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Setting Up Your Child to Practice Martial Arts at Home

If your child practices martial arts, you might not be able to take them to their studio right now due to stay-at-home orders and/or the fact that many nonessential businesses remain closed. However, it's essential that they still have an outlet for staying active during the pandemic.

Did you know that your child can practice martial arts at home? With a little planning and preparation, you can set up a studio at home, which comes with both short-term and long-term benefits. Read on to find out more about how your child can continue their practice in the comfort of their own home.

Raising Your Home's Value

Adding a martial arts studio to your home not only comes with benefits for your child's health and well-being, but it can also add resale value and appeal to your home.

- Creating a clean and simple space for your child's martial arts practice may allow you to [bump up](#) your asking price a little bit if you ever decide to sell your home.
- If you approach it the right way, you can design your martial arts studio as a [multipurpose room](#). That way, you (or a buyer) will have the option of turning it into a workout space, yoga studio, hobby room, home office, etc.
- Taking pictures of your home before and after you create the martial arts studio can help you to have a more favorable [home appraisal](#).

Finding the Right Spot

If you decide that a martial arts studio is right for your household, the first step is to choose where it will go.

- Do you have a [guest room](#) that isn't being used very often? Consider turning it into your studio.
- If you have a basement, that could be the ideal location for your studio, though it may need some [remodeling](#).
- The garage is [another spot](#) that's hard to beat when it comes to outfitting a practice space.
- If you keep your martial arts studio simple, you can even set up right there in the [living room](#).

Getting the Right Gear

Your martial arts studio—and your practice, for that matter—will only go so far if you are missing essential gear and equipment.

- Everyone who practices needs a good [punching bag](#).
- Also, be sure to get a quality [grappling dummy](#) for your child.
- No studio will be complete without the [right mats](#).
- And of course, your child will need some basic [workout clothes](#), both for practicing martial arts and doing supplemental exercises.

Just because your child can't make it to the studio doesn't mean that they have to abandon their martial arts practice. Read up on the benefits that adding a martial arts studio can bring for your home, and carefully choose the location for your studio. Lastly, don't skimp when it comes to getting all the gear and equipment your child needs for their practice.