

MARTIAL ARTS at UNIVERSAL PUBLIC SCHOOL



Childhood is one of the best times to start on the path toward self-respect, respect for others, respect for healthy authority figures, as well as physical health and emotional balance. Karate or other forms of martial arts offers young kids the chance to develop both physically and emotionally—at once giving them an opportunity to reach their peak potential.



Participating in karate classes offers children numerous advantages. The main benefit is the lessons they absorb in training, including the ones that follow, are carried over into other areas of their lives, such as in the classroom, during extracurricular activities and even at home. Martial arts...

- Teaches Self-Defense
- Hones Leadership Skills
- Encourages Self-Discipline
- Offer Multiple Choices
- Builds Confidence
- Develops Character
- Promotes Healthy Body and Weight