



Parents' Biggest Fears and How Martial Arts Can Help Your Kids

by
Phil Nguyen,
Black Belt
Excellence
Martial Arts
Academy

A new national survey on the Top 10 Parent Fears conducted by the Marketing Research and Intelligence Association inspired me as a parent of two, to write this article, drawing from my 25 years as a martial arts student, instructor, and school owner of Black Belt Excellence Martial Arts Academy (BBX).

Top 10 Parent Fears	How Martial Arts Can Help Your Kids
1. Lack of confidence	At BBX, children set goals for themselves, overcome obstacles along the way, and ultimately experience the exhilaration of achieving their goals. This develops their self-confidence for a lifetime.
2. Being bullied	Our award-winning Bully Busters program teaches children assertiveness skills, verbal de-escalation skills, and self-defence skills so they can deal with conflict in a peaceful manner.
3. Depression	"When you exercise, you energize." The physical work outs, the release of endorphins for positive feelings, and the positive training atmosphere are coping strategies for depression.
4. Anger management	Our Junior Achievers program helps children develop self-control of their attitudes, behaviours, and emotions, such as anger.
5. No interest in school	At BBX, we promote the "Triangle of Success", whereby children are encouraged and rewarded to improve their behaviour at home, do their best at school, and progress in their martial arts training, which motivates them to strive for academic excellence.
6. Drug use	Martial arts teach children right from wrong as well as a healthy and active lifestyle, which precludes them from negative habits such as drug use.
7. Loneliness	The journey of Black Belt Excellence for kids is one that is enriched with the support of their family, instructors, and friends, as they strive for higher levels of personal excellence. They will never be alone on this journey.
8. Internet/video game addiction	At BBX, children practice dynamic drills and skills that are engaging and enjoyable, making them choose the real deal of physical activity over screen time.
9. Alcohol use	At BBX, children get high on their own spirits. They gain a sense of achievement every class where they are smiling, sweating, and learning.
10. Gang/crime involvement	Youth and teens that train in our Teens Program are surrounded by positive role models and peers and are too focused on their goals for self-improvement than to get involved in gangs or crime.

For more information, visit us at 62 Stonehaven Drive in Bridlewood, Kanata, www.blackbeltexcellence.com, or call us at (613) 599-3001.

Courtesy Respect Focus
Discipline Self-Control
Responsibility Learning
Co-operation Bully Busters
Stranger Awareness
Courtesy Respect Focus
Discipline Self-Control
Responsibility Learning
Co-operation Bully Busters
Stranger Awareness



You want the best for your child.

Enroll your child aged 3-6
in our exclusive Taekwon-Do program.

Little Dragons



"Our goal is not to prepare the path for the child, but to prepare the child for the path."

Register your child in our program and receive a **FREE GIFT**

Life Skills • Safety Skills • Martial Arts Skills

BLACK BELT EXCELLENCE



MARTIAL ARTS ACADEMY

Call us at 613-599-3001 or visit us at
62 Stonehaven Drive in Bridlewood, Kanata

Proud to be the
People's Choice in Kanata
Family Business of the Year!

People's
Choice



For more information visit: www.blackbeltexcellence.com

Ask us about our martial arts programs: Junior Achievers (6-11), Family Training, Teens and Adults, Birthday Party, and Summer Camp

A family that kicks together, sticks together!