

The Bushido Spirit Karate-do

Our Karate-do program is an excellent after-school activity, offering numerous benefits that contribute to students physical, mental, and social development.

Here is a short benefit list:

1. Physical and Mental Fitness

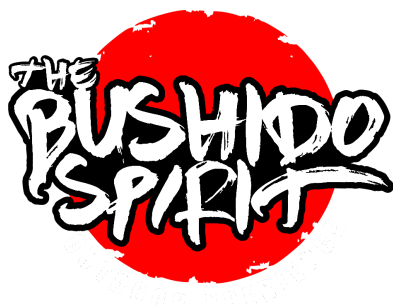
- Our practice improves children's **physical fitness** by enhancing their **flexibility, strength, and coordination**. Through a series of exercises, blocks, strikes, and stances, students develop better motor skills and overall body control. It's a full-body workout.
- While not the primary goal, karate-do equips children with basic **self-defense skills**. More importantly, it teaches them how to **de-escalate conflicts and avoid physical confrontations**. The training instills **awareness** of their surroundings and the confidence to handle challenging situations non-violently.

2. Discipline and Focus

- A core principle of karate-do is **discipline**. Children learn to follow instructions, respect their instructors and peers, and maintain proper etiquette. The structured environment helps them develop **focus and concentration**, which can positively impact their academic performance. The constant practice of katas (forms) and techniques requires a high level of mental engagement.

3. Self-Confidence and Respect

- As student master new skills and advance through the belt kyu system, their **self-confidence** grows. They learn to set goals and work hard to achieve them, building a sense of accomplishment and pride. Karate-do also teaches the importance of **respect**—for themselves, their teachers, their fellow students, and their opponents. This **mutual respect is a fundamental part of the dojo** (training hall) **culture**.



The min. number of students is 5.

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Grades: 3 - 5 / Monthly Fee: 3000 den.