

Why should your child take up fencing?

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We've all seen, heck we all do it. After a long day of grinding out projects or tasks at work we often end up sitting in front of the "boob tube" or hopping on the computer to surf the net or play a few minutes (right) of World of Warcraft of some other game.

It is especially easy for children to get caught up in sitting in front of the TV or playing computer or console games. For some, it may seem like a struggle to tear your child away from the technology that is so available and ready for them. If you want to make sure that your child is receiving a well-rounded childhood, and setting the pattern for future good health habits, then getting them to play sports is something you should do.

The best thing is to show your children that being active, either outdoors or indoors, is fun and beneficial. Getting involved in fencing will not only help develop their bodies and minds, it will help them to keep the ideal of staying shape in mind when they are older. More and more children are growing up overweight or obese, even from the age of five.

Fencing is an activity that all ages can participate in. You can learn alongside your child and get a good workout too. The physical activity is complemented by the mental play in fencing as you have to solve the problems presented by your opponent to score points. This gets your children leaning action/reaction as well as basic strategy without ever working to teach them. Most fencing clubs also have equipment to rent, and then when you children become hooked, you can by your own set of fencing gear or try an area vendor for a fencing starter kit.

All in all, the focus should be on getting your children up and moving at least 30 minutes a day. By having something where the child is being encouraged to move around and is doing it with their peers, it will be easier to build a foundation for good physical health through activity. Fencing is one such sport as it involves individual play, problem solving, as well as cooperation as children learn together in the fencing classes.

Did I mention that it's swordfighting - and that is just plain cool!

If you are interested in finding a fencing program in your area, then just click on the "Fencing Clubs Directory" link on the left side of this page. (Or just click [here](#).)