James Martial Arts Academy Offers Martial Arts Classes For Beginner Adults

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El Cajon, CA based James Martial Arts Academy is pleased to announce their martial arts classes for adults. The martial arts academy offers classes for adults looking to start their martial arts training, be it for self-defense or fitness. The academy is run by Darryl James and his wife, Cheryl, and they offer their extensive experience to people who wish to gain new skills in physical combat and discipline. Read about the benefits of martial arts for adults at the following link: Martial Arts Classes For Adults Near Me.

?As a martial arts instructor in El Cajon, CA with extensive experience training kids, adults and women's self-defense there is nothing better than seeing their growth firsthand,? says James, who believes that the most important part of teaching martial arts is the personal skills they develop and the confidence the training builds in them. He states, ?Martial arts is far more than just kicking, self-defense, punching and getting the next colorful belt, it?s about developing confidence, discipline, character, focus and respect.?

Every class supports growth in mind, body and character, James has observed. The instant positive feedback provided by martial arts gives students a similarly prompt boost in confidence. One can see the effort they put into learning a particular technique pay off in real time, and this helps one learn to believe in themselves and appreciate the work they put in in ways that few other activities can match. ?By learning to focus on the core moves, they develop discipline and respect. They can instantly see and feel a difference, making them destined to build confidence, self-awareness, and self-respect,? says James.

Another reason why one might want to consider taking up martial arts as a way to get fit or build confidence (or for any other reason) is that it is quite fun. James has truly developed a passion for martial arts, and he makes it a point to transfer some of this passion to his students. As he says, ?I love teaching martial arts in the El Cajon, La Mesa, Santee, Chula Vista, and San Diego communities, and this is how I know you are going to love training with us too.?

The James Martial Arts Academy provides martial arts training for children as well as a martial arts class for adults. While most new martial arts practitioners are young children, the academy is equally open to adults

hoping to learn something new. ?We understand that searching for a martial arts program for kids or adults in San Diego can be challenging,? the academy says, ?but with the James Martial Arts Academy, you can rest assured that you have found your next karate training academy. Our programs can help you reach the next level regardless of your experience or age with our experienced trainers and proven techniques. We guarantee that if you partner with us, we will help you reach your fitness and martial arts goals with challenging classes.?

Many of the academy?s students have left testimonials thanking James and the academy for the positive change in their lives. Alysandra, in a testimonial shared on the academy?s site, says, ?Hands down the best trainer I've ever had. Sifu Darryl is exceptional at what he does. He is motivating and pushes you to your limits and then some. I was fortunate enough that one of my friends had found him and invited me to a class. Even though there were three other people in there, he was attentive to me and made sure I was doing the workouts correctly with good form. I was fully out of shape and, within a couple of months, I noticed things improving, such as my form and strength. I have always had a hard time motivating myself to get to the gym but with Sifu Darryl, I am excited about the class every time.?

Another student, Danny, left a five star review on the site stating, ?Sifu Darryl is one outstanding instructor! He knows his stuff. I would highly recommend the James Martial Arts Academy to anyone wanting to learn a true martial arts and self-defense system.?

Anyone looking to join a martial arts class for adults in San Diego can get in touch with the James Martial Arts Academy to get started. Many have already walked in and seen great personal growth within themselves. Find out more at the following link: Martial Arts Classes Near Me For Adults.

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For more information about James Martial Arts Academy , contact the company here:James Martial Arts Academy Darryl James8338940191ask@jamesmartialartsacademy.com2356 Fletcher ParkwayEl Cajon, CA 92020

James Martial Arts Academy

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