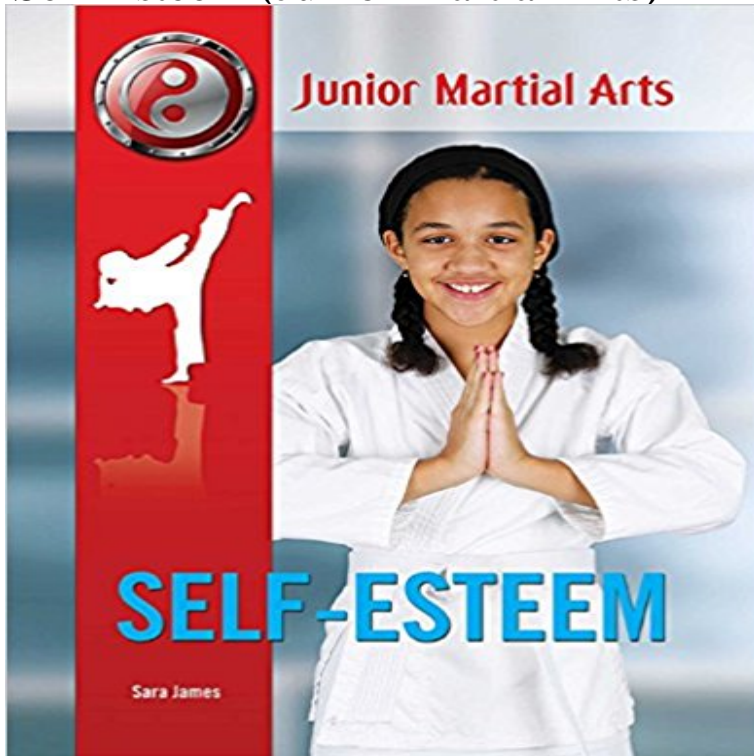


Self-Esteem (Junior Martial Arts)



Martial arts students don't just learn how to fight. They also learn lots of other important things they use every day like self-esteem, for example. Martial arts students feel better about themselves because they are learning new things; they are hearing encouragement; and they are reaching their goals, so they feel like a success. Self-esteem helps them do better in school, at home, and with friends. Discover how martial arts can improve your self-esteem too!

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