

Benefits of Martial Arts Training:

Benefits of Karate Training:

Major benefits are self-defense ability, improved confidence, health/fitness, motivation, reduction in stress etc. However, different groups benefit specifically, for example:

CHILDREN benefit from enhanced self-esteem, focus, and motivation to do better in everything. They also develop a sense of respect for self and others. Martial art training in general improves school performance, self-esteem, attitude and manners.

MEN: Benefit most by getting regular exercise and fulfilling an innate need for challenging activities, plus an outlet for stress and tension.

WOMEN: self-defense capability and the increase in both mental and physical strength are the most apparent benefits. However, Karate also does wonders for toning, coordination, and more. The strong spirit creates a new and more capable individual.

How Specific Benefits Work:

Stress Reduction

Weight Loss

Self Confidence

Improved fitness

Increased strength

Greater flexibility

Enhanced Motivation

Better Behavior

Better School performance

Inner peace