

Judo has so many health benefits, both mental and physical, especially in children. According to the WHO, “not only does judo focus on building physical fitness, but it also improves children’s focus, develops positive attitudes about sports in general, and increases self-esteem, self-discipline, self-respect, and courtesy toward others.”

Physical Health

Judo is an excellent activity for young kids because it builds healthy and strong muscles early on, improves their cardio, and lowers their cholesterol. Children who participate in judo have a reduced risk of childhood obesity, heart disease, and osteoporosis, even as they leave childhood and become adults. It also sets the foundation for them to become healthy and active adults who appreciate the importance of physical activity.

Emotional Health

As a martial art, judo focuses on building self-respect, respect towards others, including opponents, and respect towards your teacher. In turn, this nurtures their trust, confidence, and judgment so they can grow as balanced and emotionally healthy young adults.

Limiting Aggression

Judo is about giving children an outlet for their boundless energy while also discouraging violent behaviour, like many martial arts. Students of judo have compared discipline in judo to discipline in the military because it teaches you to respect those around you, pay attention to detail, and learn how to present yourself.

Kyle Powers, a judo master at Draft Beyond and Research Papers UK, explains to his readers that “it’s rare for children who practice judo to get involved in bullying or schoolyard fights. Because it’s a sport that builds discipline and respect of others, students know that engaging in aggressive behaviour is not the proper solution and their judo techniques are for their classes.”

Increased Concentration

Children’s concentration has increased exponentially after they start practicing judo because they get used to following very detailed and specific instructions from their teachers, paired with focusing deeply on their techniques of movements. Studies have shown that children who are hyperactive or who

suffer from attention deficit disorders benefit immensely from the disciplined environment of judo.

Kids who have attention problems will take judo classes and the difference in their focus is night and day. They feel like they really want to learn and they're really engaged, which pushes them to focus more. That can even be seen as therapeutic and helpful as they grow older and need to concentrate at school or work.

Judo, like many other martial arts, combines physical activity, self-defence skills, and discipline. Judo is an excellent sport for children to learn for many different reasons, including to make children more physically healthy, mentally well, and build confidence, self-esteem, and respect for others.

It's not just children who will benefit from Judo.

10 benefits adults will receive from learning Judo

1. **Increase strength:** Judo tests physical strength in different ways. In every Judo class, pushing and pulling muscles are engaged as well as core and more.
2. **Improved flexibility:** Adults will learn how to move their bodies more effectively and efficiently. A natural consequence of Judo training is also becoming more flexible and having greater range of motion.
3. **Better cardio:** Judo is a demanding grappling art that pushes cardio levels. With regular attendance, both lung and cardiac capacity will increase.
4. **Increased positivity:** You can't help but feel more positive after every class.
5. **Stronger self-defence skill set:** Learning Judo helps to make an individual become a more well-rounded athlete, being more familiar with everything that can happen on the feet both defensively and on the ground.
6. **More friends:** There's so much good energy and camaraderie in the Judo community!

7. **Greater resiliency:** Judo teaches you that you're capable of doing difficult things on a consistent basis. Mental toughness increases because there's an awareness of knowing you're able to keep getting back to your feet no matter how many times you've been thrown or tripped.
8. **Better problem-solving abilities:** Judo forces you to solve problems in real time.
9. **More self-confidence:** Confidence will build over time.
10. **Pure fun:** There's nothing like the fun of learning how to throw someone else! Judo classes are often filled with smiles and laughter due to the friendship and growth that can be achieved.