

Kickstart Martial Arts: A Parent's Guide to Getting Kids Started



Reset Pediatric
Lifestyle Medicine™

What You'll Learn

Getting Started with Martial Arts

1

Benefits of Martial Arts

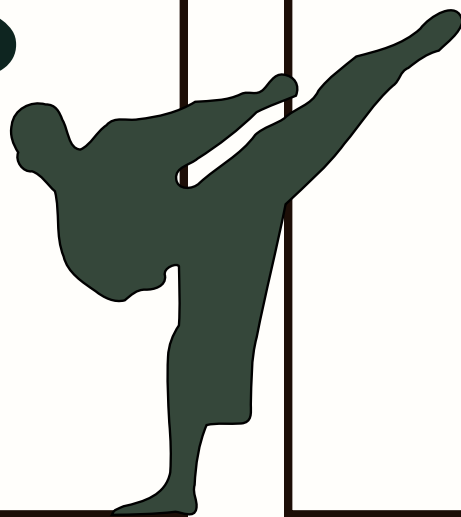
2

Choosing the Right Form

3

Evaluation criteria

Benefits of Martial Arts



01

Consistent martial arts training has been associated with improved attention span and math performance

Fabio et al: Cognitive and personality factors in the regular practice of martial arts (2017).

02

Advancing through taekwondo ranks was found to reduce aggression in children, compared to those who did not train martial arts

Skelton et al: Aggressive behavior as a function of taekwondo ranking (1991).

03

Children between 10-12 years old practicing Kyokushin karate showed improved strength, endurance, and flexibility

Kyrpenko et al: Influence of kyokushinkai karate on the adaptive capabilities of adolescents (2019).

04

Doing karate over a year showed improved balance, cardiovascular fitness, and behaviour

Stamenkovic et al: Effects of Participating in Martial Arts in Children: A Systematic Review (2022).

05

Traditional martial arts focuses on body posture and technique which is useful for those with ADHD who might have trouble with their fine motor skills

Vlachos et al: Benefits of using traditional martial arts as an Intervention programme (2015).



Practical Steps to Choosing the Right Martial Arts Form

Research Different Forms

- Watch movies and videos on different martial arts forms with your child
- Shortlist martial arts schools in your area

Trial Classes

- Book, attend, and observe a trial class
- Interview the instructor
- Speak to the students and parents for feedback

Prepare and Start

- Set up your calendar to integrate this practice into your child's schedule
- Sign up & purchase the necessary materials

Reflect

- Check in with your child on a regular basis to learn from and encourage them

Evaluation Criteria

Yourself

What are my child's interests and goals in learning martial arts?

How does the location and schedule of the martial arts school fit into my family's routine?

What is my budget for martial arts classes and associated expenses?

What are my expectations for my child's learning and development in martial arts?

Your Child

Why do you want to learn martial arts?

Do you prefer learning in a group setting or one-on-one with an instructor?

Are you open to trying out different martial arts styles to see which one you enjoy the most?

How do you feel about setting goals and working towards rank advancements in martial arts?

The Instructor

How long have you been practicing martial arts?
Are you affiliated with any recognized martial arts organizations or federations?

How do you assess and track student progress and development?

How do you structure your curriculum for beginners, intermediate, and advanced students?

Can you provide examples of how martial arts training can positively influence students' lives outside of training?