

Martial Arts instruction has proven time and time again to help children with focus, self-confidence, self-discipline and behavior management. Children with ADD/ADHD are often above average in intelligence, and need a positive role model to help them build the desire to excel in everything they do.

We teach children to have realistic and attainable goals, and help make sure they reach them! Classes with constant challenges help hold the child's attention longer, thus creating an interest to improve! As self-confidence improves, so does FOCUS!

Martial arts, especially those styles that originated in Japan and Okinawa, are based on the premise of respect and 'do no harm.' Contrary to the visual perception of karate being a violent sport, the premiere dictate of this sport is nonviolence above all else.

Allowing your child to receive martial arts training is opening a door to building a solid foundation of self-esteem and confidence. Students will learn that respect for others, as a priority, naturally leads to a respect for self. This wonderful philosophy is often at odds to what our young people learn in the current mainstream of the 'me first' mentality which often leads to emotionally unhealthy young people.

In addition to building confidence and self-esteem, classes in martial arts offers other benefits as well. Children with learning difficulties, such as ADHD, hyperactivity or behavior problems, can benefit from the structured learning program that martial arts training offers.

Using mind-body disciplines, martial arts addresses the short attention spans of today's children, even those diagnosed with ADHD.

Karate programs designed for school-aged children are targeted to teach 5 basic tenets:

- Integrity
- Courtesy
- Focus
- Self Control
- Perseverance

Studies have found that many school-aged children with learning or behavioral difficulties in school had little or no ability to pay attention. Months later, studies reported finding different attitudes and a new-found discipline in the same students.

During a recent 12-week study, school-aged children having KARATE as a form of intervention, **improved the most** in:

- Homework completion
- Academic performance
- Classroom participation

They were **also** less likely to:

- Break classroom rules
- Leave their seats inappropriately
- Talk loudly or out of turn disruptively in class

Improvements in behavior were also attributed to the fact that martial arts emphasizes constant focus, gives more specific attention to the kids and provides positive reinforcement in the form of a belt system. Students learn to **multitask** a lot of things with Karate instruction. They must keep their attention on the instructor while combining punching, kicking and maintaining focus. The Karate program is designed to build focus and discipline in every kid.

Parents will see increased self-esteem and improved focus and concentration abilities in their children. Sports participation, regardless of the sport, is one-way children can learn valuable lessons with life-long benefits. Karate, as a sport, teaches self-discipline, builds self-esteem and a level of commitment, which may otherwise not be there. Karate, more than any other sport, is a life-long process.