

What You Really Need in Your Backpack

By Anthony Quatrochi, Anthony Quatrochi's Martial Arts Institute



The world changes. That's an immutable fact – like it or lump it. Adapting to the changes is what makes someone resilient.

Our kids have had to practice resilience in the past years far beyond what anyone could have expected. Some fared better than others, but, for many, with the new school year arriving, it can be gut-check time about what a student can handle.

What DOES a student need to have success at school? It's not the coolest shoes or a sparkly backpack...

Here are the qualities for success that the study of martial arts provides to your student:

FOCUS – The ability to be still and concentrate on the task at hand is key in life.

PATIENCE – Studying martial arts is a journey, not a race; mastery through repetition and dedication builds stamina and fortitude.



Photo courtesy of AQMAI.

Anthony Quatrochi's Martial Arts Institute loves working with students of all ages and abilities.

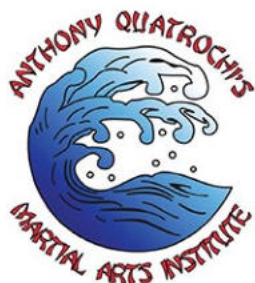
Back to School, but not Back to A School?

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RESPECT – There's no denying that social skills took a hit recently; class structure and recognition of achieved rank, along with the expectation of good manners on and off of the mat, brings us all together in a better way.

CONFIDENCE – When a challenge arises, you can never be 100 percent sure of the outcome, but a martial arts student knows they have the skills to face what they must.

ACCOUNTABILITY – Only the student can put in the effort to master a skill or gain rank; moving up takes effort and is earned, never given.

At AQMAI, we're proud to say we have students of all ages, backgrounds and abilities, and that the majority tell us that they think of us as a second home. That's why we're here. We love what we do and we want to share it. Beginner student or instructor, there is something to learn in every class.

Come by and let us help you pack for school! It would truly be our pleasure.

And you know what? If you don't have a bag to pack because you're homeschooled, we've got that covered, too!

Have a great school year! OSU! ♦