

# Train! Train! Train!

It's been proven many times over that exercise is good for your mind, body and spirit. Martial Arts training is a very well rounded form of exercise... it increases your flexibility, increases your strength and endurance, plus it's a lot of fun.

The martial arts lifestyle is an active year round form of exercise, healthy eating and positive self-development. It teaches powerful life skills such as goal-setting, respect and self discipline. You also learn to live by a set of values and principles that lead toward a higher level of success and achievement.

It teaches you to have better self-control and it constantly works to build self-confidence. There are always goals built into the training that can be very exciting, challenging and rewarding. Teamwork and Leadership are core aspects of becoming a Black Belt Champion. This teaches you to be supportive and encouraging with your classmates, co-workers, family and friends.

*Ever feel like you're about to burst with energy? How do you learn to aim it and tame it for useful purposes? **Train!***

*Ever feel down in the dumps and a bit depressed? What's the best way to get yourself back up and energized? **Train!***

*Feeling a bit overwhelmed and stressed out by the hustle and pressure of demands of your time? What should you do? **Train!***

Everyone always feels better after a great training session. Steady class attendance and training hard has proven time and again to have far more positive benefits than negative. That's not to say that there aren't those rare occasions that your body needs rest instead of training. However, your greatest victories in life are likely to occur when your martial arts training and conditioning are on an upward climb. *What's the message here?*

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