

Title:

Coping with anxiety through martial arts

Word Count:

853

Summary:

The article is about the spiritual and the mental benefits of practicing martial arts. Martial

Keywords:

coping with anxiety, stress and anxiety, social anxiety disorder

Article Body:

^To win one hundred victories in one hundred battles is not the highest skill. To subdue the e

A lot has been said about martial arts. There's a lot punching, kicking, and wrestling

For thousands of years, different people from different cultures have practiced and pr

- Karate (empty hand)
- Muay Thai (Thai boxing or kick-boxing)
- Tae Kwon Do (foot hand way)
- Wing Chun (forever spring)
- Silat (to fend off)
- Aikido (the way of harmonious spirit)
- Judo (gentle, soft way)
- Yaw-yan (dance of death)
- Jeet Kune Do (way of the intercepting fist)
- Jiu-jitsu (the soft, pliable method)

Spiritual Benefits

True achievement in martial arts is not gaining the force and skill to smash bricks, o
The power within' the elevation of the spirit and the mind. The spiritual side of the

Mental Benefits

Today, martial arts therapy is used as an unconventional treatment for children or adu

Some precautions in practicing martial arts

In general, the martial arts is an excellent means to achieve physical fitness and spi

Indeed, the martial arts has a deep meaning and philosophy. It is a centuries-old way

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