

Question:

What are some of the benefits of karate training?

Answer:

When we think of health, it is safe to say that many people are aware of the physical benefits that result from karate training. Speed, power, flexibility, stress reduction and strengthening the cardiovascular system are among the most obvious advantages of karate training. However, equally important are the psychological benefits one derives from training. People who study martial arts will get involved in physical confrontations far less than those who do not because the aura of confidence they exude makes them less often chosen as a victim. Confident in their ability to defend themselves, they feel little need, if any, to test themselves by fighting, and having developed more control over their aggressive instincts they are better able to defuse situations of potential conflict as well as to better evaluate situations in which they may be in danger. Okazaki Sensei tells us that many of the things people learn who study martial arts for a year or more will remain with them for the remainder of their lives.