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Merits of Judo: 6 ways by which Judo arts can help you by Formerjudochampion.com/Â

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Judo (or Judo arts) which was developed in Japan in the 19th century, has now spread its wings in the western world as well where its popularity has grown to an all new height especially in this crime-prone 21st century. Judo is a martial art of combative nature but it lays emphasis on self-defense and not on undue offense. Judo classes and Judo clubs are now being run all over the world to teach the various virtuous skills of this highly powerful sport. Judo arts can be hailed as sport since it encompasses fun, discipline and entertainment and it is extremely powerful in the sense that it can take on the challenges posed by the criminals & modern-day bullies.

Some of the merits & features of Judo have been explained below:

i. Eradicates bullying: School judo has been instrumental in eradicating bullies to a large extent. This is because of two reasons. Firstly, school Judo enables weak ones to strengthen themselves both physically & mentally which allows them to fight bullying. Secondly, the Judo classes are organized in a highly disciplined environment that automatically has a deep, positive impact on the minds of the bullies & power-hungry.

ii. Empowerment of the feeble: Judo techniques make the feeble ones physically stronger. Besides, those who learn Judo also become mentally very gritty. This helps them to defend themselves in real-life situations if faced by criminal threats. Judo techniques have, over the years, helped many youngsters thwart kidnapping attempt and many girls & women combat molesters.

iii. Boosts self-esteem, confidence and discipline: Those who seek Judo help eventually gain in self-esteem and confidence. Judo tips instill silent aggression in their body & mind which increases their confidence level in every sphere of life. Their academic skills, intelligence and memory also increase for the better. Discipline is another major virtue found in abundance in every Judo champion. If you go through some judo videos, you will not just get substantial judo info but also find them extremely beneficial especially in the context of the modern day world.

iv. Physical fitness and health: Judo comes as a life-saving revelation amidst modern day cacophony. Under a disciplined Judo guide, you learn not merely the defensive skills & combative moves but also the significance of staying fit & healthy. Judo arts help to increase physical stamina and immunity and sharpen the brain & memory.

v. Competitive spirit: The Judo top belt is a coveted reward given out during a Judo championship or Judo competition. It encourages competitiveness & the hunger to excel which does you a great good in your academics, job prospects and even in other sports.

vi. Calms & controls the mind: Judo classes assist you to take a dip into the spiritual pool and emerge out calmer after learning the virtues of self-control & discipline in a highly sedate atmosphere.

Thus young or old, judo can help everyone and you can get a further insight into its merits by going through the e books available online.

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