



**HOW MARTIAL  
ARTS CAN  
KICK-START  
YOUR CHILD'S  
FUTURE**

Hello,

Thank you for downloading your free copy of 'How martial arts can kick-start your child's future'. Before getting into the various ways that martial arts will benefit your child, we feel it might be worthwhile giving you a bit of background about the company.

Total Dojo was founded by Tony in 2000, with just a few classes running a week. In fact, Stuart was one of the first students to attend these classes! Fast forward one year and we had become the first full-time martial arts academy in Milton Keynes.

Fast forward even further to the present day and our 4000 square-foot premises is home to the longest-running, family orientated martial arts centre. We offer classes in kickboxing, Brazilian Jiu Jitsu, and Krav Maga, as well as our children's martial arts classes.

We run 60 classes every week, across the board. Our children's Foundation classes last 30 minutes, our Little Dragons and Ninja Cadets classes last 45 minutes, and our adult classes last between 1 to 1 ½ hours.

Our children's classes vary depending on age. For 4 year olds, our Foundation class is ideal. For those slightly older (5-8 years), we have a Little Dragons class. Finally, our Ninja Cadets class is for those aged 9-13. All of our classes focus on the benefits of martial arts, both the physical benefits and the character development that occurs.

You can choose between one or two classes a week, or unlimited (adult classes only) if you'd prefer. No matter what you're looking for, there's a package to suit you.

I hope that you find this report useful and you discover things about the martial arts journey that you might not have previously known. If you'd like to find out more about what we can offer, please visit: [www.martialartsmk.co.uk](http://www.martialartsmk.co.uk)

Kind regards,  
Tony Davis and Stuart Harris

# How martial arts can kick-start your child's future

Martial arts can provide a number of benefits to your child, not just in the present but also for the future. This report is going to look at just a few of the ways martial arts can help provide a strong foundation for your child's future.

## 1) Improves discipline

When you think of martial arts, it wouldn't surprise us if the first thing you think of is fighting. A number of parents we have spoken with previously have raised concerns about their child fighting. However, this is not the basis of martial arts.

Martial arts is actually an incredible way for your child to develop strong discipline – something which can be carried with them through the rest of their life. There are a number of key elements to martial arts, with courtesy, discipline, and respect being the top three.

In the same way a dancer gains discipline through their choreography, a child who is undergoing martial arts training gains discipline through the skills and techniques learnt, as well as the understanding behind them.

If you find your child is particularly boisterous and energetic, martial arts is a great way for them to burn their energy in a constructive manner.

## 2) Improves confidence

As we have established, martial arts isn't all about the physical changes. There are a lot of mental and behavioural changes that occur. If your child lacks confidence, martial arts is a great way to improve this.

Your child will have the chance to befriend other children of a similar age, whilst learning techniques that will help them throughout life – best of all, they do this in a fun environment.

As Bruce Lee highlighted, these are martial ARTS. There is an element of emotional communication and are a complete emotional expression. That's why studying martial arts is such a great way to improve your self-esteem, self-control, and your emotional and spiritual well-being. These, in turn, help to improve your confidence.

We also find that the grading system helps to improve confidence, as children can visibly see their improvements.

### 3) Improves fitness

Martial arts is a full body workout – meaning the entire muscular system is engaged and worked when training. This will help improve your child's strength, stamina, flexibility, and co-ordination.

According to the NHS, children aged 5-18 should undertake at least 60 minutes of physical activity a day. Three days a week should focus on muscle-strengthening activities – something that martial arts is fantastic for.

### 4) Improves life skills

As we have touched on previously, martial arts allows your child to interact with other children. This improves their communication skills as they grow in confidence.

Our martial arts classes also teach children life skills such as stranger awareness and anti-bullying. These start in our Foundation class for those aged 4 and continue right up until our Ninja Cadets class.

Each belt represents a tenant of martial arts, such as humility, courtesy, and discipline. There are a number of belts starting from white and leading up to black belt. In each class we have 'mat chats' about the belt grading, teaching your child the importance of each topic.

### 5) Improves their focus

By attending our classes once or twice a week, your child will become even more aware of routine and the fact that routine allows for focus. When you combine the discipline and confidence that your child will develop through our classes, you will notice an increase in their focus.

Whether this is the focus they give to short tasks or to life in general. This focus will benefit them throughout school and later on in life when they get their first job too.

I hope this report has given you a little bit more of an insight into just how beneficial martial arts can be to your child. If you'd like to book a free trial, please don't hesitate to get in touch.

**DISCOVER HOW WE CAN HELP YOU.  
HERE'S HOW TO CONTACT US:**



[www.martialartsmk.co.uk](http://www.martialartsmk.co.uk)



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