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## Starting a Home Martial Arts Practice

It's hard enough for adults to tread the waters of the pandemic, but for kids, it can be especially bewildering. Giving them a place to blow off steam and keep up their martial arts skills can be a perfect solution to getting them through the pandemic happy and healthy, so we pooled some resources to help you decide how that could work for your family.

### Perks Aplenty

There are lots of good reasons to have your own in-home martial arts studio, for the pandemic and beyond. Not only do you occupy kids' time and energy, you improve their well-being. And there are ample benefits adults can enjoy, too!

- Kids can reap amazing mental and physical [health benefits](#) from participating in martial arts.
- Mom and dad can participate as well, as there are [plenty of perks](#) for adults who engage in martial arts. (The stress relief alone is worth it!)
- As The Peaceful Dragon explains, engaging in martial arts [as a family](#) means stronger bonds and big fun!

- Don't forget the benefits to you as a homeowner, since installing a multipurpose room will likely [raise the price](#) of your home if you decide to sell.

## Size and Space

If your child is already participating in martial arts, you might have some good ideas about how much space is needed and what equipment will be involved. At the same time, you can go as big or as small as you want with your home studio.

- Are you trying to work with a tiny space, or even a rental? Take heart, because there are [ways to make it work](#).
- Looking for a big home upgrade or a bigger space? You can use a basement or garage [for your home gym](#).
- Could you use a place for the kids to do homework or for you to work remotely? A home office/home gym [combination](#) kills two birds with one stone.

## Detail-Oriented Decisions

It's important to evaluate how the space will function within your home. Safety, sound, and upkeep should all be considered in your decisions.

- Kids can get pretty noisy when they are working out, which might be disruptive to the rest of the household. Consider how you could [soundproof](#) the new studio.
- To keep participants safe, appropriate flooring is a must in a martial arts studio. Consider installing a rubber floor in whatever room you choose.
- Be sure to childproof your fitness equipment.
- Keep the equipment germ-free with [routine disinfection](#).

Weathering the storm of COVID-19 is easier for everyone when they can access an in-home martial arts studio. Decide on where yours will go and the details of the project, and then enjoy the many perks it will bring.

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