

How Can Martial Arts Benefit Your Child?

Expectation #1: Your child will learn to focus better.

Most kids who have problems concentrating on tasks at hand are easily distracted and can't sit still for more than 15 seconds. There is also a LOT of moving around since these children are also relentlessly energetic and restless.

Multiple studies have shown that martial arts methods and techniques greatly improve a child's ability to focus. This is because martial arts training requires strong self-discipline. Also helpful are the practiced principles of standing still, being at attention and bowing as a demonstration of respect. These habits practiced by a child enrolled in martial arts gradually carry over to everyday life.

Once your child becomes part of this life-changing program, some of the positive changes that you can expect to see are homework being completed without your supervision, chores being done WITHOUT you asking or giving reminders and conversations being initiated. If these changes sound too good to be true, then give my class a try and prepare to be surprised.

Expectation #2: The desire to succeed will manifest itself.

For loving parents like you here in the LA area, being able to see their children do well in life is truly the greatest reward that they can hope for.

Unfortunately, many kids today not only lack the desire to succeed, but also the self-confidence and belief that they can accomplish anything they set out to do. No parent wants to see their child have low self-esteem at such an early age.

The great thing about our martial arts program is that it's not only designed to teach your child how to defend themselves - it also boosts confidence and self-esteem.

As a matter of fact, a recent study revealed that more than 60% of children who earn black belts go on to attend college. Now that's awesome!

Martial arts programs such as the ones taught at Kingi's Kajukenbo provide children with a fun way to learn a skill that has been practiced since ancient times, while simultaneously teaching them that their mind is their biggest asset and that values like self-discipline are important in life. Once your child discovers this, the desire to succeed will manifest itself!

Expectation #3: Following instructions will become second nature.

This is a huge plus for any child who has ever taken martial arts, as well as for his parents! If your child has trouble following instructions, then this alone is reason enough to give our program a try.

Martial Arts is an art form that requires precision, fast and decisive action, as well as obedience. In fact, learning how to follow instructions and obey a teacher is the ONLY way to advance in martial arts. Even after graduating from a class, obedience remains key to becoming a good fighter.

So as your child progresses in his training and pursues higher ranking, his skills - including his obedience - also continues to improve, which means that following instructions will eventually become second nature.

Expectation #4: A sense of respect will be instilled in your child.

Although martial arts is a contact sport, respect is ALWAYS the most important principle enforced. Your child will develop a love for self-respect followed by a desire to respect others - EVEN when this respect is not reciprocated.

With this breakthrough program that I've been telling you about, your child will become confident and well-focused. He will also embrace both respect and obedience.

Expectation #5: Your child's fitness level will greatly improve.

Child obesity is on the rise. In fact, children in many parts of the world are heavier and lazier than ever before. Your child will get plenty of exercise in our classes. We stress the importance of healthy nutrition and an active lifestyle. Every class begins with some calisthenics, not to mention the increase of activity through punching, kicking, blocking and other techniques. Our program will get them off to a great start toward living a healthy active lifestyle well into their adulthood.

After signing up for our program, your child will:

- ★ Finally have the discipline & focus that is not only useful in martial arts, but in life.
- ★ Learn the importance of setting goals - with the ability to surpass them.
- ★ Be able to stand up to bullies when needed.

- ★ Stop exhibiting mean and violent actions, such as fighting, hitting and yelling with siblings, friends, and classmates.
- ★ Stop throwing tantrums that usually include yelling and crying in the most extreme cases.
- ★ Learn to become more affectionate, caring and appreciative of their parents and family.
- ★ Develop the tools needed to grow into a successful adult with a healthy spirit, mind, and body.