

Benefits to training

- add dynamic ability
- awareness
- body balance
- complete self-defence system
- conditioning
- confidence
- decrease response time
- defence
- deep stretches
- discipline
- energy
- exercises various muscle groups and joints in isolation
- extended life span
- functional fitness
- fun and new friendships
- heals pain in the neck, shoulders, back, buttocks, legs, joints, and internal organs
- health restoration
- heightened mental fitness and flexibility, and improved mind
- heightened physical fitness
- heighten reflexes
- improved body coordination
- income generator
- increased presence
- leadership
- managing stress and attaining mental tranquility, workplace stress reliever
- motivation
- non-physical conflict management
- rhythm timing
- sports related stress buster
- strategic planning
- strengthening of the body, such as the neck, shoulders, back, buttocks, legs, joints, and internal organs
- survival
- team building
- thinking outside the box
- toning of the body
- use of internal force
- vitality
- work related skill set