



Spring has Sprung! Don't let the bright sunshine blind you from your goals!

Spring has sprung! You wouldn't know it with these frigid temps but in no time it will be 70 degrees. We just sprung ahead and the days are getting longer. Don't let the sun and the nice weather blind you or your children from your goals.

This time of year always concerns me because spring fever and spring sports run rampant. Both children and adult students can be distracted by the bright sunshine and longer days. Who wants to be inside when it is so nice outside? Who wants to work out and sweat when we can spend time on the patio, at the park, or in the pool? This is when it is most important to stay focused on our goals.

Parents, this is very important for you. Spring and the beginning of the summer are the hardest times to get your children to class. Regardless of how much they loved training two months ago, they may kick and scream now when you say it is time to go. Even the most diligent and motivated student's interest can waiver in the spring.

With spring sports ramping up, it's important to remember that martial arts is not a sport, not meant to replace sports, and not meant to be replaced by sports. Martial arts training compliments sports. The discipline, focus, strength, conditioning, and improved reflexes only makes an athlete perform better. Our flexible schedule and recommended two days a week training regiment is intended to leave room for these activities without the sacrificing one or the other. If there is a need to back off training to only once a week during the peak of a season, those classes can always be made up.

If you or your children are really having a hard time staying on track with your training, schedule a conference with Sensei right away. It usually takes a simple pep talk or a few words of encouragement to help get everyone back on track.

Remember why you first started at Leading Edge Martial Arts. Stay consistent and diligent with your training and working towards your goals. Parents, remember to be supportive and positive guides in helping your children stick with what they started. It is during these times that you can help your children learn the importance of overcoming goal barriers and the true meaning of a non quitting spirit. Martial Arts is a Life Style and should be a long term compliment to everything else you do.

Enjoy the weather.

See you on the mat!

Sensei Rob