



## **WHY WE MUST DO KUNG FU MARTIAL ARTS AND WHAT ARE THE BENEFITS**

In all honesty...these days people practice kung fu for many reasons. Everything from fitness and health, mobility and flexibility, to of course self-defence. Just like many people go to boxing, Karate or kickboxing classes and never step in the ring, the same can be said for kung fu and it's practitioners. Out our schools our focus for training kung fu is for effective self defence and training in a way that builds understanding and gradual mastery of our art.

The fitness and other benefits should be by products of the training required. Martial arts including kung fu can offer people a more interesting and varied way of keeping fit and healthy with the added benefit of learning skills that can be used for self defence.

Many traditional styles of kung fu benefit from having traditional Chinese medicine theory, breath training, tendon theory, qigong, taoist or buddhist philosophies and strength, fitness and flexibility built into their training methods. The discipline required to master Kung Fu builds focus, perseverance and mental and emotional fortitude. In this way Kung fu can be used as a great tool for personal development. We as practitioners and teachers enjoy all of these reasons and benefits, but we also have deeper personal motivations that have developed over time.

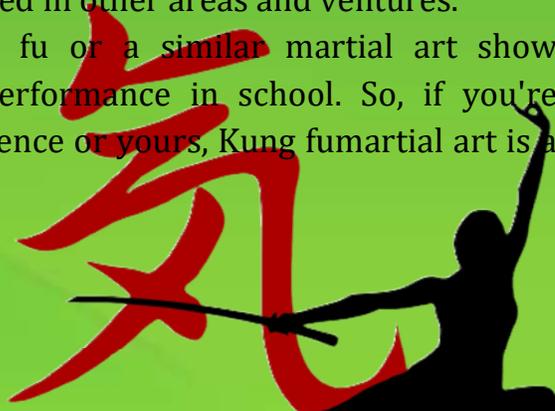
Each class of Kung Fu at Head Academy is like a fitness class, self defence class, yoga class, meditation and Qigong class all in one. Training is holistic and looks at health as its outcome not only fitness.

### **1. INCREASED CONFIDENCE**

Increased confidence is something that martial artists of all ages enjoy. Whether it's for you or your child, Kung fu can help you improve your confidence.

Practicing, improving, and succeeding at a skill improves self-image and gives participants confidence that they can succeed in other areas and ventures.

In fact children who participate in Kung fu or a similar martial art show improved confidence and even better performance in school. So, if you're looking to improve your child's self-confidence or yours, Kung fumartial art is a great activity to do so.



## **2. FULL BODY WORKOUT**

Are you looking for a new form of exercise? Kung fu Martial arts is your answer. That's because Kung fu truly provide a full body workout. The consistent practice has shown to increase overall mobility, improve your body's pressure response, and increase muscle.

Because so many martial arts involve repeat muscular actions over time you'll build strength and burn fat. Who doesn't want that? Looking for a way to increase strength and build muscle quickly and intensely? Kung fu can do it for you. It's a full-body martial art that combines the athletic abilities of Karate, Judo, Kung-Fu, and Brazilian Jiu-Jitsu. This is an ideal martial arts system to accomplish those goals.

## **3. INCREASED FLEXIBILITY**

Repetitive movements like high kicks, low stances, fancy footwork, and ground manoeuvring improve flexibility and mobility which will benefit your overall health.

Did you know that flexibility has many health benefits? Some of them include:  
Improved posture

**Better freedom of movement**

**Reduced muscle soreness and tension**

**Improved relaxation of mind and body**

**Reduced risk of injury**

The multi-directional movement of Kung fu makes it a perfect martial art for those who want to improve flexibility. If flexibility is your goal, try it out!

## **4. BETTER COORDINATION**

Kung fu Martial Art requires special awareness and coordinating movement with another person. Some martial arts even include the use of props and tools.

All of these factors improve the coordination and awareness of the participant's body as well as the people and objects around them.

Practices like Kung fu encourage the lower part of the body to act as a base from which the upper body can manoeuvre and operate – this idea has been borrowed by many martial art systems including Kung fu.

## **5. SELF DEFENSE SKILLS**

One obvious benefit to learning Kung fu martial arts is an improved ability to perform self-defense manoeuvres in situations where there is a real threat.

According to recent data, an aggravated assault occurs every 43 seconds in the United States. Martial arts can prepare practitioners to defend themselves in life-threatening and dangerous situations. This is great for you but also really great for your children as well.

## **6. LOWER BLOOD PRESSURE AND HEART RATE**

Participants in Kung fu have been shown to have lower blood pressure and heart rates. But that's not all. Because of its similarity to H.I.I.T. (high intensity interval training), Kung fu martial art can improve overall heart health, lower cholesterol, and provide more regulated blood sugar and insulin levels. Say hello to a healthier body happier life! Martial artists enjoy all the physical benefits of regular exercise without having to run on a treadmill or lift weights. It's a great option to improve your health.

## **7. WANT TO IMPROVE YOUR MENTAL STAMINA? LEARN MARTIAL ARTS**

Recent research showed that aerobic exercise (like martial arts) actually produced a physical change in the brain that promotes better memory and learning skills. The same study observed that a new case of dementia is observed every four seconds globally. Those who want to prevent this debilitating condition can fight it by participating in martial arts. This is a great benefit that many people aren't aware of when it comes to martial arts.

## **8. IMPROVED SOCIAL SKILLS**

Kung fu Martial art can also help you develop social skills. This is because of the team environment. You're working alongside people with the same goals as you, learning and growing together.

This is especially beneficial for children. In Kung fu classes, they'll be able to learn how to resolve conflicts, make new friends, and show compassion.

Being in a new environment can be scary for kids, but learning how to navigate that situation in a safe controlled environment is a great skill that will benefit them for life.

## **9. DEVELOP SELF DISCIPLINE**

By attending martial arts classes you'll become accustomed to direction and structure. In this environment you have to pay attention to the task at hand and rid your mind of distractions.

It's also crucial to realize that achieving your martial arts goals depends on you. No one else can do it for you. This promotes self-reliance and independence! You're the one who needs to put in the work to improve and grow. To be your best, you need to be dedicated and put in the required effort.

As you progress you'll gain self-discipline that will be beneficial in every other aspect of your life as well.

## **10. STRESS RELIEF**

Did you know that practicing martial arts can help relieve stress? Often this is accomplished by focusing on the present and things you can control. Many forms of martial arts also emphasize being in complete control of your breathing and thoughts.

When you do this you're learning a skill that can be applied throughout all areas of life. When you're more focused and confident and your thoughts are more clear you'll relieve yourself of stress in so many other parts of life too.

More than anything, going to martial arts class will help you leave with an increased mental focus and a greater appreciation for the world around you through a fun, safe, and challenging workout in an encouraging environment with like-minded people.

### **Now What?**

Now that you've read all about all these reasons why you should learn martial arts it's time to get started. Make the decision today to push yourself to a new level of personal performance.

In no time, you'll be reaping all the benefit of learning martial arts. So just do it and get started today.

**If you have questions or want help getting started to learn martial arts in Dragon Academy of Martial Arts, in Sanjay Gandhi Puram Lucknow, We're here to help with anything you need to take your first step.**