

Martial Art Education

a physical & mental discipline for children

www.martialarteducation.org



Spectators

Parents & children are welcome and encouraged to view training as much as possible.

However, the following rules must be adhered to:

- Silence. Noise from spectators severely undermines the training environment
- Do not engage with the class from sidelines. Do not make contact with, or distract your child in any way (no talking to, waving at, making eye contact etc)
- Do not allow children into the training hall until their class begins

If as a result of any of the exercises your child becomes moderately distressed please understand:

- This is a normal, and expected experience in the course of martial art training which, is by its nature physically and emotionally challenging for young students.
- When such events occur they are important learning events for your child to negotiate emotionally and socially
- Should you intervene from the sidelines when such an event occurs you will be preventing your child from taking the opportunity to grow and mature as a result of managing to overcome the distress on his or her own (obviously with the appropriate support of the instructor). Children who are able to negotiate this without their parent's intervention significantly increase their confidence and self esteem

Obviously should your child become severely distressed (which is very rare but does occasionally occur) then the instructor may invite you to console your child.