



CHRISTIAN HERITAGE

**TAEKWONDO**  
ACADEMY



DEVELOPING COMMUNITY LEADERS

## Martial Arts Benefit Children of All Ages

In our fast-paced digital age\*, parents continually seek activities that keep their children physically active and contribute to their holistic development. Martial arts offer many benefits beyond the confines of a training floor. Here are ten unique advantages that martial arts provide to children:

### 1. **Martial Arts Enhance Physical Fitness**

Martial arts is more than just a physical activity; it's a comprehensive workout that enhances balance, muscle memory, and cardiovascular health. Children develop strength, agility, and flexibility through various drills, including forms and sparring. This unique approach to physical fitness sets the stage for a healthy lifestyle and provides a solid base for other physical activities.

### 2. **Martial Arts Enhance Mental Focus**

The concentration required in martial arts training directly impacts a child's ability to focus. Techniques demand precision, and forms require memorization, sharpening a child's attention span. This improved concentration often translates into academic success, as children become more adept at focusing on tasks and absorbing information in the classroom. Physical exercise triggers the release of a brain-derived neurotrophic factor (BDNF) protein. BDNF is a critical molecule that encourages the growth of new brain cells in the hippocampus, a brain region crucial to memory and learning.

### 3. **Martial Arts Teach Discipline as a Way of Life**

Discipline is fundamental to martial arts. Children who take martial arts classes quickly learn the importance of punctuality, respect, goal setting, and self-control. The structured training encourages a sense of responsibility, affecting children's behavior in and out of the training room (*dojo*). This often translates into improved academic performance and enhanced personal relationships.

### 4. **Martial Arts Increase Confidence by Setting and Accomplishing Goals**

As children progress through each rank, they earn belts that symbolize their hard work. These visible achievements promote a sense of accomplishment and boost their self-esteem. As children work hard to earn higher belts, they learn the value of determination and dedication and enjoy the sweet taste of success when goals are accomplished. The confidence gained through learning martial arts skills spills over into other areas of a child's life, developing in them the courage to tackle challenges head-on.

### 5. **Martial Arts Teach Respect as a Way of Life**

Respect is a fundamental aspect of martial arts training. Children learn to bow to their instructors and partners, emphasizing the importance of treating others courteously. This culture of respect extends beyond the training floor, positively influencing how children interact with teachers, peers, and family members.

## 6. **Martial Arts Develop Conflict Resolution Skills**

Martial arts is not about promoting aggression; it teaches children how to manage conflict in a controlled and non-violent manner. Techniques taught emphasize diffusing tense situations and provide valuable life skills that prove invaluable beyond the martial arts *dojang*.

## 7. **Martial Arts Reduce Stress Through Movement**

In a world where stress is increasingly prevalent, martial arts physical activity is a powerful stress reliever for children. The controlled release of energy during training sessions helps reduce tension and promotes emotional well-being. Through this healthy outlet for stress and frustration, children learn to channel their emotions constructively.

## 8. **Martial Arts Foster Teamwork and Camaraderie**

Many classes incorporate group activities and partner exercises. This fosters a sense of teamwork and camaraderie among children. Learning to work together enhances their social skills and lays the groundwork for developing meaningful friendships.

## 9. **Martial Arts Teach Self-Defense Skills**

While martial arts primarily focus on nonviolent conflict resolution, the practical self-defense skills taught can empower children. Knowing how to protect oneself instills a sense of confidence and assurance. Importantly, these skills are taught in a way that emphasizes responsibility and the importance of avoiding physical altercations whenever possible.

## 10. **What sets Christian Heritage Taekwondo Academy apart from most martial arts schools?**

Most martial arts schools are deeply rooted in Eastern culture and religion. Christian Heritage Taekwondo Academy is a member school of *Karate for Christ International*. The curriculum includes scripture memorization, prayer, and discipleship training. We are not a martial arts school; we are a martial arts ministry dedicated to reaching the lost and fostering our members' spiritual growth and physical development. We believe we will succeed in our mission through the faithful proclamation of God's Word, the methodical discipline of martial arts training, and Christian love that brings the Body of Christ together.

## **Conclusion**

Martial arts training for children is not just a phase; it's a journey that can shape character and contribute to their overall well-being. Enrolling your child in our martial arts program is an investment in their future. The discipline, confidence, and life skills acquired in the *dojang* will positively influence their academic achievements, social interactions, and personal growth.

\*The [American Academy of Pediatrics](#) discourages media use by children younger than two and recommends limiting older children's screen time to no more than one to two hours a day. Too much screen time can be linked to:

- **Obesity**

The more TV and videos children watch, the greater their risk of becoming [overweight](#). A TV or other electronics in a child's bedroom also increases this risk. Children can also develop an appetite for junk food promoted in ads, as well as overeat while watching on electronics. Learn more about [screen time and body weight](#).

- **Irregular Sleep**

The more time spent watching on a screen, the more likely children will have trouble falling asleep or have an irregular sleep schedule. Sleep loss can lead to fatigue and increased snacking.

- **Behavioral Problems**

Elementary students who spend more than two hours a day watching TV, playing video games, or using a computer or smartphone are at increased risk of having emotional, social, and attention problems. Read the article, [Are Video Games and Screens Another Addiction?](#)

- **Impaired Academic Performance**

Elementary students with TVs or other screens in their bedrooms tend to perform worse on tests than those without.

- **Violence**

Too much exposure to violence through media can desensitize children. As a result, they may begin to accept violent behavior as an acceptable way to solve problems.

- **Less Time for Play**

Excessive screen time leaves less time for active, creative play.