



Press Release – For Immediate release

Research Proves That Secondary School Students who Practice Martial Arts Regularly Can Improve English GCSE Grades and Character

Research conducted at the Alperton Community School, Wembley, London and the Martial Arts Educare programme has shown that practicing the martial art Choi Kwang Do on a regular basis is the key to improving students' English GCSE grades and their character.

A recent study – *The Effects of Exercise on an Individual's Academic Performance and Character* – saw its participant's English GCSE grades improved by at least one whole grade level over the period of just 17 weeks.

A group of 4 Year 10 (ages 14-15) students were tested in core subjects Maths, English and Science during spring at the start of the 17 week study to assess their current abilities and grade levels. After 17 weeks of regularly practicing Choi Kwang Do, all students were retested and to their amazement had all jumped at least one whole GCSE grade level in English.

3 of the 4 participants in the study also maintained their current grades in Maths. The students Double Science grades showed a similar pattern to their Maths grades with students maintaining their grades.

1 of the 4 participants improved on his Maths and Double Science grades.

Students also saw a marked improvement in their overall character, behavior and confidence levels and reported to feel more self-assured in asking questions in class when they did not understand the subject matter.

Mrs Maggie Rafee, Head Teacher at Alperton Community School said: "This year schools nationally have seen a drop in students gaining the required GCSE A* to C grades for the first time since 1988. Students have to now work even harder to achieve the required A* to C grades. We therefore welcome the Martial Art Educare programme which alongside our good teaching practices will help our students achieve good grades.

“We were delighted with the students’ progress during the study. We saw how the Martial Art Educare programme (Choi Kwang Do) improved their class participation and confidence – with one student receiving the highest grade in his English class.

During the study students were taught the basic Choi Kwang Do cross lateral techniques – including blocks, strikes, kicks, punches and combinations of movements. These free flowing natural movements are nature’s way of ensuring balanced brain functionality; promotes whole brain learning and ensures the brain is prepared and ready for learning.

Students were guided through a silent sitting exercise at the beginning of each class. Students reported that this exercise helped them to feel calm, focus better in class whilst also helping them to relax before exams.

At the end of the classes the participants would take part in a group discussion to draw out their understanding of the importance of good character and would be set weekly homework based upon the discussion.

Master Keith Banfield, Choi Kwang Do Instructor of the students and Chief Instructor and Examiner for Choi Kwang Do Marital Art International said: “The teaching of precision type techniques known as ‘fine motor skills’ are of paramount importance when it comes to brain development and academic performance.

“Researchers have found that better academic performance is linked to a greater density of neurons in the frontal lobe. Therefore getting the students practicing Choi Kwang Do and its fine motor skill techniques would assist with developing their communication and higher thought processes – this has resulted in a marked improvement in their English GCSE grades.”

Ian Roberts, former Extended Schools Coordinator at Alperton Community School and responsible for overseeing the research said: “Through the talents and skills of Master Banfield and his staff we have seen a marked improvement in our students, not only their grades but also their behaviour and physical and mental health. I feel the fact that the students were willing to attend these classes at 7.30am three mornings a week speaks volumes – I’m sure that this is just the tip of a very impressive iceberg.”

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