

## *Kickin' It*

*Families find benefits studying martial arts together*

Once upon a time, families gathered to watch children hit the dugouts or gear up for the pigskin. Families sat as spectators or yelled as coaches and watched their little ones play when it was the right sport for the right season. Today, the family tradition of watching children in softball or football has changed. Today, both parents and children are trading pads and helmets for dobaks and ranking belts and finding that time spent kicking and punching is really quality time well spent.