

Martial Arts for the Mind and Body

(1) The martial arts blend a series of physical movements with strategic mental discipline so that practitioners can defend themselves, physically defeat an opponent, or both. (2) Historians are unsure of exactly when and where martial arts were first used. (3) Martial arts have been practiced by several different societies for many centuries. (4) Martial arts such as karate, kung fu, tae kwon do, and judo are still taught and practiced as methods of self-defense, but they offer students more than that. (5) The study of martial arts can provide students with a way to enhance their mental discipline as well as their physical fitness.

(6) Discipline, focus, and respect are important qualities for everyone to have. (7) However, for most people these qualities are not innate; they must be learned and practiced. (8) The study of martial arts can provide an opportunity to develop these skills. (9) Students are rewarded for their dedication by passing tests and advancing to higher levels. (10) For example, in a typical tae kwon do class, students learn discipline by diligently practicing moves, improve focus by listening carefully, and demonstrate respect by bowing to the instructor and following directions.

(11) For teenagers, martial arts classes provide a safe and structured environment for gaining physical skills, building confidence, and enjoying a sense of community. (12) A lot of teens go through hard situations as they try to do well in school and in life. (13) A karate class can provide teens with a physical outlet for stress while also challenging them mentally. (14) Participating in a martial arts program also helps children and teens focus on self-improvement rather than on competition. (15) Progressing through levels of achievement involves mastering more physically demanding techniques. (16) It requires students to take responsibility and be accountable for achieving set goals. (17) Students gain confidence and experience companionship with other students who are progressing through the ranks.

(18) Adults who practice martial arts can experience many of the same benefits that younger people do, but perhaps the greatest of these is health and fitness. (19) Adult martial arts students often see changes in their body within weeks of beginning a program.

(20) For people interested in studying a martial art, there are many ways to learn and practice. (21) In addition to private studios, community recreation centers often offer low-cost or free martial arts classes. (22) There are even online videos that introduce students to the basic concepts. (23) People should study martial arts.