

## Awareness

Movements of the limbs and the enhanced flexibility of the muscles that surprise and force them to learn the other side of Karate

Range of the joints and basic training, enhanced the awareness and start thinking about the necessity of Martial arts

Coordination of defensive and offensive movements, able to learn how to focus on a target

Psychologically beneficial aspect of martial arts training is the increase in self-confidence

At this stage the practitioner comes out from the zone of fear of being attacked

One who can surmount the situation where our self-confidence has been questioned

Self-defense techniques increase the self confidence of practitioners by taking away their feeling of vulnerability

The goal is not to teach people to fight those who argue or disagree, but to teach them to defend themselves whenever necessary

Confidence allows you to remain calm during difficult situations

Masters of defense and offense and be able to surmount the situation tangible and intangible

**"We train hard to condition our bodies, improve our flexibility and stamina, but it's the discipline, respect, self-esteem and self-confidence that truly enrich our lives."**

"The more you sweat in training, the less you bleed in battle."

