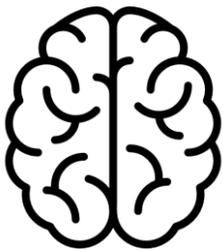


# Why Judo is the Perfect Choice For Your Child

**Judo** is a Japanese martial art focused on using an opponent's energy against them through throws, grappling, and pins rather than striking. But why is it perfect for kids?



## Unlock Better Focus

Training in Judo acts as a "moving meditation," helping children strengthen focus and master self-control. Studies show Judo **improves attention and self-control** in the classroom and at home.<sup>1</sup> Another study **shows improvements in executive function and impulse control in children with ADHD.**<sup>2</sup>

## Health Benefits Beyond Simple Exercise

Judo's safe, but high-impact movements create an osteogenic effect, **stimulating bone growth and density** in growing children more effectively than non-contact sports.<sup>3</sup> Biomechanical research shows that Judo's *Ukemi* (break-fall) significantly **reduces the acceleration of the head during a fall**, which is a primary factor in **preventing concussions and serious brain injuries.**<sup>4</sup>



## Culture of Responsibility and Respect

Judo provides the tools to **neutralize threats safely** without the need to strike or escalate violence. Guided by the principle of *Jita Kyoie* (Mutual Benefit), Judo students learn that their own success is tied to helping their partners improve—fostering a **deep sense of community and respect.**

Ready to Find a class?  
Scan the QR Code



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