



The 5 Best Martial Arts For Your Kids

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You already know martial arts can instill confidence, respect, loyalty, and honor in your kids. However, did you know each martial art also has its own benefits, separate from those mentioned above? No matter which martial art you choose for your children — or they choose for themselves — they will reap the many physical and psychological benefits of studying that discipline. In this article, you will discover the five best martial arts for your kids, and five ONE Championship athletes who have used these martial arts to do rewarding things.

Wrestling

Wrestling is one of the oldest martial arts in the world, as it involves various takedowns, locks, and pins. Because wrestling stands as one of the toughest sports to train and compete in, your kids will have unmatched physical and mental conditioning.

Filipino-American competitor Brandon “The Truth” Vera started wrestling in college and carried the love of the sport with him into the United States Air Force, where he joined the military’s Greco-Roman wrestling team. “The Truth” continued to build upon his wrestling foundation, and he went on to win the inaugural ONE Heavyweight World Championship in December 2015.

Mixed Martial Arts

Mixed martial arts is ideal for kids who want to be well-rounded martial artists.

As opposed to the disciplines mentioned above, which focus only on their respective styles, mixed martial arts teaches kids how to compete on the ground and standing up. This will make them more well-rounded and prepared for real-life situations.

Vietnamese-Australian dynamo Martin “The Situ-Asian” Nguyen started mixed martial arts at the age of 21. Despite the late start, “The Situ-Asian” became a two-division ONE World Champion and has proven himself as one of the sport’s greats.

Taekwondo

Taekwondo usually sits on the top of parents’ lists when it comes to martial arts for their children. But popularity aside, your kids reap some great benefits when studying taekwondo.

Your kids improve their muscle strength, flexibility, and balance. And, because taekwondo’s forms vary, they learn how to control their bodies.

Dutch-Surinamese kickboxer Regian “The Immortal” Eersel started taekwondo at just eight years old. He originally took up the martial art to burn energy and learn self-defense.

In May 2019, “The Immortal” became the ONE Lightweight Kickboxing World Champion.

Muay Thai

Muay Thai is an excellent martial art for your kids. Unlike kickboxing, which is also great in its own regard, students of “the art of eight limbs” use knees, elbows, throws, sweeps, and the clinch.

As students of Muay Thai, your kids learn self-control because they spar lightly and intentionally. Also, since the martial art doesn’t have a ranking system, your kids learn how to set personal goals instead of working toward pre-set goals.

Thai athlete Rodtang “The Iron Man” Jitmuangnon started training in Muay Thai when he was 7 years old, and his remarkable talent helped him provide for his family and brought him to incredible heights.

Earlier this month, “The Iron Man” reached the pinnacle of the sport when he captured the ONE Flyweight Muay Thai World Championship.

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu is another one of the best martial arts for kids. Often called “the gentle art,” it teaches children how to compete on the ground through grappling and submissions.

Because students have to figure out how to avoid being submitted while trying to tap out their training partners, BJJ helps your kids develop patience and problem-solving skills.

Brazilian martial artist Bibiano “The Flash” Fernandes started in BJJ at a young age after his mother passed away. The martial art ultimately changed his life, as he won many grappling and mixed martial arts World Titles. This past March, “The Flash” reclaimed the ONE Bantamweight World Championship.

Conclusion

When deciding on a martial art for your kids, there is no one “best” martial art. Instead, enroll your children into a discipline they feel comfortable doing because if they enjoy studying the art, they will reap the many benefits that come with it.

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