

## **Martial Arts teaches Children Discipline, Focus and Concentration**

Recently, during a 12-week study, 18 non-medicated boys, all diagnosed with ADHD were divided into three test groups.

Six of the boys took part in a Martial Arts Intervention Group and were taught Karate, another group of six were involved in an Exercise Intervention Group, and the last group of six participated in a control group that did not include any kind of intervention.

The test results showed that the martial arts form of treatment showed a greater success than the program using exercise and the third group that did not include any intervention.

The researchers and teachers that took part in tracking of the boys' progress, found that the group enrolled in the Karate program improved the most in homework completion, academic performance and classroom participation. They were also less likely to break classroom rules, leave their seats inappropriately and call out in class.

The study proved that with plain exercise there is not the same drive to direct attention to something. Improvements in behavior were also attributed to the fact that martial arts emphasizes constant focus, gives more specific attention to the kids and provides positive reinforcement in the form of a belt system. The art of Karate, not to be confused with the martial arts that emphasizes sport competition and tournament fighting, specifically meets the needs of ADHD children because of its unique learning structure.

Students learn to multitask with martial arts training. They must keep their attention on the instructor while combining punching, kicking, stances and maintaining focus at the same time. Karate, when taught correctly, will require the student to have control over their entire body, their breath, their eyes and their mind, all at once. This translates into a greater ability to concentrate and focus both in and out of the dojo. Martial arts is an effective option for kids with ADHD because it is designed to build focus and discipline in every child.