

Learning Martial Arts Online Offers Several Key Benefits, States Boston-Area Martial Arts School

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Boston School of Boabom Experiences Great Success With Transition to Online Learning First-Hand

Brookline, Massachusetts ? The Boston School of Boabom, a group of teachers that focuses on the ancient Tibetan Boabom arts, stated today that learning martial arts online carries several benefits, especially if it's a form that doesn't involve sparring or physical contact with another person.

The school began offering online classes in March 2020 when the COVID pandemic shut down in-person learning and has seen both its new and seasoned Boabom students progress through the lessons with much success.

In a blog post published on the school's website, director Yemado describes how it is possible to study martial arts online, but it does depend on the type of chosen martial art and whether it involves contact and competition.

"Many people believe that it's not possible to learn martial arts online, and that may be true of the more competitive ones where you're facing off against an opponent. But Boabom lends itself naturally to online learning because unlike other types of martial arts, it doesn't require physical contact with another person, and there are no Boabom competitions. Rather, it's very focused on each individual student who uses meditation and breathing techniques along with executing movements to build physical strength and mindfulness. As it's also a progressive form of martial art, students learn a few new movements during each class that they add to their previous knowledge. This progressive teaching system makes Boabom easy for our students to understand and absorb."

According to Yemado, a smaller class size also makes a difference when exploring martial arts online.

"At The Boston School of Boabom, we always kept our in-person classes on the more modest size so that our instructors could give each student one-on-one personalized attention when they need it. We keep our online classes limited to a small number of participants for the same reason. This also reassures our students that we care about them and their progression."

While Yemado and his fellow instructors had initial doubts about offering their classes online even before the COVID pandemic, they have witnessed the benefits of Zoom classes first-hand.

"We have found that both our new as well as experienced Boabom students are progressing through their learning at a consistent pace and that in many ways, taking the classes online has several benefits. For starters, students feel at-ease participating from the comfort of their home and familiar surroundings. Students have more confidence to fully execute the moves because they don't feel like there are dozens of eyes watching them. Taking classes online also helps save time since you're not commuting to a school or studio."

Boabom is a non-competitive, no contact form of martial arts rooted in ancient Tibet that incorporates breathing techniques with physical movement. Movements are progressive with students building upon their skills by studying more advanced poses and exercises with each class. The Boston School of Boabom offers online classes in Seamm-Jasani, which is a slower, gentler form of Boabom as well as Osseous Boabom, a faster more energetic form. Recently the school also began offering classes in Yaanbao, which is a more advanced form of Boabom that requires using a staff to execute moves.

The school has experienced so much success with its online offerings that it began to offer free introductory classes in Boabom via The Public Library of Brookline. Yemado also plans to continue to make online classes available even after in-person classes can be held again.

?The move to online learning has been enlightening for us,? he stated. ?We?ve found that not only are people more than capable of learning Boabom online, but that it presented an opportunity for us to introduce more people to its benefits, especially during a time when so many of us need stress-reducing activities.?

To register for an online Boabom class, visit https://bostonboabom.com/online-classes/.

To learn more about The Boston School of Boabom, visit https://bostonboabom.com/.

About The Boston School of Boabom

The Boston School of Boabom is a community of teachers specializing in the Arts of Boabom, a teaching based on an ancient system of relaxation, meditation, breathing, and defense with origins going back to pre-Buddhist Tibet. Boabom combines active relaxation, meditation in movement, and defense techniques, all in a no-contact, non-competitive environment.

Its instructors work together to create a positive and respectful environment that is open to all.

The school offers classes for children, adults, and seniors in a friendly, positive atmosphere.
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For more information about Boston School of Boabom, contact the company here:Boston School of BoabomBenjamin Kelley617-480-8237info@bostonboabom.com33A Harvard St, Brookline, MA 02445, United States

Boston School of Boabom

Discover the medieval fighting styles Seamm Jasani and Boabom at the Boston School of Boabom. These non-competitive, non-contact forms of fighting styles help you improve agility, balance, and focus while dissolving stress. Visit our free initial classes.

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