Josiah Schmitz

ENG 2140-90 Research & Argument

11/14/24

White Paper Outline

1. Introduction
   1. Opening statement: “22% of high school students have been in a fight in the past year.” (“Physical Fights on School Property and Anywhere”)
   2. Briefly mention current problem of frequent fights amongst teens and low self-esteem/confidence
   3. Thesis Statement: “Implementing martial arts into schools will improve the safety and well-being of attending students.”
2. Background of Problem
   1. Fights among students are fairly frequent, especially outside schools, even though they’ve been declining in recent years
   2. Students’ confidence and mental well-being have been on decline for years

(Vankar).

* 1. Options for high-physicality sports are limited primarily to wrestling and football.

1. Proposed Solution
   1. Add martial arts programs to elementary, middle, and high schools
      1. These programs would function just as other sports do regarding organization
      2. Waivers would need to be signed to acknowledge added risks of certain high-contact arts
      3. Schools could use existing gyms or classrooms as places to practice, buying mats to lay on the floor
      4. Alternatively, schools could rent out training places/dojos to be used during practice
2. Defense of Solution
   1. Main points
      1. Martial arts such as tai chi and karate have already been shown to improve cognitive and physical capabilities (Lakes and Hoyt) (Bu and Singh)
      2. Martial arts by their nature aid in self-defense, allowing students to stay safe if they get into a fight
      3. Martial arts teach a philosophy of discipline, respect, and courage
   2. Counterpoints
      1. “Martial arts are unsafe.”
         1. Schools also offer football, which results in 500,000 high school injuries yearly (Mills)
         2. Much of traditional martial arts doesn’t even directly encompass combat
         3. Teachers can offer semi-contact or low-contact sparring options to reduce likelihood of injury
      2. “Martial arts promote aggression.”
         1. Traditional martial arts teach peace as a core virtue, such as in the dojo-kun of Pangainoon Karate-Jutsu Hino-Ryu
         2. Students are taught to only fight if running away is not an option
3. Conclusion
   1. Summarize problem
   2. Summarize solution and its benefits
   3. Restate thesis