

## How Do Martial Arts Improve Self-Confidence?

When most people think about the benefits of learning a martial art, they imagine things like being able to protect themselves, getting in better shape, and learning how to control their bodies better. While those are certainly important benefits, there's one vital element that's often omitted or overlooked. Martial arts build self-confidence in students. With self-confidence, you can do anything in life. How does it work?

### Reaching Your Goals

Building self-confidence requires learning to trust yourself. You have to learn that you can do things that you set out to do. Martial arts provide a series of set, achievable goals throughout your training. By attaining each goal and moving on to the subsequent one, you build your self-confidence. You KNOW that you can do it because you've done it before. Those goal setting techniques can be applied in any area of your life, not just in BJJ, judo or some other martial art.

### Self-Defense Is Important

How many people really know how to defend themselves if they're attacked? How many school students would be able to hold their own against a larger bully who was intent on causing physical pain or damage? This affects self-confidence dramatically. If you don't think you can defend yourself, you won't. If you don't think you can defend yourself, you won't stand up for others. You'll be less confident. Martial arts teach self-defense and build self-confidence through the knowledge that you or your child can defend against an attacker.

### Develops Mental Abilities

Often, a lack of self-confidence comes down to a lack of belief in yourself. You don't believe you're smart enough, good enough, talented enough or whatever. Martial arts teach you the truth behind those lies. Through mental and physical development, you come to realize that you ARE good enough, smart enough or talented enough, and that goes for everything in your life. It can help you get up the gumption to start your own business, or to finally embark on that art career or write that book that's been burning a hole in your brain.

### Knowing Your Body

Self-confidence is exhibited in the way we act, but also in how we carry ourselves. Martial arts teach you how to control your body, helping you understand your muscles, bones, ligaments and tendons in a way that those not involved with martial arts will never attain. That knowledge and understanding lets you move with confidence. It builds self-confidence because you know your body, and what it's capable of, as well as having developed far better control over it.

### Working with the Best

In order to truly benefit from martial arts and build self-confidence, you have to work with a true martial arts master. That's exactly what you'll find at Fight Sports Naples. We help you build your self-confidence through martial arts like Brazilian Jiu Jitsu, Muy Thai and more. You can be the confident, successful person you want to be – it just takes learning from a martial arts master.

Sources:

<http://www.whiteoakmartialarts.com/1040/how-to-build-self-confidence/>