



**Bujinkan Taka Seigi Dojo South Africa**



# Bujinkan Children's Self Development Program



## Information Package

[www.bujinkan-budo.com](http://www.bujinkan-budo.com)

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## INTRODUCTION

Dear Parents and Educators

The demands of modern life are high, it is our goal to provide the youth with a body – mind integration program that will enable them to identify and deal with internal and external stressors in a balanced and positive manner.

**Summary** of the program:

1. **Health of body and mind:**  
The exercise oxygenates the blood and muscles and aids in the process of removing and processing toxins in the body and keeps cells healthy and more resistant to disease. The mind becomes focused and disciplined and the body flexible and less likely to suffer from minor injury. Emotional energy levels are balanced and stress is dissipated.
2. **Coordination of movement:**  
The exercises provide a medium for the learner to learn total body coordination and correct body dynamics that will help lay a foundation for future sport endeavors.
3. **Danger awareness and prevention:**  
The learner will develop an early warning system which will help identify immediate and “hidden” threats. This will enable the learner to “earmark” certain behavioral habits and avoid general danger.
4. **Self confidence, discipline and social skills:**  
The nature of the program instills self confidence, discipline and general social skills in the learner.
5. **Improved Concentration and mental processing ability:**  
The exercises provide a platform which stimulates mental processing and sharpens concentration ability. This is advantageous to academic study.
6. **Self protection:**  
The learner will embody the skills to apply self protection against hostiles, environmental and other by utilizing early danger identification, prevention or evasion, escape and survival strategies.

This is an annual program and the learner will be enrolled for the duration of the school year.

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## REASONS TO ENROLL

**Physical Fitness:** Just like with adults, one of the most common reasons for enrolling a child into a martial arts class is fitness. Childhood obesity rates are climbing, and more and more children are spending a lot more time in front of the television, playing video games and using a computer. However, even among more active children, martial arts are still attractive since it is seen as a very good source of exercise that also teaches skills. Martial arts can help improve cardiovascular endurance, flexibility, balance, strength and overall energy levels.

**Life Skills:** Another popular reason for enrolling children in the martial arts is to develop "life skills". These skills include discipline, self control, patience, confidence, courage etc. The idea with these classes and this motivation is to reinforce what is already being taught at home. Martial arts classes can be a valuable tool for helping to really drive home the points you make at home in a very real way.

**Self Defense:** Self defense is the most obvious reason that should come to mind when considering enrolling a child in the martial arts. The focus of a good children's martial arts class, while still teaching self defense movements, should be on conflict resolution, personal responsibility and avoidance. In that respect, attending a good martial arts class would benefit both the bully by teaching to respect others as well as your own power, and the bullied, by teaching how to calm a situation or defend oneself if need be.

**Behavior Issues:** Many parents turn to the martial arts when their children are acting out in school and at home. This is tied in to the life skills reason, but is very specific in what the desired outcome is, These parents are looking for help improving attention span, respect, demeanor and self control. The structure of many martial arts classes can greatly aid in these areas, however results will really vary and depend on the relationship that is built between the child and the instructor. If the instructor has a good method of communicating with the child, is firm but friendly, and most importantly, is very consistent, then the child can really get a lot of out martial arts training.

**Safe, after school activity:** Many parents are just seeking a safe, wholesome, useful activity for their child to occupy some of their free time. These parents don't want their child to sit at home all evening, or want them to get involved in something that makes them set and follow through on goals. Martial arts training will certainly help in that respect. A good martial arts school can become a second home for many children. The relationships built between classmates and with an instructor can last a lifetime and have a huge positive impact on a child's life. Whatever reasons you have for enrolling your child in a martial arts class, be sure to discuss your goals with your child, and come to an understanding that will make both of you happy. A one sided arrangement in something with such a large investment of time, energy and money really will not work out to anyone's benefit.



| <b>BENEFITS</b>                         |                                       |  |
|---|---------------------------------------|--|
| Students can expect                     |                                       |  |
| <b>MENTAL BENEFITS</b>                  | <b>PHYSICAL BENEFITS</b>              | <b>SOCIAL BENEFITS</b>                       |
| Develop communication =                 | Build fundamental motor skills =      | Encourage socialization =                    |
| Follow directions & problem solve =     | Awareness of body & space =           | Make new friends in a positive environment = |
| Develop the habit of goal setting =     | Promote physical strength =           | Excellent character development program =    |
| Demonstrate responsibility =            | Promote coordination & stamina =      | Take turns & learn to share =                |
| Improved focus & concentration =        | Positive outlet for energy =          | Act respectfully =                           |
| Self-discipline & self-control =        | Improved physical fitness =           | More respect for self and others =           |
| More self confidence =                  | Greater body awareness & control =    | Develop a love for learning =                |
| Develop a sense of independence =       | Able to defend themselves =           | Better grades in school =                    |
| Develop higher self esteem =            | Less likely to fight in school =      |  |
| <u>Handle pressure in everyday life</u> | <u>Calmer in the face of conflict</u> | <u>Good social skills</u>                    |