

ChaeHookSung Martial Arts

PARENTS ROLE IN MARTIAL ARTS

INTRODUCTION:

TaeKwonDo is a martial art (also international sport) that demands a great deal of concentration, dedication, sacrifice & time to master. All these elements lead to a natural conclusion, the younger a student begins, the sooner he will master the martial art. Yet a child, possesses little control over their world (ability to manage time, financial resources, ability to care for themselves, etc.).

ENTER THE PARENTS.

Until the child becomes of age, they must attempt to provide transportation, finance lessons (equipment, membership expenses, trips relating to Martial Arts etc.) & all the other things necessary for practice of Martial Arts. In essence the parents must become a sort of "manager" for the student. What should you do to not hinder your child's progress?

INVESTIGATE THE DETAILS:

Most Martial Arts schools do one thing, Martial Arts. Anything that follows is usually less of a priority. Communication between the instructor & the parent is sometimes left to the children (sometimes 5, 6 or 7 years old). The parent may tell the child an important message, but in turn the child may forget to relay the information to the instructor or the reverse.

Parents should be the ones to pay attention to the details & as the child becomes more responsible, delegate more duties to the child. When in doubt, ask the instructors or staff. This is why they are in charge. The parent should not feel embarrassed about asking questions pertaining to their children's training.

BECOME PART OF THE EXPERIENCE:

During the child's Martial Arts training, there are many things that the parents may be able to do to help and show concerned & involvement. Be supportive not only in the financial level, but also on the physical and emotional level. Martial Arts teaches the children to "respect and obey parents." Share the achievements and the success that the children will experience. The children will enjoy Martial Arts knowing that their parents are behind them "win, lose or tie." The first promotion to gold belt may seem small in the world, but it is the first step that a student takes in a lifetime of Martial Arts. The first match that's lost because of inexperience may be small to the outside world, but it may discourage the child from ever competing again. Become involved.

SUPPORT THE CHILD:

Do not live vicariously through the child. Most teachers have seen when the parents try to live life through the child. This serves only to rob the joy and expression the child receives from Martial Arts. Parents should always know the difference between being supportive & being manipulative. Manipulation represses the child's actions. What was once a freedom to practice soon may become an obligation to perform. With the many pressures on children, this must not be one.

COMMUNICATE WITH YOUR CHILD:

Communication defined as the "process by which information exchanged between individuals." The key is exchange. The child must not only hear, but also must be heard. This is not a freedom to "say whatever they want," but rather seek to exchange those ideas that constructively support the relationship. If the children feels they can not share the joys, sorrows, problems or thoughts of Martial Arts training with parents, they will either find another sounding board or internalize their emotions. Both will rob the child & the parents alike of the positive experiences of Martial Arts.

The parent must make an effort to be available when the child returns from practice (competition) & take a genuine interest in the affairs of the day. Knowing what the child is practicing & some of the basic terminology helps to make communication easier & more accurate.

INVESTIGATE-EXPERIENCE-SUPPORT-COMMUNICATE-ACTIVE PARENT

INSTRUCTOR'S ROLE:

Being a parent, has never been easy, some parents enroll their children without ever having experienced Martial Arts first hand. The Instructor should use newsletters, personal conferences & phone calls. This keeps the parents informed, involved & advised on the child's Martial Arts progress. During the decision process for tournaments, promotions, demonstrations, etc., the instructor should attempt to use the parents as source other than a hindrance. Parents are always consider, after all who is the best qualified in knowing the needs of their children?

If you have any further questions, please don't hesitate to call me at 719-232-7766.

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