

What are the benefits of traditional karate training?

Karate has tremendous benefits for body, mind and spirit.

Physically, karate is good for the heart, strengthens bones, builds muscle, creates resilience, develops hand-eye coordination, and makes the body less susceptible to sickness and injury.

Mentally, karate helps develop patience, discipline, perseverance, understanding and open-mindedness, as well as concentration and focus.

Spiritually, karate builds confidence, develops self-control and increases calmness and peace.