

## **Question: Will training in karate make my child overly aggressive?**

**Answer:** No, just the opposite is true. Children are taught that karate is not to be used in aggression, but rather to defend oneself in life threatening situations. Aggressive behavior is channeled into assertiveness to increase the child's self-esteem, increase self-discipline and build character. It is a strict rule that children are not allowed to practice karate techniques on siblings or friends.