



NEWSLETTER February/March 2022

## Stick With It!

### Why the Martial Arts Commitment is Worth It



**“Ugh”, “Ehhhh”, “Nooo”, we’ve all made those groans of objection.** Sure, we’d love everything to be easy or fun. But when was the last time you or your kids grew or got stronger from doing something that was “just for fun”. Growth and enrichment is in challenge. We’ve just got to ignore the excuses and stick to it.

Let’s think about the youngest students, they’re still developing their motor skills and attention. They may get frustrated, thinking they just can’t do it. You’ll hear, “It’s too hard” or “I just can’t get it right” or “It makes me tired” These are positive things. Their bodies and brains are working hard, changing and learning essential physical skills.

Teens can be a different excuse. Kids are most likely to quit at 12, 13, or 14, but this is actually the age when they most need a structured, disciplined environment. They’re overly tuned in to what their peers think of them. They want to be at home playing video games like their other friends, not training, or sharpening their minds. Face it though, do you really want your kids to be just like those “other kids”.

But it’s not just kids with excuses, adults too. Any age can fall victim to the “instant gratification” curse. The digital age has taught us that we should get results **RIGHT NOW!** “I’ve been training for six months, why don’t I have my black belt?” or “I’ve been doing Wing Chun for a year, why can’t I levitate yet” Martial arts takes commitment and patience, that’s part of it’s value. Besides everyone knows it takes 63 years of practice to be able to levitate.

Studies have shown that each generation is more and more likely than the last to give up on something. So what can you or your kiddo learn from sticking to it? For the young ones, it shows them the importance of a commitment. A child who is allowed to give up easily on something will value future commitment less. For adults, we get it, sometimes it’s just easier to give up, avoid fighting with your own motivation or your kids’ whines. In the long run though, what would make you more proud, that you stuck to it and pushed through it, or that you gave in to the easy way.

## THIS FEBRUARY/MARCH



March 12th! It's Coming! **Samurai Saturday**. It's the perfect time to convince the husband or wife to swing by, or get your co-worker to finally try the martial arts they've been envious about. We'll be working on ancient Japanese defelections and throws at 9am. At 10 am we'll be learning kendo, Japanese sword sparring. You know you've been waiting years to hit your brother in the head with a stick.



**Earning Their Stripes**. You may notice that your son or daughter has stripes on their belts. Each stripe represents a part of their journey to the next belt. Along with the yellow character stripe are red, black, or purple attendance stripes. There are also brown (technique), orange (sparring), blue (self-defense), and white (kata or forms). Your student is working everyday testing and earning all of their stripes for their next belt.



The DOWNTOWN school district will be closed Friday March 11th. We've got a great **Full Day Camp** planned however. We'll be headed to Legoland in King of Prussia