



Isaac's Martial Arts

~ Burlington, NC ~

CHILDREN'S BENEFITS LIST

1808 Anthony Rd
Burlington NC 27215

Call Today

336-512-1646

Ages 6-14

[Class Schedule](#)

Monday 6:15-7:15

Tuesday 6:15-7:15

Thursday 6:15-7:15



LIMAC for Children

LIMAC children's programs are unique because they are easy to learn and fun, making it perfect for children. But make no mistake; our students learn excellent self-defense skills starting with how to avoid confrontation and non-violent conflict resolution. For improving performance in sports and school, or instilling virtues that society wants, LIMAC is the right choice for your child.

Confidence

No other activity can compare with Martial Arts training when it comes to instilling confidence, except maybe joining the U.S. Military. As our student's progress in rank, the confidence instilled enables our student's to excel in all areas of life. Difficult tasks, trials and tribulations, and seemingly insurmountable obstacles are no longer greeted with reluctance. Martial Arts deter kids from getting into fights when they portray a noticeable aura of confidence. Just like burglars try not to rob houses with alarms, bullies avoid picking on kids who are sure of themselves. Future employers, school teachers, coaches, etc. will recognize someone with confidence and choose them over others. Only a few years of martial arts training will provide kids with a lasting confidence that allows them to become happier, more productive members of society come adulthood.

Each belt that one of our students earns presents a new challenge that your child will learn to meet and exceed. As we prepare him or her to progress to a new belt color, our student's skill level improves and confidence grows. Our parents often tell us this gives their children an unshakable confidence that improves all areas of their kids' lives. Fear of socializing, public speaking, and test taking subsides which indirectly raises grades. Kids even gain the confidence to say NO to peer pressure. As a child journeys towards the goal of black belt, an increasing level of confidence will become noticeable to many.

Self-Discipline/ Impulse Control

Our Parents often tell us that one of the main benefits that they see right away is the improvement in their child's discipline and self-control. Our school has an experienced staff of professional, patient instructors who are great with children. We have fun with our kids but we also set clear limits and boundaries on acceptable behavior. Instructors insist that students maintain this disciplined lifestyle at home, in school, and elsewhere.

LIMAC instructors have found the right balance between fun and discipline, which keeps our kids interested often through teenage years into adulthood. It is this precise balance, coupled with consistent, high energy classes that keep our retention so high. We always try to end each class on a high note, so kids can't wait to come back for more!

Commitment

Martial Arts is especially beneficial for kids who are prone to quitting things. If this is the case with your child, then he/ she really need our programs. We instill the perseverance necessary to finish what they start, especially during times of increased difficulty. Whatever the previous commitment experience of your child, you need not worry. We have legendary retention, and are experts at motivating our children to act.

Superior Attitude = Black Belt Excellence

We teach that black belt represents excellence. Instructors emphasize this every class until black belt and beyond. Eventually our kids begin to ask themselves, *"How would a black belt listen to the teacher? How would a black belt do this assignment? How would a black belt behave for mom?"* This is a powerful motivator that often makes massive changes in the behavior and attitude of children.

Respect

Martial Arts teach kids to respect their parents, teachers, instructors, siblings and elders. We have a code of ethics that creates a courteous, well-rounded child, which appreciates life and knows how to treat others and their belongings.

Learning Disabilities such as ADD/ ADHD

Many doctors actually recommend Martial Arts as an alternative or supplement to medication and therapy to kids who are diagnosed with learning disabilities, such as ADD/ ADHD. It may even help kids who have minor personality disorders, or have problems associating with other children.

Passive/ Aggressive

Kids who are aggressive become more subdued and passive through Martial Arts training, and those who are shy become more assertive. It has a moderating effect that creates an overall better child with greater potential in life.

Fitness and Athletic Improvement

Whether your child needs to get in shape, or is an all-star athlete, Martial Arts will take them to a whole new level of physical achievement. The techniques we teach work literally every body part, while sharpening the mind to a crisp focus athletes refer to as "the zone." This causes our kids to excel in sports like baseball, soccer, and football. Our Kids get in shape fast while having the time of their lives. LIMAC students find they are no longer picked last for the kickball team! Many of our martial artists go on to college level sports and even pro teams.

Self-defense to AVOID Getting Picked on or Bullied

We'll teach your child to protect him or herself in a safe and supportive manner. Your child will be taught not only what to do, but when to use these skills. With the knowledge to defend oneself comes great responsibility. Our students are trained NOT to misuse the martial arts, even when fooling around with their friends in a friendly setting.

Hopefully, your child never has to use it. The confidence he or she gains from knowing martial arts will deter most potential bullies. We do not train to fight. We train so we do not have to fight!

Even more common than bullies are cruel kids who find it necessary to pick on others. Martial Arts instills the confidence that prevents your child from becoming a target, and the tools to deal with any situation without resorting to violence.

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