

Should your child learn a martial art?

Martial arts in a child's life have many benefits. Martial arts are an antique method to work out your mind, body and spirit as a whole.

Children who are involved in martial arts usually get a lot of benefits in different areas of their lives. People who practice martial arts not only work hard with harmony but also learn efficient personal techniques. Most martial arts come from Asia and these include karate, kung fu, jiu jitsu, tae kwon do, judo and muay thai.

Many studies have shown the benefits of martial arts practice in hyperactive children or with psychomotor problems, especially jiu jitsu and judo. Also, it is proven that the practice of martial arts, not only helps the child physically, but also, increases self-esteem, discipline, respect, and perseverance.

Nowadays it is very common to find boys and girls with different problems. For instance, attention deficit, impulsive behavior, low self-esteem, children with social problems with their classmates at school, that is to say, they don't have friends. Furthermore, they could be suffering bullying or they are very shy. In addition, sedentary boys and girls who spend the day at the computer or TV, they are a couch potatoes.

For all these reasons, martial arts are very recommended and helpful for children. In fact, we have seen the positive results and the positive changes that can be seen from very early stages of training on the personality of a child.

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