



WORLD SHOTOKAN KARATE-DO FEDERATION

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## How to Be a Great Karate Parent

Support Your Child's Martial Arts Journey with Presence, Patience, and Purpose

### **Be Present — Truly Present**

Show up. Watch. **Put your phone away.** Let your child see you care.

Aim to attend at least 60% of their training. Your presence matters.

### **Foster Independence**

Let them pack their gear, remember their belt, and take initiative. These small responsibilities build lifelong habits.

### **Listen Without Coaching**

Ask how class went — but don't correct or critique. Let the Sensei handle technique. Be the support, not the coach.

### **Let Them Struggle**

Mistakes and challenges are part of growth. Don't rush to fix. Let them fall, learn, and rise again.

### **Trust the Process**

Don't chase belts. Karate takes time. Respect the system, the instructors, and the traditional path.

### **What to Avoid**

- Coaching from the sidelines
- Comparing children
- Focusing only on belts or results
- Being distracted during training
- Undermining the Sensei

### **Final Thought**

Your child doesn't need pressure — they need presence.

Be proud. Be patient. Let their karate journey be theirs.

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