

Martial Arts and a Better You

By [Z Bennett](#)

The martial arts is a great way to a better you on several levels. The martial arts (MA) can help you to with a number of things. The MA are can assist to you no matter what you r age or sex is. The martial arts have something that no other product on the market has today or yesterday. That is a more then two thousand year proven track record of success. There is a list of areas that you could work to improved with the use of the basic principles of the MA.

1. Fitness
2. Self Confidence
3. Weight control
4. Stress relief
5. Strength
6. Flexibility
7. Endurance
8. Self Defense
9. Self Control
10. Knowledge

Let me offer you a small challenge. This challenge involves some basic martial arts principles. By using these principles of the MA are it can great reduce your level of stress.

1. First understand that everything happens for a reason.
2. Understand that you are in more control of your life then you may believe that you are.
3. Know and believe that your life is just that your life. You today and tomorrow are up to you and you only.
4. Stop for a minute look at yourself in a mirror and ask yourself this question. What can I do to take back control of me and my life?
5. Whatever that thing is start doing it now! Do it tomorrow and for the next 5 days.

Once you do this action for 5 days straight you will have done that one thing for about a week. This way of thinking and doing these simple actions could change your life. Once you have done this first exercise the others are also doable and within your control.

You are on your way. If you like we would be happy to help you with the next item on the list of items that the martial arts can assist you with on your goal to a overall better you.

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