

Strengthen Yourself Inside and Out

By Jeannette Jones

Lifelong learning is a foundational principle at Life Ki-do Martial Arts, founded by Successful Man in Business, Author, and Sensei Jonathan Hewitt. From his early martial arts training through earning his Psychology degree at Emory University, Sensei Jonathan has sought to learn the ancient skills of the inner life.

He started the Life Ki-do dojo over 22 years ago in Austin, and has recently opened up a second dojo in Lakeway. He and his amazing staff have created a unique, award-winning program that combines Brazilian Jiu Jitsu, Karate,

Tai Chi, Qigong, and the Russian Art of Systema. Together these disciplines teach focus, confidence, self-esteem, respect, self-defense skills, how to deal with stress, and of course help develop a strong, fit body.

The dojo at Life Ki-do is not just for kids. Frequently you see families training together, which build bonds within the family. We want our kids to be resilient. We want them to be healthy and to know “who they are”. We want them joyful! Today’s kids encounter severe cultural and social pressures at levels not seen before. Life Ki-do offers a priceless gift to your child: the self-confidence and self-respect to face these challenges and stand up for what is honest



**Successful Men in Business
Honoree, Sensei Jonathan
Hewitt**



and right for them.

Some parents have had reservations about enrolling their child in martial arts, for fear of it being too aggressive or competitive. But as one parent says, “what we got was SO much more. Life Ki-Do teaches children how to be the best person they can possibly be”. One parent testifies that when she held her son’s birthday party at the dojo, he said it was the best day of his life!

Sensei Jonathan and his wife Lana have also co-written an excellent parenting book called *Life Ki-do Parenting: Tools to Raise Happy Confident Kids from the Inside Out*. Mark Waldman, Author on the Executive MBA Faculty at Loyola Marymount University says of the book “it is a beautiful synthesis of ancient wisdom, modern psychology and mindfulness practice, skillfully adapted to children and parents.”

Life Ki-do is more than martial arts. Why not take a free trial class? Come meet the instructors, and learn how positively Life Ki-do can impact your family!

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