

Martial arts for kids

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At these training session, kids of all ages (age 7 to 11) will be encouraged to develop the potentials of their personality combined with the joy of getting exercise.

Besides good motor skills we support:

- stabilisation
- communication
- responsibility
- cooperative problem-solvings

further concerns and objectives

- develop personality
- strengthen self-confidence
- develop body-awareness
- support physical development
- concentration
- interact in a honest and respectful way with each other
- resolve conflicts in a constructive manner.

Offers

martial arts as a path to balance and harmony

In our dojo we practice in an atmosphere of concentration and silence. In martial arts you are going to learn a variety of aspects as: [KUNG FU](#)