

## **10 Ways Martial Arts Increases Focus**

Focus is an important aspect in everyone's life. Without focus, it is incredibly difficult to think clearly or get important activities accomplished. If you were looking for something to help you increase your ability to focus, Martial Arts may be your ticket!

### **1. Consistent Instruction on How to Focus**

Martial arts include physical as well as mental instruction. You will be provided with specific techniques that allow you to focus and sharpen your mind!

### **2. Consistent Instruction on What Focus Is**

Focus is an important aspect of Martial Arts. The instructors use repetition and respect to establish the focal points that lead to sharper and more focused minds.

### **3. Belt Examinations**

Throughout the belt examinations the goal is to ascend from one belt to another. This requires a great amount of focus because you need to properly perform and execute accordingly to the curriculum that has been taught.

### **4. Belt System**

The Martial Arts belt system is designed to accomplish small goals that lead to large goals. In the beginning, you progress quickly. When going for more advanced belts the requirements are much more difficult and take much longer to achieve. Whether it is a beginner belt or an advanced belt, you must focus in order to achieve that goal. Overall, the focus that is attained from the belt system will lead to other life areas. For example, you will be less likely to quit activities such as school, or activities that take time and focus.

### **5. Individual Effort**

The sport of Martial Arts is an individual effort and is based on the individual's achievement. In addition, this leads you to focus on your own goals in both the sport and life. Then leading you to focus on and achieve those goals.

### **6. Kata**

Kata is a series of Martial Arts moves and techniques that are put together and taught to the students. Then the instructors ask the students to perform and execute the movements and techniques in the proper fashion. In order to do this, you must have amazing focus capabilities!

## 7. Life Skills and Leadership Development Classes

There are specific classes that are taught on a stable schedule by educated instructors who have amazing focus capabilities. The students are instructed and given reading assignments to help them reflect the success of other focused leaders.

## 8. Posture

During Martial Arts classes you are taught correct posture. For example, you are instructed on how to sit and stand properly, as well as proper posture during meetings and interactions. Good posture certainly affects your focus in all life aspects!

## 9. Competition

Once your instructor feels that you have reached the level of competition, you have reached higher level of focus. Martial Arts teach focus through competition because you must execute and perform to the highest degree. Instructors teach you on how to lose, win, and be respectful in work, school and other social activities.

## 10. Evaluation and Stripe Week

Each month students are evaluated on what they have learned. They must perform and execute with their focused and sharp mind. If they do not execute to the instructors standards, they will not receive the stripes. Focus is expected in a Martial Arts school, sports, school, and other activities. In addition, for children in school they are given progress reports to pass on to their teachers to make sure their focus is being applied in other aspects of life.