

Unlocking the Secrets: Everything You Need To Know Before Starting Martial Art Or Self Defence Class

If you've ever fantasized about becoming a martial arts master or simply want to boost your self-defense skills, taking up a martial art or self-defense class might be the perfect first step. However, before you jump right in, there are several key aspects you need to be aware of to ensure you make the most of your experience. In this article, we'll explore everything you need to know before embarking on your martial arts or self-defense journey. From understanding different styles to setting goals and managing expectations, we're here to guide you every step of the way.

Selecting the Right Martial Art Style

When it comes to martial arts, the options are vast and varied. Each style focuses on different techniques, philosophies, and training methods. Before committing to a particular class, it's crucial to understand the nuances of each style to find the one that resonates with you:

Kickboxing

Perfect for those who want to improve their striking abilities, kickboxing combines elements of boxing and various kicking techniques. It offers an excellent cardiovascular workout and helps enhance coordination, speed, and power.

Thinking About Fighting?: Everything you need to know before starting a martial art or self defence class as an adult by Caleb Flemming (Kindle Edition)

★★★★☆ 4.7 out of 5



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Enhanced typesetting	: Enabled
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Krav Maga

If practical self-defense is your priority, Krav Maga could be your best bet. Developed for the Israeli military, it focuses on rapid neutralization of threats and emphasizes real-world situations. Krav Maga will equip you with basic techniques that could potentially save your life.

Jiu-Jitsu

Known for its effective ground-fighting techniques, Jiu-Jitsu is an ideal choice for those seeking self-defense skills without relying on striking. Employing submissions and joint locks, Jiu-Jitsu empowers individuals to overcome larger opponents through technique and leverage.

Kung Fu

With a rich history dating back centuries, Kung Fu encompasses a vast array of Chinese martial arts styles. From graceful and fluid movements to explosive strikes, Kung Fu offers a holistic approach, combining self-defense with meditation and philosophy.

These are just a few examples of the multitude of martial arts styles available. Research and explore different styles to find the one that aligns with your goals and interests.

Setting Goals and Managing Expectations

Before diving headfirst into your martial arts or self-defense class, it's essential to set specific goals. This helps you stay focused and motivated throughout your journey. Here's how you can effectively set goals:

1. Identify Your Motivation

Are you primarily interested in self-defense, fitness, discipline, or competition? Understanding your motivation will help you set appropriate goals and select the best martial art style.

2. Define Your Short-Term and Long-Term Goals

Short-term goals could include mastering basic techniques or improving your flexibility, while long-term goals might involve earning a black belt or participating in a tournament. By dividing your journey into achievable milestones, you'll stay motivated and experience a sense of fulfillment along the way.

3. Communicate with Your Instructor

Your instructor is there to guide you and support your progress. Share your goals and discuss realistic timelines for achieving them. They will provide valuable insights to help you gauge your progress and make necessary adjustments.

The Benefits of Joining a Martial Art or Self-Defense Class

Beyond learning self-defense skills, martial arts and self-defense classes offer numerous benefits that extend to various aspects of your life. Here are some key advantages:

Physical Fitness

Training in martial arts or self-defense can significantly improve your cardiovascular health, strength, flexibility, and overall physical fitness. Through rigorous workouts and constant practice, you'll enhance your endurance and develop a toned physique.

Self-Discipline and Confidence

The journey of martial arts or self-defense requires commitment, self-discipline, and perseverance. Regularly attending classes and consistently practicing the techniques will instill discipline in all aspects of your life. Additionally, as you become more proficient, your confidence will soar, empowering you in everyday life situations.

Mental Fortitude and Stress Relief

Martial arts require concentration, focus, and mental resilience. As you learn to respond quickly and adapt in various scenarios, your mental agility will improve. Moreover, the physical exertion and mental concentration involved in training serve as a fantastic stress relief, leaving you feeling revitalized and centered.

Community and Camaraderie

Joining a martial arts or self-defense class provides an opportunity to meet like-minded individuals who share your passion. The camaraderie and the supportive environment help foster friendships and a sense of belonging, creating a positive social network.

Preparing for Your First Class

Now that you understand the essence of martial arts and self-defense classes let's delve into how you can prepare for your very first session:

1. Choose the Right Gear

Depending on the class and instructor's requirements, you might need specific gear such as a uniform (gi), gloves, or protective equipment. Speak to your instructor or do research to ensure you have everything you need before the first class.

2. Stay Hydrated and Energized

Martial arts classes can be physically demanding, so make sure to hydrate yourself before, during, and after the class. Eating a light meal or snack a couple of hours beforehand will also provide you with enough energy to perform at your best.

3. Arrive Early and Mentally Prepare

Aim to arrive at the class a few minutes early to familiarize yourself with the environment and interact with your classmates and instructor. Take a few deep breaths and mentally prepare yourself for an enriching experience.

Embarking on a martial arts or self-defense journey can be both empowering and transformative. By selecting the right martial art style, setting achievable goals, understanding the benefits, and adequately preparing, you are already well on your way to an incredible adventure. Remember to practice consistently, be patient with yourself, and enjoy the process. Whether you're seeking to master self-defense techniques or cultivate personal growth, starting a martial arts or self-defense class is a decision that can positively impact your life in myriad ways.

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Are you contemplating starting a martial art or self defence class? A lot of adults consider starting a martial arts class, but never get around to making the first move. This doesn't have to be the case.

Reading this short book, will help you to:

- Decide, whether a fighting class is for you
- Identify and analyse the excuses that might be stopping you from starting a martial art
- Overcome any self doubts
- Get fitter and stronger and better conditioned for fighting
- Point you in the direction of resources that will help you
- Prepare you for your first martial arts class
- Help you to keep training in your chosen fighting art for years to come
- Avoid common sports injuries

In this short book, Caleb Flemming, draws on personal experience, to help you decide whether starting a fighting class/martial art, is the right thing for you. Caleb was 45 when he resumed martial arts training after a 30 year gap. The book is

non judgemental, and the author accepts that martial arts training isn't for everyone. However, if you are thinking about starting a martial art or have decided to start then this is the book for you.

This book is also a valuable resource for anyone practicing a martial art, who wants to get fitter, stronger and better conditioned.

Thinking About Fighting is the book you should read if you are thinking about fighting.

An Amazon Customer in the UK wrote:

5.0 out of 5 stars OMG ... motivated already!

2 May 2019

Verified Purchase

This is a great insight into why you should not only take up a fighting class... but actually why you should motivate yourself to try something new!

I would encourage and recommend anyone on the seesaw of shall I shan't i "do it" to READ IT NOW!

A Kung Fu instructor in the UK also gave the book 5 stars

5.0 out of 5 stars...Very helpful book

7 May 2019

Verified Purchase

I'm a Wing Chun practitioner, and I think that this book should be essential reading for anyone who is thinking about or is about to start a martial art. It's only a quick read, but in my opinion, that's a good thing as it means you can make your decision quicker. I've recommended this to a couple of people that have

emailed me about joining and I've also recommended it to some of my new students, as I think it will really help them to stay fit and motivated.

Thinking About Fighting by Caleb Fleming might just be what you need to get you started.

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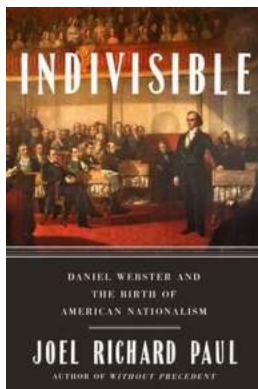
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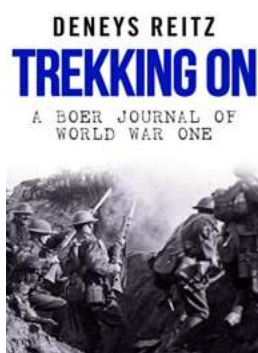
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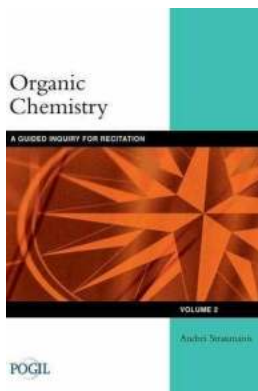
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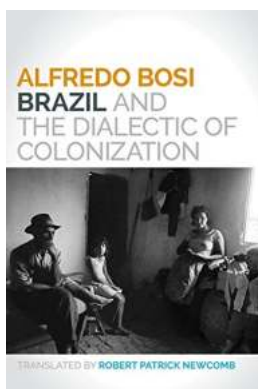
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