



Fitness in Martial Arts

By

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Class stretches

Millions of people around the world are interested in Martial Arts training because of its well-known health and fitness benefits, but only a small number are able to complete the physically and mentally demanding years of training necessary to earn a Black Belt in traditional martial arts (usually four to six years). Grace Martial Arts Fitness allows people of every physical condition to improve their health and fitness in a positive and supportive atmosphere while learning the many extraordinary fitness exercises of martial arts. A strong body and mind should be everyone's goal!

Our interest in fitness begins with a person's ability to "function" in daily life, including routine movements and exercise. Functional Fitness is also known as General Fitness.

Functional Fitness

Functional Physical Abilities

Functional Motor Skills

Functional Posture

Functional Strength

Functional Balance

Functional Range of Motion

The next area of interest is improving health through good nutrition and healthy movement.

Health-Related Physical Fitness

Body Composition (Muscle-to-fat ratio)

Cardiorespiratory Fitness

Cardiovascular Fitness

Improved Immunity and Reduced Risk of Illness

Improved Nutrition

Improved Sense of Well-being

Muscular Fitness (Strength and Endurance)

Proper Rest

Reduced Risk of Injuries

Another aspect of improving health through physical activity is non-performance components that relate to biological systems. Experts believe that habitual physical activity that is healthy in its nature will have an outcome of improved health.

Physiological Fitness

Metabolic Fitness

Morphological Fitness

Bone Integrity

Functional, Health-Related and Physiological Fitness are affected by Physical Fitness (ability of the body to function at optimal levels).

Physical Fitness

Agility

Body Composition

Coordination

Flexibility

Muscular Endurance

Power

Speed

Strength

The Type of fitness necessary for participation in individual and team sports is known as Skill-Related Physical Fitness (also known as Performance-Related Physical Fitness).

Skill-Related Physical Fitness

Agility

Balance

Flexibility

Muscular Endurance

Strength

Coordination

Power

Speed

Reaction time



Martial Arts Fitness has been part of every civilization in human history. People developed self-defense and martial skills for the preservation of individuals and families as well as communities and countries. The physical movements necessary to perform the skill sets for the many types of Martial Arts developed during the past several thousand years are based on healthy movements that strengthen the body, mind and spirit in every way imaginable so the participant can perform those skills at the highest level possible.

Grace Martial Arts Fitness is a comprehensive program of Martial Arts for children, youth, women, men, couples, families and seniors. It's been taught in churches, schools, youth and community centers, gyms, YMCAs, hospitals, public venues, homes and backyards. Participants will find it's fun to improve health and fitness in a Christian atmosphere!

Sensei Mark McGee is Director of Grace Martial Arts Fitness. He has been involved in Martial Arts Fitness for 60 years and has multiple Black Belts in various martial arts systems including a 7th Dan. He is also a Senior Instructor in Hwa-Yu T'ai Chi Ch'uan. He is certified in Yon Ch'uan Martial Arts, 15 Animal Kung Fu and Hwa Yu T'ai Chi Ch'uan under Chief Instructor and Grand Master Robert Xavier. He is also certified under Grand Master Stephen Van Camp.

Sensei McGee is Co-Director of Grace Martial Arts and Grace Martial Arts Fellowship and is a teaching member of Karate for Christ International and Confident Kid Martial Arts.

If you would like more information about Grace Martial Arts Fitness classes in Florida or Alabama or would like to know more about developing GMAF classes in your community, email gracemartialarts1@gmail.com.

Saved and Safe!

“Watch, stand fast in the faith, be brave, be strong.

Let all that you do be done with love.”

1 Corinthians 16:13-14

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