Success in school tomorrow starts with Mile High Karate today

Academic skills are the stepping stones to success for kids of all ages. The discipline of the martial arts helps make the path easier.

Mile High Karate

Unlocks Potential

Karate: The Key to Success in Academics, Athletics and Achievement

In our complex and competitive world, success means finding and being your personal best. As a concerned parent, you want to see your child fulfill his potential academically, socially and athletically. As a parent who goes the extra mile for your child, you want to see her achieve all of this, and develop good character. Mile High Karate has a long history of helping parents meet this goal, with a structured Martial Arts teaching program.

Mile High Karate's instruction is the key to your child's success in school, on the playing field and among his peers. Mile High Karate teaches discipline, mental focus, commitment to goals, and the values of hard work and self-control. Success with Mile High Karate can give your child the competitive edge she needs to be the star you know is there.

High Stakes Testing

As more and more school systems implement high stakes testing required by the No Child Left Behind Act, physical education programs are being cut. Ironically, as noted in a report issued by the National Council of Professors of Educational Administration

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Builds Confidence

(NCPEA), students who engage in regular fitness activities and have a normal body mass index perform better on tests for mathematics and language arts. Mile High Karate Martial Arts training promotes mental alertness and directly contributes to better academic performance.

Character

We know how important it is to teach good character values of self-respect, discipline, self-control, hard work and respect for others. Martial Arts instructors at Mile High Karate support these values and help instill them in every student. You teach your child what is right – karate gives him the confidence and attitude to do what's right in every situation.

Research studies into the positive effects of Martial Arts on character state: "The Martial Arts have a direct bearing on morality, disciplined ritual, and knowledge of man in the universe" (Becker, 1982), and gradually the Eastern philosophies that permeated Martial Arts practices encouraged "formation of good moral character" and "non-violent attitudes and behaviors" (Back and Kim, 1978).

Fitness and Good Health

Mile High Karate offers your child the physical conditioning that is being cut from school curriculums. Not only does fitness contribute to academic success, it contributes to a lifetime of good health. Overweight children are 70% more likely to become obese adults, developing cardiovascular disease and Type 2 diabetes. The

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Encourages Fitness

National Governors Council on Obesity recommends children receive 30-60 minutes of physical activity 3-4 days a week, which is a typical Martial Arts program. The Martial Arts can set your child on a lifetime path to good health, the foundation of a successful life.

Athletics

Mile High Karate can give your child an advantage in sports performance. In a study conducted at the Tokyo Metropolitan University, athletes who were also Martial Arts students had substantially better reaction times over athletes who were not.

Bully Proofing

As a loving parent, you want to be able to protect your child and keep her safe. Unfortunately, you can't always be there when your child encounters dangerous peers. Mile High Karate teaches conflict avoidance and resolution technuques, and the skills she needs to protect herself from harm by others

On the other hand, if your child has demonstrated bully-type behavior patterns, the Mile High Karate program can redirect those negative traits into positive gains. Martial Arts training for adolescents with behavioral problems led to larger increases in self-esteem than traditional treatment (*Madenlian*, 1979). In research studies, both judo (*Greene*,

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Teaches a Positive Message

1987) and karate (*Gorbel*, 1990) have been useful in reducing dysfunctional behaviors in male, behaviorally disordered adolescents. Martial Arts has been successfully used as an intervention strategy for middle and high school students with severe emotional disturbances (*Edelman*, 1994).

ADD/ADHD

Studies have shown that Martial Arts can be tremendously effective for helping the child that has ADD/ADHD. The Mile High Karate program provides a positive outlet for all of the kid's energy. Research into the personalities and lives of Martial Arts practitioners focusing on their self-esteem and self-image levels, suggests that Martial Arts practitioners tended to be psychologically healthy and well-adjusted people (*Konzak & Klavora*, 1980).

Special Needs

Mile High Karate has been successful in helping kids with a wide variety of special needs adapt to the social demands of school and society. A study on the treatment of special needs children showed that Martial Arts training led to an increase in the social adjustment scores for developmentally disabled children (*Davis and Byrd*, 1975). Modified Martial Arts training increased the psychosocial skills for blind, developmentally disabled children (*Gleser et al.*, 1992).

Mile High Karate

Addresses Special Needs

Psychological Benefits

One of the central goals of personal and character development and the Mile High Karate Martial Arts Program is how to know oneself and how one fits into the world.

Two studies conducted independently in the the early 1990s demonstrated a number of parallels in the benefits of psychotherapy and Martial Arts training (*Suler*, 1993), including the concepts of energy (*ki* or *chi*), distance, timing, and positioning (*Seitz et al.*, 1990). In addition, blending, centering and pre-empting have a practical usage in mental health therapy, according to an earlier study (*Saposnek*, 1980). The concept of giving way (*ju*) – to use the strength of your opponent – is consistent with concepts found in the writings of Erik Erikson and others regarding methods of pschotherapy (*Gleser and Brown*, 1988).

Call for Free Information and an Introductory Lesson

Call 1-800-229-2286 right now to receive a free complete information package, introductory visit and evaluation.

When you call, you'll get the first two weeks of instruction for your child free of charge, a free official uniform, and our overview DVD and audio CD that shows you how our expert, certified instructors can help your child can attain dramatic results in the coming months and years.

Martial Arts Instruction

Endorsed by Industry Leaders

Endorsed by Industry Leaders

Martial Arts helps you develop the inner strength and self worth necessary to achieve the goals you set for yourself in life. It means building strong moral character in our youth through the Martial Arts. And believe me, I'm a prime example. I was a kid who was very, very non athletic, and never played sports. Then I became involved in the Martial Arts and become successful in the competitive world. I was a very shy kid, yet wound up making a modicum amount of success in the movie world. Now, if I can do that, can you imagine what you can do? *Chuck Norris*

I'm a Black Belt in Martial Arts and I teach some of the mental skills I learned in my own programs, because I think they are fundamental tools for life. I did it because I wanted to demonstrate to people specific tools and techniques for taking control of their mental and emotional focus, changing their state literally in an instant. Using your body as a way to change your mental and emotional state is the single most powerful and fastest factor you can access. I have one set of events where we teach amateurs board-breaking as a metaphor for breaking through their limitations and fears. Many people have gone on to become involved with Martial Arts as a result of their exposure to our seminars, because they love the state, the psyche that comes from the discipline of Martial Arts. *Tony Robbins*

"For fun, fitness and self-defense, Martial Arts is a great activity for everyone. I love it!"
Arnold Schwarzenegger

You might have heard me say that the man was designed for a accomplishment. He's engineered for success. He's endowed with the seeds of greatness. But you know a body at rest remains at rest unless it's acted on by an outside source. That's the instructors job in Martial Arts: to motivate students, inspire them, and teach them how to be better at what they're doing. Encouraging them along the way.

Research at Harvard and Stanford brings out the fact that 85% of the reason a person gets a job, and gets ahead in that job, is because of their attitude. Only 15% is because of their technical skills they have in the job. Technical skills are very important, but they'll only take you so far. Attitude makes all the difference. Martial Arts instruction can be very instrumental in developing that attitude.

The research shows that if you work around positive people, your own performance is better. Martial Arts provides that positive peer group.
Zig Ziglar

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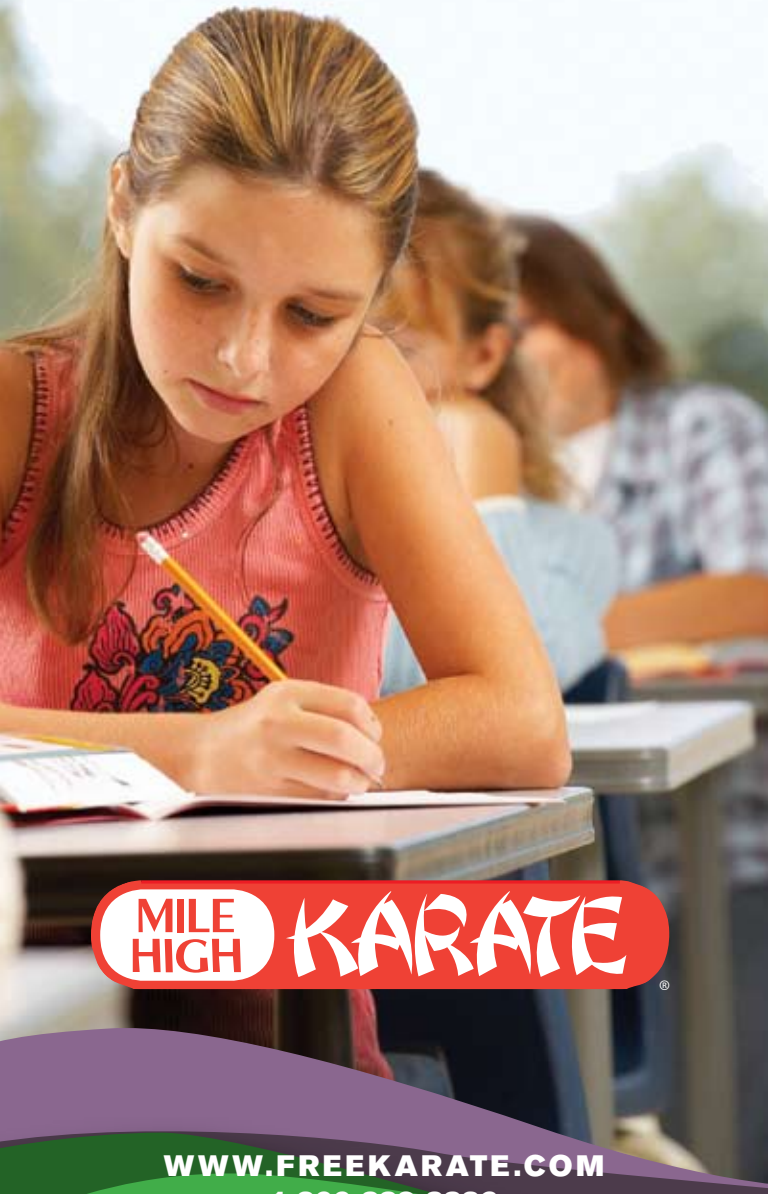
Learn how Mile High Karate can help your child achieve academic success.



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