



Primitiv Warrior -Teaching kids in Five Dock since 1997

Improving Concentration & Focus in Children using traditional martial arts

How I use traditional martial arts techniques & patterns to break the cycle of self distraction and lead to better learning outcomes.

Martial Arts training has the unique ability to sculpt and inspire young minds because in the process of gaining the physical skills the participant must develop their minds in parallel.

Kids everywhere want to be the karate kid, Heavyweight World champion or UFC fighter, Ninja or karate star, which does not happen overnight . Martial arts training is not a team sport and apart from a reasonably small amount of time when they may be participating in tournaments, martial arts training is mainly about self-development.

The emphasis therefore is not on being the best but the best you can be.

This is why it can suit the child that doesn't fit well with team sports or the one that may lack confidence but it can also help those with 'too' much confidence or anger management issues.

The other issue that many kids suffer from is a lack of focus or concentration. For years I knew that by doing karate many kids could be helped by their training and improve their concentration but I really didn't understand why. With the help of some child development and motor skill development tools I got from research in the USA, I have come to understand better the process of taking a child from poor concentration to outstanding focus and performance not only in the dojo but all aspects of their lives.

Many children develop to some degree a self-distraction symptom commonly known as fidgeting. For most the fidgeting especially common in boys is a release of normal nervous energy which as they mature stops to a degree and they are able to sit still and focus but for many parents there is a worrying period where they are not sure if it will ever happen. More severe cases especially ones that may be diagnosed with ADHD or have an autism disability you notice the self-distraction symptoms are more profound and very specific. Constantly scratches their head or pulling on ear lobes might be an example of this sort of self-distraction tick I am talking about. Autism sufferers also tend to beat themselves up both mentally and physically.

Once these ticks are in place as soon as that person indulges they block out, probably as a self defence mechanism, all commands and teaching.

I have tested my theory many times by as soon as I see the fidget I ask what I have just said, never have I been disappointed and the child was able to tell me.

I have created a four step program to improve focus and self discipline using traditional martial arts discipline, technique & katas.

- Create command-response words to create discipline and attention
- Break the cycle of self-distraction by communicating and then disciplining when distractions are noticed
- Use of cross-body movements to stimulate brain function
- Complex patterns (kata) and movements to further develop focus & discipline
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These are the views of myself based on my many teachings and do not necessarily have a basis in fact or scientific research but they have been successful for me and am happy to share as long as I am acknowledged if my work is used elsewhere.