

Cole's Martial Arts Newsletter

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Martial Arts and the Family

“What are the benefits of Tae kwon do?” asks an interested family of Master Harvey Cole, 5th Dan, head instructor and program director at Cole's Martial Arts Fitness Center in Tulsa, Oklahoma. Mr. Cole is more qualified to answer this question than most. Cole is a Martial Arts veteran with over twenty-five years of teaching experience and, after all the years of hard hitting competition and producing hundreds of black-belts, he says that he never really grasped the benefits of the martial arts, that is, until he had children. Harvey Cole is the father of two boys who grew up in the martial arts taking their fathers classes three times a week. “Our father instilled in us how important it is to have discipline even at an early age”, says Wes, Cole's oldest son, and owner of the new school. He continues, “There are many adults who are yet to find discipline in their lives.”

Cole immediately noticed a difference in his family when his two boys reached their teens. “Because we had the martial arts, our family had something that others did not - a real family bond. Instead of one of my boys going to soccer practice, the other one going to football and me to a health gym, we had one thing that we all loved - one thing we all shared and that was Taekwondo. The strong connection between instructor, students and their classmates is legendary in the martial arts and this bond isn't negated just because one of those classmates or students is a family member,” says Cole. “It was not out of the ordinary for my teenage sons to get all of their friends together and then invite me to go with them to the movies. I felt included in their life at an age when many children are trying to distance themselves from their parents.”

It's no surprise that families are distant because they have so many different interests and spend so much time apart. The martial arts have so many benefits. “We all found something that interested us because martial arts go far beyond fighting or self-defense,” Cole says, “it develops mental strength, and is a tremendous physical workout that can't be duplicated in a health gym. We have entire families here [at Cole's Martial Arts] and there's something for everyone. The children learn self-confidence and discipline while the adults enjoy the more physical benefits like increased flexibility, muscle strength and coordination. I can't think of more perfect family activity than Taekwondo. Cole's Martial Arts Fitness is Tulsa's premier family martial arts center featuring self-defense classes, kids programs, personal fitness training with weight room, traditional Taekwondo and much more.