

10 REASONS MARTIAL ARTS MUST BE TRAINED IN THE DOJO



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Martial arts, is an excellent way to boost your self-discipline and add more flexibility to your physical routine. The training takes a lot of effort, dedication and patience. However, there are quite a number of people who try to self-train themselves with Youtube videos instead of training at a dojo. Although this might apparently seem harmless, there are many reasons which tell us exactly why the latter method turns out to be more useful than the former. In this post, we have talked about these reasons and given a complete insight on the benefits of being physically trained at a dojo.

1) You develop problem solving abilities

Training sessions at dojo are extremely vital as they help you in developing problem solving abilities. Every dojo session will have a series of problems that you are required and expected to solve. Here, you do not get the opportunity to waste your time thinking that your guard has already passed. Rather, you will have to grow out of it and concentrate on the problem you have at hand. You cannot escape without solving it. Eventually, you will also develop the much needed mental muscle that is required to solve the martial arts problems. This will help you to solve your issues without reflecting on what bad incident has happened during the session. Your mind will transform into a solution oriented one and it will habitually look out for the next step. This mindset is highly necessary to deal with the obstacles of life that are presented both on and off the mat. Most students have agreed that they spend a much easier time after practicing at a dojo. Unlike a Youtube video, here they get to face a real-time situation along with real-time challenges. This enhances their experience and lets them enjoy the best from their dojo sessions.

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2) You will learn to take hits

Martial arts training at a dojo, will teach you to take hits. Whether that hit is a blow that you face literally during the practice sessions, or some kind of disappointment in life. These training sessions will prepare and train you for good.

One of the most significant aspects of learning to deal with life is by taking hits. All of us experience hits, but we will have to understand how exactly to get that hit and deal with it accordingly. The thing with dojo is simply the fact that it teaches you how to fail. Martial arts is about failing, and failing a lot. Youtube videos cannot convey that message. They teach you to achieve perfection instead of working on your loopholes. The videos are so perfect in nature that you get an instant drive to practice like that and attain perfection, just the way the show there. But that is definitely not the case. Getting hit and accepting the fact that you might be hit in your karate sessions will only reinforce a sense of confidence. It will render a never-give-up attitude that will help you to handle the unpleasant moments of life flawlessly. You will get a chance to protect yourself and this very fact will improve your response and maneuver.

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3) You will get trained in the appropriate environment

Many people do not give martial arts, the equal importance as a normal sport. This is why they feel that the trainings can be performed and aced at the comfort of your homes. Well, an online martial arts video can indeed shed some light about the technique. But it will never help you to be confident. Confidence can be achieved only when you compete with fellow enthusiasts. You get to be confident only when you take hits and return them in a tad more challenging way. This advantage is not provided by the video you watch. On top of that, like any other sport, martial arts, too, needs to be learnt in a proper environment. You become confident only when you are trained in a coercive environment. It is only then when you get to understand and ace the sport better.

4) You get to learn teamwork

The basic idea of an online martial arts training session is goes this way- You will have to browse through the various websites which have martial arts videos. Check these videos and choose the style of martial arts which best suits your purpose. Choose a website where your style of martial arts is explained clearly with the help of texts and videos. Make sure you have enough space near your computer because while learning the techniques you need to follow a series of physical exercises including jumping, kicking or boxing.

These videos do give you some idea of the technique, but what they fail to do is teach you teamwork which is particularly emphasized in the dojo. Whether it is breaking boards for your new belt working in a perfect setting of practice for mastering a new skill, there are a lot of things that you get to do with a team for added support and concentration. Working together for learning newer things and accomplishing goals is one of the biggest life lessons that you can learn and a dojo particularly helps you with this.

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5) Your self esteem is automatically boosted

Confidence can only come from competence and expertise from a skill. It comes from the actual achievements you earn. While an online video will help you master new methods, it will never give you the feeling of real-time achievement. As you do not learn in a specific environment, you will not get to feel the happiness of crossing a new level. But this is not the case with a dojo. Your self esteem will automatically be boosted when you master a new move or get to earn a higher belt for your excellent performance. This is particularly more viable for people who struggle with a low sense of worth and who tend to act negatively for gaining attention. These people become even more confident after the sessions, as with the progress of their training, they get rewards for their achievements and positive outlook.

6) You will get to participate in extensive training sessions

Another reason, why you should train martial arts at a dojo is because of the proper guidelines provided here. The instructors first begin by explaining the students about the various forms of the sport. These forms include kickboxing, boxing, wrestling, karate and the list continues. They then allot the students the different forms chosen by them according to their fitness and ability. After this instructors of these Martial arts clubs begin a daily routine of practice with their students. They teach the students about certain fitness regimes like resistance of weight training and other trainings of high intensity. This improves the physical fitness of the students.

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The teachers of these schools not only give apt and proper instructions to the students, but they also join the students during martial arts practice in order to improve their competence. They teach the students the various techniques to out beat a more efficient and deft person. These techniques if incorporated by the students help them receive the best from this sport. A Martial Arts Club helps the students learn the techniques of the sport well, by observing their instructors. Very often, the instructors of these clubs enter ring with their co instructors to make the students aware of the various techniques of Martial Arts. They not only compete against each other but also give a demonstration of using the weight resistance mechanisms and the high intensive training mechanisms to help their students understand the sport all the more.

The training rendered by the experts, are not only extensive but also incredibly relevant. The ideas and methods prescribed in the video tutorials are incredibly vague. Your training is not supervised by an expert so you don't really understand where exactly you stand. This is the reason why dojos turn out to be more useful than the video tutorials.

7) You learn to set goals and achieve them

This is another benefit associated with martial arts training at a dojo. You will find that every martial arts training will have a system of belts that will signify the degree of skill of the particular wearer. This will help a student to learn and understand the value of both the short and the long term goals in life and this will entirely be in the want of a black belt. Not only does this teaches the process of goal setting, but also gives you the best formula for success. It teaches you that success is nothing more than consistent effort over a period of time. Every time you strive towards a newer belt, you will get to learn valuable lessons about reaching and setting your goals. Additionally, you will also learn how to overcome the obstacles that you encounter in your path. It not only makes you confident but also incredibly accountable.

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8) You will get ranks and recognition

There are numerous dojos for martial arts which not only provide ranks or certificates but also have some of the most intriguing teaching techniques. The instructors here are not careful and generous towards you. Additionally, they also come up with martial arts games to help you develop more interest to the sport in a different way. The dojos further render an opportunity for you to participate in martial arts tournaments according to your ability. You get a competitive spirit that lets you perform better. You get a chance to challenge your own limits and see where exactly you stand. However, the online martial arts sessions are definitely not the same thing. They have a completely different kind of drill altogether. Although you do get a chance to practice from the techniques taught online, you will never get the opportunity to compete with fellow martial arts enthusiasts. The idea of these, online martial arts sessions are simple. You simply have to check out the video where your chosen technique is being taught. Observe the video and as soon as you've done so, pause the video and practice it all by yourself for 10-15 times. However this is definitely not sufficient for you to be successful in your martial arts career. A proper session of martial arts will require timely competitions besides the consistent hours of practice. Additionally, these online videos will never give you ranks and recognitions that are a way to appreciate yourself. You will keep on practicing, but there will be no one to judge and tell you whether you are right or wrong in the regime.

9) You will learn to connect your mind and body

What they don't really teach you in these online videos is how to listen and talk to your body. In the process of doing so, you will also get a glimpse of your thoughts and have a better awareness about your emotional behavior.

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When trained at a dojo, a martial artist will learn to gain better visual, sensory and audible abilities. This education will not only happen internally, but also externally. Controlling your intuitions, fears and anxieties in order to finally overpower them with courage is an excellent example of how your physical abilities are connected with the mental ones. Almost all of us have come across the phrase called paralyzed with fear and it is more than just true. With martial arts training at a dojo, you will get to combat this trait.

10) Gaining focus and stillness

At some point of time in our lives, we learn that the biggest obstacle standing in our way of success is none other than us. This is exactly why you need to fight a battle in stillness within your heart teamed with an inherent willingness to confront yourself. I personally prefer the idea of getting trained at a dojo, because the online guidelines you get cannot teach you focus. You can only achieve focus when you are being trained in an appropriate environment. This is also one of the main reasons why I encourage people to participate and train martial arts to their kids. Being young, the kids absorb every skill that is taught to them and this is best done through personal interactions.