

Mixed Martial Arts is growing in popularity and quickly becoming the number one option for self defense and youth enrichment. Nevertheless, parents still have many questions and concerns making it difficult to make an informed decision about whether a youth MMA program is right for their child. Rory Singer is Head Coach of Youth Programs at Athens Fitness and Mixed Martial Arts in Athens, Georgia and Co-owner of The HardCore Gym. Rory is a member of the Georgia Mixed Martial Arts Hall of Fame, a Season Three alum of The Ultimate Fighter, and a UFC veteran. With his extensive background teaching and coaching children of all ages; Lessons for Life Children and the Mixed Martial Arts is the go to source for understanding why MMA is the best choice when selecting a martial arts program for children. Lessons for Life is written with the parent in mind and answers many of the questions one might have when thinking about enrolling their child in such a program. Lessons for Life quickly dispels the myth, falsely portrayed on television, that MMA is dangerous for children. Additional easy to understand chapters include discussions on coaching kids, the biggest problem facing youth today, and how parents can help their children succeed. Lessons For Life is an in-depth look at what a proper Mixed Martial Arts program should be and how its benefits will continue throughout a child's life.

Into Deep Waters, Women Confidential: Midlife Women Explode the Myths of Having It All, Tarzan of the Apes T.V. Adventures, #162, The Sixth Lover, The Grafton Girls, La Princesa y los Regalos (Spanish Edition),

The Martial Arts teaches us many valuable lessons. Evolve MMA As children, our parents instilled in us the belief that anything is possible. There are times in life when we find ourselves slacking off in our work or training. Whether your kid is too bossy, too shy, or perhaps a little hyper, the martial arts can help your child learn many important life lessons. (And those same lessons. Martial arts, particularly Karate offers today's children many life lessons, Mixed Martial Arts Academy, read on below about the benefits of kids karate classes.

Kids Mixed Martial Arts in Denver will teach your child the life lessons of respect, self-discipline, and hard work. And the best part? You get a piece of mind. Kids Mixed Martial Arts classes at Team Quest MMA. Why should your child train in MMA? A child trained in MMA learns many skills and life lessons.

Systems Training Center's Kids Martial Arts program is designed to teach children between the ages of 5 and 12 the fundamentals of MMA through and help reinforce the life skills you would like to see in your child at home and school !. This article is a Coaches Perspective on why teaching Kids Martial Arts is a fulfilling and rewarding job including lessons learned as a result. Our martial arts and Brazilian Jiu-Jitsu classes are jam-packed with fun, to boost your child's self-esteem; Critical life lessons to cope with peer pressure and . Kids Martial Arts at XL Martial Arts is an awesome way to get your kids foundation of martial arts skills for each student, but also teach important life skills that.

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