Kids Martial Arts

by Paul Halme

Article published on January 19th 2012 | Sports

Putting kids in martial arts may be a way to help treat a growing number of problems affecting children these days that are caused by the ease and constant distraction of modern life.

Gradually, bit by bit, all of the things that required sustained focus, mental exertion, or physical exertion have been removed from our lives. If we ever feel bored it is with the constant stream of entertainment we have constant access to. This has led to children having problems focusing in the classroom, with weight and related problems such as diabetes, lashing out at school or at home and many other things.

Getting kids into martial arts can help get there mind and body working together again and help improve their performance in school, their social development, their behavior at home and their future by helping them rebuild those long lost skills and mental strengths.

Martial arts introduce a respect for routine and structure with the order of the class. There is a strong imperative that a child will feel to adhere to the appropriate mode of conduct within the group and show respect in all the appropriate places. The class itself is also highly structured. In this environment it is easy for a kid to get comfortable in larger structured social groups, and they can translate this skill into school, other sports, and work environments later in life.

There is also the element of focus and self awareness involved in martial arts. When you are jogging or lifting weights there is minimal need to focus on the activity, but with the complex motions and personal element of martial arts force a concentration. Mind and body are forced to come together and perform a task creating a state like meditation and help children with a full range of motor skills, not just hand-eye coordination.

Martial arts can also help children develop the ability to stay calm under stress. For many children studying martial arts sparring is an exciting part of the program. After learning some techniques to the satisfaction of the instructor and gotten comfortable in the group, children are offered an opportunity to apply those techniques on one another in a controlled and orderly way. These situations, especially in martial arts with a grappling element, teach a child, or an adult really, to stay calm under serious pressure and remain capable of forming and applying a strategy.

But you always want to make sure that you are comfortable with the school your child studies at. Good academies like Peak Performance Martial Arts in Keller, Texas, can provide a safe and respectful environment for kids to train and study in. A good instructor will not push a child past what they feel comfortable with and will emphasize the respect and sporting aspect of it.

Kids donâ€™t need to play blood sports. The emphasis should be placed on the defensive art and competitive sport as is appropriate for young kids. With a good school and a supporting family at home, martial arts can be one of the greatest gifts a child will ever receive.

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Article Keywords:
MMA, BJJ, Muay Thai, Kids Martial Arts, Kids Mixed Martial Arts, Mixed Martial Arts, Brazilian Jiu-Jitsu, Jiu Jitsu, Krav Maga, Self Defense

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