

---

# How Martial Arts Can Help Your Child Overcome Shyness

Remember when you had your child? the thrill of joy that ran through you was inexplicable. One goal becomes apparent: To raise up the best child ever; physically strong, physiologically and mentally equipped to face the seemingly endless hurdles that life will eventually present to them, and to ultimately help them on their journey towards a fulfilled adulthood.

However, for most of us, that dream gets tarnished – situation arises, either it is genetics, bullying at school, criticism, innate personality and so on – that influences our child and makes them very shy; lacking the desired social skills. This can lead to loneliness, increased anxiety levels and can hinder them from reaching their full potential.

The good news, however, is that there is a proven way to prevent this from occurring. Martial arts can help your shy child reach into his/her inner strength to defeat shyness. Here are some of the ways this can happen;

## Confidence and Self-Esteem Building

While sports can improve the confidence of your child, team-based sport like soccer isn't the appropriate for your shy child because of the pressure associated with team-based sports; it can even further cripple their confidence level. On the other hand, pair sport like martial arts has been shown by psychologists to be adequately suited for your shy child. This is because it is based on individual success, thereby excluding the possibility of external team pressure.

Martial art is structured in such a way that success is being appreciated at every step taken in a positive direction. New techniques and drills are being taught that will enable them to earn their next belt level. Little successes like this boost the confidence of your child and also have a ripple effect on other aspects of their lives. As this sense of achievement builds up, self-esteem is also boosted.

## Defense against bullying

Do you know that up to 60% of children are being bullied in school? Unfortunately, shy children are the regular victim. This is because they just can't stand up for themselves. This usually has a negative effect on their self-esteem.

Martial arts equip your child with the ability to confront any threat in a non-violent manner and also defend themselves physically if necessary. This will strengthen your child to stand up against any form of bullying.

## Development of Leadership Skills

Martial arts require that you teach children at a younger level when you're at a higher level. This act will help to improve the teaching abilities of your child and also increase their tolerance level as they have to bear along with the younger ones till they get things right; skills that are

---

required to be a successful leader. This will positively shape his/her approach to leadership in life.

## **Instilling Respect**

It quite unfortunate that respect is missing in today's society. However, martial arts as a sport is hinged on respect; respect for their instructors, peers and themselves. This, of course, enables your child to value others, to understand their pain and to never look down on them. This is a trait that would be admired by everyone that comes in contact with them.

## **Cognitive Boost**

Cognition involves a person's understanding of the world and the way they interact with it. Martial arts help to properly shape the world to your child by teaching them important values like how strategy, discipline and hard work are more important attributes to success than physical body size in a fight. It also helps to develop their abilities to function effectively under pressure through the mentally demanding nature of the sport. This will give them the mental toughness to confront any challenge they might encounter in life no matter how scary it might seem.

## **Physical Fitness**

Understanding the importance of physical fitness is important for your child. This is because it becomes integrated into their habit and goes on into adulthood. Martial art is an intensive physical sport that greatly influences the growth process, improving coordination and motor skills of your child to make sure that they stay fit at all time.

## **Enhancing Social Skills**

As mention earlier, martial art is hinged on trust. Children that engage in martial arts understand the rudiments of empathy, kindness and conflict resolution. This makes the martial arts gyms the perfect environment that encourages friendship development. This serves as a training ground for your child to develop their social interaction skills.

## **Conclusion**

Shyness can be such a menacing attribute that can rob your child of their childhood, leaving them in the world of isolation. This can in turn transit into adulthood and affect the overall quality of their life. However, as we've seen, martial arts provide an effective way for them to escape from this wrath.

Why not take advantage of the benefits of martial arts? Register your ward today at Imperial Training Centre to start them on a journey that will not only eliminate their shyness but will ultimately equip them with other skills that are necessary to face the world at large and emerge as victors.