



Parents:

Why should your child train at Grand Master Han's Martial Arts?

1. **Physical fitness:** Physical activity along with flexibility training that is great in and of itself. Martial arts practice is a great supplement to team sports. Increased flexibility and range of motion exercises enhance capabilities for sports related activities.
2. **Self-Discipline:** One of the strongest components of traditional martial arts training, students learn personal restraint and build self-regulating behaviors.
3. **Self-defense:** our programs are skill based. The ability to defend yourself is definitely a part of the curriculum.
4. **It's fun:** Although movies are filled with choreography and stunts that are not based on reality, the positive aspects portrayed are real. We learn best when we are having fun. Capitalize on the excitement of being like the hero in the latest Karate Kid or Ninja Turtles movie. This is one aspect of modern media that is positive.
5. **Bullying prevention:** Students who have practiced martial arts tend to be less aggressive and are better able to diffuse aggressive situations. Not only do students learn how to physically handle altercations, they gain the confidence that bullies do not like. Call it prevention.
6. **Team sports:** Martial arts helps develop skills coaches often don't have time to focus on. Flexibility and agility are a big part of martial arts. If your child isn't into team sports, martial arts can also be a great alternative that focuses on individual achievement. The team element in martial arts training comes from working with others during drills. Everyone receives individual attention and everyone participates.
7. **Ease of participation:** Scheduling is easy compared to some activities. Attend as many or as few classes as your child wants. There is no penalty for missing practice other than slower progression in skills development. Your child's development is his or her own personal path.
8. **Cost:** Compared to some activities, martial arts training is a reasonably priced activity. There are costs for uniforms, gear and rank testings. However, equipment and travel are limited and the choice is yours to make. Parents can be involved as much or as little as they want. We certainly encourage families to work out together. What a great activity for an entire family to do.
9. **Goal setting and attainment:** Our curriculum creates well defined goals that are attainable with commitment and a little hard work. At first, students take baby steps. As training progresses, students learn to make longer-term goals and focus on personal development and the everyday activities needed to reach those goals.
10. **Convenience:** Martial arts does not have a season. Practice intensity and frequency can vary depending on your schedule. Missing a few classes doesn't hurt your ability to participate. Steady progress wins the race and we consider our training to be a life-long marathon.