

5 Big Benefits of Studying Karate

Character

While the physical practice involved in karate is important, even more important is building a strong character which is the main focus at our school.

Self-Confidence

The skills you learn in karate will give you more self-esteem, and you'll learn to set goals and achieve them through hard work and building your confidence in yourself, which carries over into all aspects of your life.

Focus

Karate requires you to develop good habits and exercise self-control. Karate also challenges you to think as much as you act. You learn to focus with your whole mind and body on the tasks in front of you which carries over into school, work, and many other aspects of your life.

Fitness

Karate is great exercise for your mind and body, and when it comes to the body, karate is an excellent workout. It works on breathing and movement to reduce stress as well as building stamina, muscle tone, flexibility, balance, and strength.

Fun

Because of the discipline and focus involved in karate, sometimes people think it has to be rigid and cannot be fun. But, with the right teachers it can be both disciplined and lots of fun. There are many drills in karate that can be done with a lighter tone or as games, and while you think you're just having fun, you're also learning some of karate's fundamental principles.