<!DOCTYPE html>

<html>

<head>

<title>Sport</title>

</head>

<body>

<h1>Sport</h1>

<p>Sports play a vital role in the physical and mental development of children. They foster discipline, teamwork, and perseverance. Combat sports, in particular, are crucial for young kids as they teach self-defense, build confidence, and enhance physical fitness. These sports also instill respect for others and self-control, helping children manage emotions and stress. Engaging in combat sports from a young age promotes a healthy lifestyle and can prevent obesity and related health issues. Overall, combat sports provide a balanced approach to physical activity, mental resilience, and personal growth for young kids. </p>

<h1>List of combat sports</h1>

<ol>

<li>Judo </li>

<li>Karate</li>

<li>Taekwondo</li>

<li>Wrestling</li>

<li>Muay thai</li>

<li>Sambo</li>

</ol>

</body>

</html>