

Martial Arts - How to Learn to Improve Concentration

By [Phil Washington](#)

As adults also have problems paying attention at times, it is therefore unsurprising and altogether natural for kids to have similar difficulties in concentrating. Unless your kid is suffering from ADHD, those problems can be easily rectified when you enroll him or her in a martial arts workshop.

Martial Arts Are Good for Kids

Many parents are reluctant to have their kids enroll in martial arts classes because they suffer from the same mistaken assumptions shared by the public.

Martial arts do not teach kids violence. It is, in fact, very much against violence and for a martial arts student to use his skills to commit violence or inflict physical harm violates the most basic code of martial arts. When you enroll your kid in a martial arts workshop, he learns skills for self-defense but more importantly, he learns the importance of self-control: he learns that such skills should only be used as a last resort and only to defend himself and nothing else.

How Kids Acquire Concentration Skills in Martial Arts

Before kids are taught high-flying kicks and impressive karate chops, all martial arts classes begin with relaxation and concentration exercises. Every move you see in martial arts are rooted in learning concentration and self-discipline.

Your kids will be taught how to relax their minds and bodies. They will learn how to best channel and shape their thoughts and achieve their goals in the most effective way possible. There will be lots of practice and exercises may be individual or by group. Most assuredly, they'll not only benefit from these activities but have fun with them as well.

What Kids Can Get from Improved Concentration through Martial Arts

Once your kid starts developing his concentration skills, you'll see a gradual impact of his newly acquired skills on his life outside the dojo.

Better School Performance

Your child is sure to be a better student once he starts martial arts lessons. Because of those concentration exercises, he'll find the patience required for reading through textbooks he doesn't care about and solving complicated problems. He will have better grades not just inside the

classroom but out in the field as well because improved concentration can also improve one's accuracy, speed, and flexibility in sports.

Better Social Interaction

Improved concentration will also make your child happier and more confident in dealing with his peers. With improved concentration, he becomes more sensitive, if not more mature, towards other people's feelings, allowing him to enjoy deeper friendship with other kids.

Make the Right Decisions

In cases of emergency, the concentration skills he's picked up from martial arts could also be a big help, allowing him to act and make the smartest decisions possible instead of staying rooted to the ground because of fear and helplessness.

If you worry about your [child's safety](#), there are a lot of ways that you can protect them. You can hire a nanny to look out for them when you have to leave home and you can also have a [nanny cam](#) to keep them safer.

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