

Master B'S Self-Defense & Sport Karate

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8 REASONS WHY YOUR CHILD SHOULD TAKE KARATE

1. DEFUSING BULLIES

A bully usually has low self esteem and the need to feel powerful causes them to seek out others weaker than themselves. A bully senses weakness such as an unwillingness to look them in the eye, hunched posture, rapid breathing when confronted and uncertainty when comfortable.



2. GRACE UNDER PRESSURE

Karate/Self-Defense is a practical course in assertiveness training. Some psychiatrists have even recommended it as training for patients who lack assertiveness. The format is simple: apply a small amount of pressure, teach the student to handle it, then graduate slowly until the student is comfortable.

3. GOAL ORIENTATION

Karate offers clear bench marks of progress that are found in many modern-day activities. The Karate/Self-Defense belt ranking system bestows a different color belt for each step up the ladder which provides a constant sense of achievement. New belt rankings are attained by passing a test at periodic intervals. A by-product of this poise of Instructor and an audience.

4. KARATE, CONCENTRATION AND SCHOOLWORK

Concentration is definitely a by-product of Karate training. The traditional kata (a set of prescribed movements against an imaginary opponent) is a lesson in self-control. Maintaining a low stance, remembering each intricate move and delivering it with power requires effort.

5. ROLE MODELS

Parents will find that Karate promotes achievement orientation. By emulating the Instructor the kids have a strong, positive role model and learn the appropriate use of their new skills.

6. PHYSICAL BENEFITS

A number of professional athletic teams have used Karate training to improve performance. Children lacking coordination may find Karate/Self-Defense to be one of the best activities to develop balance and fluid movement. Flexibility is a standard part of Karate training this makes a young athlete less prone to injury and more flexible in later life.

7. FULFILLING THE NEED TO BELONG

A distinct advantage of Karate over team sports is that every child can participate. Unlike team sports, where a youngster may not make the cut or ends up on the bench, Karate/Self-Defense lets everyone perform at his or her highest level. Children in Karate are often leaders in their peer group. They have an investment in their value system and things like alcohol, cigarettes and drugs are viewed as a risk to that investment!!!

8 LIFE SKILLS

These skills will help prepare them for most every type of encounter that they may come across in their life. Such as college, new jobs and everything that comes along at times in their life.