

# Winter Training: Staying Motivated in Martial Arts During Winter Months

Why am I so unmotivated during winter is a question we all ask ourselves

Feeling demotivated and down in the dumps in the winter, also known as Winter Blues, is a very common phenomenon. In the absence of sunlight, our body clocks can be massively affected, and so in turn, can mess with the part of our brain that produces neurotransmitter, here are a few tips to help you and your children stay healthy in body and in mind during the colder martial arts training days.

## **INTRODUCTION**

The winter season can present a unique set of challenges when it comes to staying motivated in your Martial arts training routine during cold weather, shorter days, and the allure of staying cozy indoors can make it difficult to maintain your routine. However, with the right mindset and some strategic planning, you can not only stay motivated but also use the winter months to your advantage. Today we are sharing some tips to help you keep your martial arts training on track during the winter months. If you're a parent, remember your children do not even realise why they find attend classes tough during the colder days.....

## **BEFORE YOU ARRIVE**

First, stay warm before and after class, when travelling to and from class put on your outdoor jackets on or team wear. We have a great selection of team wear which will do the job, keeping warm will help our mental positive attitude before we you start kicking and punching. Also plan your journey, give yourself an extra few minutes before class. Ask at reception about Lynx Black Belt Leadership team wear and outdoor jackets.

## **CHALLENGE YOURSELF**

Martial arts students can Challenge themselves... Parents give that little extra encouragement. Instead of dreading the cold weather, see it as an opportunity to challenge yourself and push your limits. Remember that growth and improvement often come from overcoming adversity. The winter season can build mental toughness and resilience, which are essential in martial arts.

## **PERSONAL GOALS**

Setting specific goals for the winter months can give you a sense of purpose and direction. Whether it's mastering a new technique, increasing your flexibility, or working on your endurance, having goals to strive for can help maintain your motivation.

## **PREPARATION WARM-UP**

Cold temperatures can make your muscles stiffer and more susceptible to injury. A comprehensive warm-up routine is crucial to prepare your body for training. Incorporate dynamic stretches, joint rotations, and light cardio to increase blood flow and flexibility.

## **CONSISTENCY**

Consistency is key in martial arts. Even on days when you don't feel like training, commit to a short practice session or drill. Consistent training, even in smaller increments, will help you retain your

skills and mental focus. Remember our academy calligraphy “Ones Original Intension Be Consistent for Ever” This is a great thought to keep you motivated when training or life becomes tough.

## **HOME TRAINING**

Consider using our home training webpage to your advantage. Check out the home training lessons, parents, we encourage using the same equipment that we use in classes which will help a student's confidence in class. Check out our website page <https://lynxmartialarts.com/Website/martial-arts-home-training-retford> or Visit our YouTube channel for patterns, skills and techniques tutorials and ask Master Blinston which equipment will be suitable for home practise.

## **CHANGING A ROUTINE IS HAS GOOD HAS MAINTAINING A ROUTINE**

Vary your training to keep things interesting. Incorporate different classes, techniques, and drills into your routine. Exploring new aspects of martial arts at Lynx Black Belt Leadership Academy can maintain your passion for training and help you avoid a mundane routine. Attend a specialised [seminar](#) or even the occasional private lesson will be of great support.

## **TRAIN WITH FRIENDS AND FAMILY**

Having a training partner can be incredibly motivating. If you have a friend invite them along to class, train together. Training partners can provide support, accountability, and friendly competition. That's why our family's training together are incredibly successful. Parents why not give it a go! (Use the Bring a friend leaflets or sharing the art Voucher) or Send them to our [website form](#) your friend our QR code...

## **FUELLING YOUR BODY**

Proper nutrition and hydration are essential for maintaining energy levels and overall health during the winter months. Ensure you're fuelling your body with the right nutrients and staying well-hydrated to support your health and training.

## **CONCLUSION**

The winter months don't have to be a hindrance to your martial arts journey. By embracing the challenge, setting goals, warming up thoroughly, consistent, exploring virtual training, mixing up your class routine, training with a family and friends, and taking care of your nutrition and hydration, you can stay motivated and continue making progress in your martial arts training. *Remember you can do this.....*

[Master Blinston](#) and all the team at [Lynx Black Belt Leadership Academy](#) are here to help support all students and their family's Stay dedication. Use your Leadership life skill classes to stay focussed.