Benefits of Taekwondo for Kids

Many parents worry that Taekwondo will make their children more violent rather than less so. However, martial arts is so much more than just kicking and punching. Our Master always says, “we don’t teach kids how to fight, we teach them how to AVOID fighting and then protect themselves if necessary.” The life skills your child will learn from our classes will help them grow into responsible young adults.  Here are just a few of the benefits that you child(ren) will gain by studying martial arts:

1. A Boost in Self Esteem – Each child is judged against their own ability level and not of their training partner or classmates.  As he or she learns and meets each new goal, parents see confidence growing.  Those who have low self-esteem usually see a large boost as they grow in the program.
2. Learning Self-Discipline –Today’s children are immersed in a culture that provides instant gratification.  Want to watch a certain TV show?  Put on Netflix.  Want a certain type of song?  Look it up on Youtube. Students at Spellious Martial Arts learn to discipline themselves toward achieving each new belt rank.  Belt ranks are not given, they are earned through hard work and self-discipline.
3. Socialization Skills – Many children struggle with social skills at this developing age.  Whether it’s the child that shares everything, has trouble keeping hands to himself, or the shy girl who wishes to sit in a corner, everyone benefits from being involved in a martial arts class. Partner drills and sparring teach students to communicate and observe other people.
4. Physical Activity – Childhood obesity is the #1 children’s health problem in America right now.  Studies show that obese children often struggle with the desire to exercise but either don’t know how or don’t have the resources.  Taekwondo is a FUN way for kids to stay healthy without even realizing that they were “exercising”.
5. The Value of Failure – Part of the instant gratification problem is that it has created a generation that is afraid to fail.  Students in Taekwondo will fail at some time.  They may struggle to learn their form or a new kick, their partner might make contact with them if they drop their hands, lose at a game, etc. Allowing children to fail in a safe environment lets them see that failure is not the end but something that can be overcome with commitment and hard-work.
6. Respect – At Spellious Martial Arts we teach that respect is not what you **know,**but it’s what you **do**. Students are taught from the first class to stand straight, to answer with manners (yes/no sir or ma’am) and to respect those around their classmates and themselves.
7. Increased Communication Skills – Students who enroll in martial arts learn how to communicate with the world around them.   As your child gains the confidence to answer up, you will notice an increase in overall communication.
8. Self-control – Students are taught that the hardest move in all of martial arts is to stand still and control themselves.  Each technique must be completed with control. As a child gains physical control, they will learn control over their mind as well.  Numerous studies have shown that the structured traditional environment of taekwondo benefits children in the classroom.