

PARENTS OFTEN ASK "HOW CAN MARTIAL ARTS TRAINING HELP MY CHILD WITH THEIR STUDIES?" THIS ARTICLE EXPLAINS HOW SCIENCE AND CHOI KWANG DO WORK HAND IN HAND TO GIVE YOUR CHILD THE BEST POSSIBLE START IN LIFE.

MOVEMENT: THE KEY TO



LEARNING

Choi Kwang Do is the most scientific and advanced form of martial art training in the world today. However many people confuse Choi Kwang Do with another similar sounding traditional Martial Art known as Tae Kwon Do; however it must be remembered **'similar is NOT**

the same'. Whilst both martial arts have kicks, punches, strikes and blocks that MAY look the same their fundamental mechanics are NOT.

One aspect of Choi Kwang Do which makes it very different to the myriads of other Martial Art styles available today, is the principle of Cross lateral or Contra-lateral movement.

Cross lateral/Contra-lateral movements is nature's way of preparing, developing and reinforcing existing connections in the brain which are responsible for learning and higher thought processes.

Our first experience of Contra Lateral movements began when we were crawling as babies. At first thought, crawling is the preparatory stage for walking. However, if you look at crawling at a neuroscientific level you will see that the process of crawling is linked to brain development.

The brain consists of two halves; known as hemispheres. Our brains are wired in such a way that the left hemisphere controls the right side of our body and the right hemisphere controls the left side of our body i.e forming an 'X' type of configuration.

If you observe a baby crawling you will notice that when she moves her right knee forward her left hand moves towards her right knee and vice versa when she moves her left knee forward her right hand moves towards her left knee. At a neuroscientific level what occurs in the brain is as follows:

- (i) As the right knee moves forward, the left hemisphere is 'switched on' (activated). At the same time the left hand moves towards right knee which causes the right hemisphere to be 'switched on' (activated).

The crawling movement results in both hemispheres being 'switched on' (activated) at the same time. The result being that the complete brain (i.e both hemispheres) are engaged simultaneously as the knee and the hand move in a coordinated fashion – which results in what is known as '**Whole Brain Learning**'.

Scientific research has shown that if a baby misses the fundamental developmental phases of crawling there is a strong likelihood that this child will grow up to have learning difficulties - i.e dyslexia.

However do not despair for all is not lost. For example, if you look at a Choi Kwang Do outward block (performed from a Left Front Stance) you see the following:

- (i) The initial movement begins with the practitioners body weight being transferred to the right leg, which switches on his/her left hemisphere. At the same time his/her left hand blocks which causes their right hemisphere to be 'switched on'.

This movement results in both hemispheres being 'switched on' (activated) at the same time. The result being that the complete brain (i.e both hemispheres) are engaged simultaneously – as in same fashion as when a baby crawls. Choi Kwang Do blocks, punches, kicks and strikes all promote '**Whole Brain Learning**'.

Choi Kwang Do with its Contra lateral movements builds in the brain 'Neural Pathways' (intricate connections of '**Neurons**') from the left to right, front to back and top to bottom which promotes '**whole brain learning**'. Therefore, if you would like to give your child a head start in life or if your child has learning difficulties enrolling them into a Choi Kwang Do class will undoubtedly improve their academic performance, simply because of the mere nature of Choi Kwang Do movements. In addition you will see a definite improvement in their focus, concentration, attention and behaviour.

Researchers have found a link between increased academic performance and a greater density of neurons in the '**frontal lobes**' (the forefront of the brain). This area of the brain controls specific muscles all over the body. The frontal lobes are responsible for the development of **SKILLED** movements i.e. highly refined/precision type techniques found in Choi Kwang Do. The Frontal Lobes also translates thought into speech as well as the development of inner speech.

It is said: "**The hands are the tools of the mind**", thus Choi Kwang Do provides an essential key to learning through its contralateral and highly refined movements. These movements improve your mental and physical agility, whilst boosting your academic ability.

For more information about Choi Kwang Do and its benefits contact **Master Keith Banfield** on **0208 819 3436** or visit: **www.choikwangdouk.com**