

50 Ways Martial Arts is Good for Everyone!



Whether you're a student that needs reminded of the benefits of your training or you're thinking about starting martial arts, this is a "quick list" of the benefits you can receive from our martial arts programs.

1. Sharpens Mental Focus
2. Improves Self-Confidence
3. Teaches Good Manners
4. Emphasizes a "Can Do" Thinking
5. Increases Motivation
6. Keeps the Body Healthy
7. Helps Break Mental Barriers
8. Expands Potential
9. Offers High Energy Workouts
10. Friendly and Outgoing Instructors
11. Daily Character Training Program
12. Wear Cool Uniforms
13. Being a Part of a Winning Team
14. Reduces Stress
15. Boosts Speed and Power
16. Offers a Great Family Activity
17. Raises Self-Esteem
18. Increases Energy
19. Promotes Communication Skills
20. Opportunity to Meet Nice People
21. Gives Peace of Mind
22. Teaches Self-Protection
23. Develops Leadership Skills
24. Promotes Weight Control
25. Increases Respect for Self & Others
26. Encourages Better Grades
27. Improves Personal Relationships
28. Increases Flexibility
29. Sharpens Reflexes
30. Improves Concentration
31. Heightens Courage
32. Promotes Perseverance
33. Guarantees Fun
34. Raises Self-Control
35. Encourages Positive Thinking
36. Expands Listening Skills
37. Increases Stamina
38. Promotes Good Citizenship Skills
39. Improves Balance
40. Enhances Muscle Tone
41. Strengthen Muscles
42. Improves Coordination
43. Offers Classes for Every Skill Level
44. Raises Enthusiasm
45. Reinforces Resistance to Peer Pressure
46. Develops Consistency
47. Heightens Awareness
48. Improves "Hustle"
49. Promotes Good Habits
50. It's Warren County's Premier Martial Arts Facility!

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