

How the Martial Arts Improves Confidence

How is confidence gained through martial arts training? Discovering how your body, mind and spirit can work for you in achieving goals - whether they're in martial arts class, at school, or on the job - is the backbone of martial arts training. The martial arts itself is a process by which you set goals and learn how to achieve them.

Does martial arts training really help children who have low self-esteem problems?

It's amazing what martial arts can do for a child's self-esteem, and within a reasonably short amount of time. This quality derives from consistent training. Even when a child doesn't see the results for himself, he must be encouraged to continue with the training. Eventually, it will manifest itself in surprising ways.

Why is structure so important in contributing to self-esteem in children?



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Children expect to be told what to do; otherwise, they become fearful. Rewarding them when they're good, and disciplining them when they're bad is a basic martial arts structure, which will develop a pattern of accomplishment.

Will my training give me the confidence to take more chances in life?

Definitely. Martial arts successes can be carried over into daily life. If, for example, you can see how you've accomplished breaking a board to earn your yellow belt, then why can't you go in and ask for a promotion at work? Understanding that you can accomplish what you set out to do is a great discovery achieved through consistent training.

When will I start to feel better about myself?

As soon as you put on your uniform, and take part in a class. Becoming part of a positive group that has the same goal in mind, directed by a positive and anchored instructor, is a great source of comfort for the soul.

THE POWER OF COMMITMENT

When you commit to martial arts training, you commit to achieving a Black Belt. It's best to adopt that mentality as early into your training as possible. Then, nothing less than earning a Black Belt will satisfy you. A program that requires similar commitment is college. When students enroll into a university degree program, they usually don't do so with the intent to take a couple of classes and then drop out. College students enroll because they want to graduate someday as experts within their particular field of study.

In the martial arts, achieving the rank of Black Belt is just like graduating from college. If you stop training at some belt in the middle of the rank system, that's just like dropping out of college. Furthermore, earning a Black Belt is like earning a four year



degree. They both require tons of determination, patience, sacrifice and discipline. But as you've heard a thousand times before, "all good things come to those who wait." Martial arts training is highly indicative of that phrase. There's nothing like the feeling you have when you're a Black Belt. Unfortunately, it's almost impossible to relate to this if you're not a Black Belt already. You simply can't know how truly great it feels until you've experienced it for yourself. Likewise, you can't put on a white lab coat and a stethoscope and feel the prestige that a doctor feels when he goes walking into the hospital. You must work hard for honors such as these and earn the right to enjoy them. But I'll assure you that it's well worth whatever sacrifices you have to make in order to get there.