


# 5 Ways That That Kung Fu Lessons Develop Children's Positivity & Self-Esteem: Rowville Vic

*The Golden Lion Kung Fu Academy in Rowville acknowledges the unique challenges that arise for youth in this modern, fast-paced world we live in.*

ROWVILLE, VICTORIA, AUSTRALIA, December 7, 2023 /EINPresswire.com/ -- Kung Fu is an ancient martial art steeped in deep philosophical roots, that goes beyond mere self-defence. Kung Fu is a holistic journey towards building resilience, character, and a strong self-image, particularly in young minds.



**CHILDREN'S KUNG FU ENROLLING NOW FOR 2024**

One of life's essential needs, is the need to belong, and our Kung Fu classes for children aged 6 & up creates that sense of belonging.

**ROWVILLE**

Rowville Kung Fu for Kids

In Rowville, there's an acknowledged demand for activities that engage and deeply enrich children's lives. Kung Fu offers a unique blend of physical agility, mental sharpness, and emotional development. Enrolling a child in Kung Fu is more than signing up for a martial arts class. It is about equipping them with the skills to confidently and gracefully handle life's challenges.

<https://www.goldenlion.com.au/>

When children join a Kung Fu club, they immerse themselves into an environment that challenges them physically while nurturing their inner strength, discipline, and confidence.

The Top Five [Benefits Of Enrolling Children](#) In Rowville Into A Kung Fu Club.

## 1. Building Confidence Through Mastery:

Kung Fu is not just about physical movement; it's about mastering skills that require patience, practice, and perseverance. As children progress through various Kung Fu forms and techniques, they experience a real sense of achievement. Each new move mastered is a step towards greater confidence. Golden Lion is an advocate of celebrating such milestones, helping children see their

own growth and potential, which in turn boosts their self-esteem.

## 2. Discipline and Focus:

One of the fundamental principles of Kung Fu is discipline. This art [teaches children](#) how to focus their minds and bodies, cultivating a level of self-discipline that transcends the dojo. Whether it's maintaining a stance or concentrating on a sequence of movements, Kung Fu enhances a child's ability to concentrate and stay disciplined in other aspects of their life, such as academics and personal relationships.

## 3. Physical Fitness and Health:

Kung Fu offers a dynamic way to improve physical health and fitness. It's a full-body workout that improves strength, flexibility, and coordination. Regular practice also instils the values of physical wellness and activity from a young age.

The [Golden Lion Academy](#) of Martial Arts emphasises the importance of a healthy body as the foundation for a healthy mind, setting children up for a lifetime of wellbeing.

## 4. Social Skills and Community:

Joining up children in Kung Fu is not just about having a place to learn martial arts, but it also gives a child a healthy community to be part of.

In these types of sports models, even though the practice is individual to a certain extent, it is quite common to see students attending an event or grading simply to provide support to their fellow student.

Students learn to work together, respect one another, and build lasting friendships. This sense of community helps children develop vital social skills. They learn about teamwork, empathy, and leadership, skills that are essential for their overall social development.

## 5. Stress Relief and Mental Well-being:

Kung Fu practice is an excellent way for children to channel their energy and relieve stress. It incorporates mindfulness practices that help in calming the mind and managing emotions. Children learn to approach challenges with a calm and clear mind, a skill that is invaluable in today's fast-paced world.

Joining a Kung Fu club offers much more than physical training; it's a journey towards self-improvement and personal growth. The skills and values children learn through Kung Fu – confidence, discipline, physical fitness, social skills, and mental well-being – are assets that will serve them well throughout their lives.

## A Kung Fu Club With 50 Years Of Benefits For The Children Of Rowville

Simply having the option of a Kung Fu club in Rowville that has been established for over 50 years, plus it is owned and run by skilled Kung Fu Masters is not something that every suburb can enjoy.

Lessons at the long-established Golden Lion Academy have been specifically developed to help children experience the transformative power of Kung Fu.

Visit the club and meet the instructors at either of 2 Rowville facilities:

RAFT Church Hall: 131 Taylors Lane, Rowville. Vic 3178

Rowville Uniting Church: Cnr Bridgewater Way and Fulham Road. Vic Rowville 3178

Phone: (03) 9796 1066

Find out more here: <https://www.goldenlion.com.au/>

Watch our video on this topic: <https://youtu.be/nEXIC22hjaQ>

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