of improvementâ€•. Whether it be trying to make a high-school team or meeting company deadlines, once you learn the focus necessary to succeed in Martial Arts you can apply it to the rest of your life.

Success is mental, and Martial Arts will teach you the self-discipline necessary to succeed at anything you put your mind to. Coordination Martial arts does require a lot of hand, foot, eye, and mental coordination, but all of this is developed over time. If you consider yourself as an uncoordinated person, training in the martial arts will help you grow those skills. Youâ€™ll be amazed what your body is capable of doing! Even if you are a natural athlete, standing on one foot, while kicking with the other, and blocking with your hands is quite difficult and involves coordination.

There will be lots of surprises there as well.

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Elite Self-Defense conducts karate classes, martial art lessons, self-defense classes. You can learn martial arts, traditional jujitsu, jujitsu techniques. We also arrange karate birthday parties.

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