**THINKING ABOUT LEAVING?**

*There WILL come a point when every child says they want to stop training in Martial Arts. This can often be for a multitude of different reasons - a lot of which can mask the real underlying issues.*

*There are established points for children when this may occur.
• The first time they realise that being good at Martial Arts can take a lot of time
• The first time they find something difficult
• The first time they struggle with resistance or contact i.e. sparring or grappling
• Losing track of how far they have progressed and where they are going
• Fear of failure
• Wanting to spend more time at home playing out with friends or on a computer
• Transitioning to a more difficult level of training i.e. moving groups
• Losing a competition or fight
• Finding other children difficult to get along with or challenging
• Feeling they are not progressing or getting better*

COMMUNICATION

*If a young child quickly goes from loving training to a lack of interest/not wanting to attend, then communicating with both them and the instructor is key in order to try and work out where the true problem lies.*

*Very often these things arise when a child hits an obstacle and through a lack of life experience, they struggle to find a way past it.*

*Working in conjunction with the instructor and child, ATTENDANCE is key to getting over any blips. More is always going to be better than less in this instance. Non-attendance also becomes habit forming, making it difficult to get the child back to class.*

*Parents sometimes feel the need to protect their child from difficulty, but this can rob them of the ability to grow from working out the solution for themselves.*

QUITTING WITH CONDITIONS

*If all these fail, and the child still wants to quit, allow them to do so WITH CONDITIONS as both you and they will have invested a lot of time and energy into their training.*

*Ask them to give it one more month of solid, regular training. This will allow the instructors a period to try and address the issues you have identified.*

*If they still want to leave after this then I would allow it as they have given it the time necessary to see if how they feel changes.*

*I would also recommend getting any child leaving training to speak to the instructor(s) before doing so. This way they can say their goodbyes and show appreciation for all the coaching they have received - which is a great lesson for life.*