



# Circles of learning

Education Health Environment Community Creativity

## The Benefits of Martial Arts for Children

*Martial Arts are an exercise to bring into balance the mind, body and spirit.*

Our society is moving at such a pace that stress and anxiety is all around us. As a result many adults need to learn how to relax and children need to develop their ability to focus and concentrate.

Martial Arts come in many forms such as Kung Fu, Tae Kwon Do, Karate, Tai Chi, Chi Kung, Aikido and each demands a high level of concentration to succeed. Children love it, they can work at their own level, because there is no pressure that they might let down the team, and their confidence grows as they continue to strive for a new grade or a new belt.

**Relaxation** – Breathing and warm up exercises are an important part of Kung Fu as the body needs to relax, focus, breathe and concentrate on the task at hand.

**Meditation** – this is vital to clear the mind and to bring the energy into the center of the body. It relieves tension and stress and builds inner strength.

**Respect** – children are taught respect for parents, teachers, elders and all living things.

**Discipline** – It allows children to express their energy in a controlled way, and they are taught to channel their energy.

**Listening** – this is vital to the success of martial arts – children are trained to listen for the commands, follow instructions and react quickly to them. This ability then overflows into other aspects of their life.

**p** 02 9327 7750

**a** PO Box 928, Double Bay NSW 1360

**e** [info@circlesoflearning.org.au](mailto:info@circlesoflearning.org.au)

**w** [www.circlesoflearning.org.au](http://www.circlesoflearning.org.au)

**Focus and Concentration** – Martial Arts trains the mind to focus and concentrate – they are taught to clear their mind and be ready for an instruction at any moment. To do the moves in sequence it is vital to concentrate.

**Self Esteem** – children begin to feel good about their abilities, they discover they can do it well, which gives them a feeling of confidence and self worth.

**Balance** – Martial Arts teaches the child how to keep their body in balance, to have good posture, strength and flexibility. It trains the mind to be centred using the left and right brain to concentrate on the present.

**Health** – Martial Arts improves your health, it draws more oxygen into your body. It massages the internal organs and strengthens the physical body. It can relieve headaches and anxiety, helps alleviate asthma and strengthens the immune system.

Look for a teacher who loves working with children – a teacher with patience, understanding and an ability to keep children interested by disguising the repetition of movements.