

Martial Arts: The Effective After School Program

A parent's work schedule never really syncs up perfectly with his/her child's school schedule. As school lets out for the day, parents are usually wondering what options are in place for them to place their children in until they are out of work. Plus, they want to be able to put their children in programs that going to benefit the child versus sending them to a relative to watch television all afternoon. They might go to tutoring, but that activity can only benefit them on an academic level. If parents are looking for an effective, all-around activity, then they should consider placing their children in a martial arts after school program. In doing so, parents will begin to see great growth and benefits in their children.

Provides Great Education - Discipline and Responsibility

Just because the school bell rang, it does not mean that a child has to stop receiving educational content in an after school program. Martial arts teaches kids how to be disciplined and responsible. The routines associated with martial arts require precision and practice in order to perfect the stances and activities. Students are also required to upkeep their uniforms and belts. They are taught to respect the instructor as well as one another. This type of conditioning in the class allows students to become more mature and responsible. Building this foundation at a young age will produce healthy habits as they grow into teenagers and soon after, adults.

Can be a Place to Make Friends

Children can find it very difficult to make new friends. They may feel uncomfortable in the process and sometimes feel rejected for being what is considered to be "normal" in the school social worlds. Kids can be harsh and when a child is exposed to negative social settings, it can be traumatizing for the rest of their lives. The good thing about putting a child in martial arts is that he/she will get the chance to easily make friends in the program. The other children in the class already share a common interest with one another: martial arts. They all understand the routines and the disciplines behind the activity. Sharing the same mindset allows children within the class to become friends easier and support one another. There are also routines that involve students working with a partner which is a great way to foster teamwork and accountability.

Encourages and Provides Physical Strength and Fitness

Especially in America, more and more children are becoming obese because of the lack of exercise and poor nutrition. Martial arts after school programs offer a great way for children to practice physical fitness every single day. There are warm-up

routines that help students center their thoughts and stretch to prevent injuries. Then, the remaining routines build their muscle and promote great posture. The students are able to become physically strong which is not only good for their bodies but their minds as well. This is because they build a sense of self-confidence as they see their strength grow. They also learn great methods of self-defense, which is ideal for any person of any age.

Finding an after school program that provides a multitude of benefits for a child can be difficult. Martial arts classes are a great option as they can give a child an education that no other activity ever could. It gives a child benefits that affect their minds and bodies, all at the same time. It teaches children to become responsible and matures, traits that cannot be matched by any other program.