

20 RIDICULOUSLY AWESOME BENEFITS OF LEARNING A MARTIAL ART



Very few pursuits, sporting or otherwise, offer the health and fitness benefits, confidence development, and overall sense of fulfillment that learning a martial art provides. If you take on the challenge, ***your life will be infinitely better.***



Here are 20 amazing ways learning a martial art can positively influence your life.

1



LEARN NOBLE VALUES

Martial Arts are a beautiful art form steeped in history and good ol' fashioned values like hard work, honor, and respect. Through its practice, you'll end up living the values and adopting them as your own.

2



LEARN RESPECT

Respect is often lacking from today's society. The deep-rooted respect you learn for the art and its culture, your instructors, fellow students, and the dojo, is a great lesson for youths.

3



DEVELOP THE SELF-DISCIPLINE OF A MONK

Training is tough, and not always enjoyable. By making training a daily habit and showing up for class no matter what, you'll develop incredible self-discipline.

4



PERSONAL DEVELOPMENT ON STEROIDS

Learning a martial art is challenging and takes years to truly master. Pushing yourself outside your comfort zone in each training session will lead to you becoming a better version of yourself that's able to handle much bigger challenges.

5



THERE'S NO BETTER STRESS RELIEF

Hitting the pads or bag at the end of a long day is great for relieving frustration. The endorphins released with increased exertion also help to quickly alleviate stress. It's a win-win, and you'll leave the gym feeling great!

6



DEVELOP UNSHAKEABLE CONFIDENCE

Mastering a martial art is a great way of developing lasting confidence while learning a valuable skill. The training, grading, and competitive fighting helps you break through your anxieties and self-imposed limitations.

7



WORKOUTS THAT DON'T SUCK

Let's be honest; running on the same spot and lifting pieces of metal is boring. Learning and applying fight techniques, on the other hand, is a fun way of getting your fitness quota.

8



HIGHLY EFFICIENT WORKOUTS

Depending on the discipline, you can engage in a workout that builds strength, fitness, endurance, and flexibility in the one training session. Talk about being highly effective!

9



BUILD MENTAL TOUGHNESS

Learning to push through pain, discomfort, and keep on fighting no matter what, fortifies the mind and develops a never-quit mindset.

10



TORCH CALORIES LIKE A FURNACE

Calorie burn depends on the specific exercises performed, the intensity, your weight, and your fitness. But as a rough guide, an average guy training for 60 minutes and weighing 70kg (155 lbs) can expect to shed

425 calories with a heavy bag boxing workout

650 calories boxing sparring

720 calories in a Karate, Judo, Jujitsu, or Tae Kwan Do class

800 calories with a kickboxing class

11



CRANK UP YOUR METABOLISM

By building new muscle, burning fat, and increasing endurance, you'll crank your metabolism up a notch. You'll be able to eat a full, healthy diet and lose weight without dieting.

12



HEALTHY FROM THE INSIDE OUT

Most martial arts are a form of High-Intensity Interval Training (HIIT), which builds a strong heart and healthy cardiovascular system, lowers blood pressure, and reduces harmful cholesterol levels.

13



INCREASE ENDURANCE

Martial arts are high intensity for short bursts with moderate intensity in-between. Repeating this cycle for a 30-60 minute class builds endurance which will provide you with energy throughout your day. No more afternoon energy crashes!

14



PACK ON LEAN, ATHLETIC MUSCLE

The dynamic, full body workouts build toned and highly functional muscle. In a few short months, you'll have an incredibly fit and healthy body that is ready for real world challenges.

15



MAKE FRIENDS AND GET SOCIAL

Participating in classes builds social skills and develops character. You'll naturally become friends with your training buddies and gyms often host plenty of social events outside the dojo.

16



POSITIVE ROLE MODELS

Kids and teens will never be short of inspirational and positive role models through their instructors and fellow students.

17



IMPROVE COORDINATION AND BALANCE

Training in martial arts will improve your balance and coordination which will enhance your fight skills while also making your everyday movements more elegant.

18



INCREASE FLEXIBILITY

Stretching exercises are a part of all martial arts training. You'll soon be flexible enough to head kick while improving your joint health.

19



DEVELOP LASER FOCUS

Martial arts will teach you how to focus 100% on the task. You'll learn active listening and how to pay attention and follow through on instruction.

20



KNOW HOW TO HANDLE YOURSELF

Learning a martial art will arm you with combat skills and the confidence to defend yourself and protect your loved ones.

CONCLUSION

It's not hard to see why learning a martial art is often the single greatest thing people are most proud of in their life. If you're ready for the challenge, it's time to ditch the excuse making and observing from the sidelines. Take action, get to the gym, and choose to be in the arena.



RESOURCES:

<http://ultimate.com/benefits-of-martial-arts-training/>
<http://nsama.com/25-benefits-of-martial-arts-for-your-child/>
<http://www.livestrong.com/article/293553-calories-burned-boxing/>
<http://www.healthfitnessrevolution.com/top-10-health-benefits-martial-arts/>
<http://www.fitnessforweightloss.com/how-many-calories-do-i-burn-doing-martial-arts/>
<https://breakingmuscle.com/learn/7-reasons-why-your-child-should-practice-martial-arts>
<https://breakingmuscle.com/learn/5-underrated-reasons-you-should-pick-up-a-martial-art>
<http://www.livestrong.com/article/303868-how-many-calories-are-burned-in-an-hour-of-kickboxing/>