Kids Martial Arts: Kick Start Their Future by Paul Halme

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Hyperactivity, short attention span, uncontrollable outbursts: the joys of parenthood. And soccer on the weekend and video games alone might not be enough to hold back the tidal waters that are youthful exuberance.

Donâ€™t despair there may be a healthy, productive way to help your child focus and manage their energy while helping to protect them from bullies and giving them a life-long passion for fitness and discipline, Martial Arts.

Martial arts training teaches children respect; respect for their teachers, their seniors, and themselves. Each lesson will begin with all of the students lined up according to their rank and seniority, and bowing to show honor to their instructor. This bowing or otherwise showing respect to the teacher is a universal feature of eastern martial arts. No Muay Thai match begins without the elaborate Wei Kru dances to honor the fighterâ€™s teachers.

And the display of mutual respect is extended to fellow classmates also in the form of a bow before beginning to spar or perform kata or forms.

Getting your child involved in martial arts at an early age can also help them develop determination and long term goal setting skills. These are two very important but often overlooked skills in the modern world. Video games, computers, and microwaves have effectively removed delayed gratification from our lives. You can score a few points in a few minutes, make contact with someone without walking to their house, or cook a meal in a few seconds without having to mix ingredients and wait for them to cook, a truly dated waste of time. This can create problems later in life when it comes time for things like college prep, long term career choices, and family, all of which require a great deal of determination and long term planning and goal setting.

Martial arts training starts helping by showing a very clear scaling of skill and time invested. Children can see advanced students performing challenging and visually impressive techniques, like the ones theyâ€™ve seen in movies, and see the time, energy and dedication that went into achieving those skills. This process is marked out and made even more palpable to children by the colored belt ranking system.

A child can earn his or her way from a white beginnerâ€™s belt, to a yellow, then green, then blue, all the way up to a black belt with each rank giving them physical evidence of their achievement and something to be proud of.

Some people may have gotten it into their heads that martial arts training can actually make children more violent by practicing the fighting techniques. This could not be farther from the truth. Reputable schools like Peak Performance Martial Arts in Keller, Texas, will not teach your children to fight like savages. They will be taught self discipline, self restraint, and to respect power; that of others and their own.

Most children who exhibit violent or aggressive behaviors suffer from low self esteem and self image. Starting martial arts training early will help your child develop a healthy sense of self esteem and emotional balance.

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Paul Halme - About Author:
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