

Martial Arts – More than a hobby but a way of life (A student's perspective)

After many years of training in martial arts I now know the benefits are numerous, but at the time of starting my martial arts "journey" it was initially to address my poor fitness. I was overweight and had recently stopped smoking.

Not long after I started training it soon became apparent that as my fitness improved so did my poor social skills. There was once a time when I was that guy sat in the corner hiding behind a potted plant! Within months I would approach people and would initiate a conversation, I was now becoming the person I had always wanted to be, more confident, fitter and making some great friendships life was looking up!

As my "journey" continued I also became fascinated with self-defence, I loved learning new ways of being able to defend myself and move in a certain way that would make it difficult for an attacker to strike. Another aspect of self-defence that really appeals to me is the ability to subdue a attacker there are various ways to do this. Very useful if you're waiting for the police to arrive!

So these are just some of the reasons why I would recommend martial arts to people, join a club I promise you won't regret it. I can honestly say that starting martial arts is one of the best decisions have ever made.