Why Schools Need to Stay Away from Martial Arts

Martial arts are very popular right now. People across the country are enrolling their children into karate, judo, kickboxing, or any of the other main forms of martial arts. I thought about doing this as well until I met a parent that claimed it was the worst thing she ever decided for her son. After conducting a lot of research, I have to ask, "Why would someone want their child to be in this lifestyle?

It's Dangerous

Martial arts can be very dangerous. In 2015, a study was conducted by CBS Sports and they found that, on average, 22% or 220 out of a 1000 people get injured while practicing their specific martial arts discipline. Judo had the lowest injury rate of only 4.4% or 44 out of 1000 people while kickboxers averaged nearly 30% or 300 out of 1000 participants. Injuries can be broken limbs, strained muscles, or concussions. Kids with these injuries complain of other issues later in life (Jerry, 2014).

It's common for fighters to get knockout during a fight.

You Can Face an Even Bigger Bully

While many claim that martial arts is great for teaching kids how to defend themselves, what happens when a bully learns martial arts and is even more of a threat? That's exactly what happened when my friend's school corporation decided to teach martial arts to everyone. The boy bullying her son hurt him even more now that he knew how to properly punch, kick, and lift another person.

Practicing Martial Arts Has Similar Effects to Other Sports

A case can be made that practicing martial arts is beneficial for the body and for a person's self esteem but there's an enormous amount of research about these effects happening if a child is in ANY sport (Holmes, 2012). If a child is successful in any sport activity, they report high self-esteem and high levels of happiness (Holmes 2012). So, if any sport will provide this same kind of benefit, than we do we need for our schools to implement martial arts?