



OTTAWA JUDO CLUB

Why Judo for Your Child?

Judo Can Produce Great Results for Kids

Many parents all over Canada will attest to the fact the Judo have helped their child.

The interesting thing is that each family will benefit in very different ways. Whether your child has excess energy, is shy and even withdrawn or has even been diagnosed with attention deficit disorder, Judo is a great way to increase focus and confidence.

The amazing part is kids love Judo classes!

Judo offers classes that are fun, exciting and make learning a great activity, rather than a chore.

And why do parents love it? Because children get great benefits that they will carry with them through life, and they don't even realize it! Still not convinced? Here are a few more reasons why a Judo program is a great choice for you child.

Keep you Child Active

Kids are not getting the exercise they need which is causing obesity and diabetes in children at younger ages. Several factors have contributed to this trend including less physical education requirements in schools, the growing popularity of computer and video games and limitations of some competitive sports to allow for equal play time (and therefore equal exercise time) for every child on the team.

In addition to battling all the other factors, parents also have to compete with the pervasive presence of junk and fast food. Judo is a great first step in changing you child's (and even your family's outlook on life. The physical and health benefits are only part of it. The mental discipline and confidence gained will allow you and your child to continue to make positive decisions in you lives.

Better Grades

Children with strong mental discipline are least likely to submit to peer pressure and most likely to do well in school. In fact, many parents and teachers report a dramatic improvement in school grades after a child joins Judo. This will help set your child on the right path of successful and fulfilling life. Can you think of a better reason to enroll your child in Judo?

Positive Role Models

Who is influencing your child?

Role models play an important role in child's development – too important to be left to chance. Judo instructors exemplify the inherent values of Judo such as integrity, respect, and confidence.

Instructors can provide positive role models for your child, teaching them how to resist negative influences and tap into their full potential.

Confident Kids Do Not Get Bullied

For some kids, the school yard, is a place that signifies fear, not fun. Developing anyone's confidence (let alone that of a child) is a very delicate matter. Most people link their confidence to a recent event. This is why it is sometimes difficult to maintain a consistently high level of confidence, especially for kids that are getting picked on.

Through a structured reward system and consistent positive feedback, the well-rounded Judo program offered at the Ottawa Judo Club is a great way to raise a child's confidence and reinforce it on a regular basis.

What will define your child is how they deal with the situation they encounter. Give them the confidence to handle themselves with integrity.

If you still aren't sure Judo is the right choice for your child, visit us and watch a class. The Ottawa Judo club understand the needs of families in today's environment and can do wonders for you and your family.