



Keep Kids Active and Increase Your Home's Value with a Home Martial Arts Studio

Ready to kick boredom out of your family's stay-at-home routine? Then consider adding a martial arts studio to your home. Having an in-home martial arts studio can do wonders for kids who can't take traditional classes at the moment, and parents can benefit from having the extra time to work at home or simply relax more during an already hectic time. Or, alternatively, parents can [join in](#) along with their kids, which is incredibly important for busy parents who spend a lot of time behind a desk — whether at home or at an office.

What's more, putting a studio in your abode [can increase](#) your home's appraisal value. This is especially true if the space is designed as a multipurpose room, which is attractive to potential future buyers who will be able to use it for a home office, playroom, gym, or yoga studio.

If this sounds like the perfect project, you can use the following resources, links, and tips from [Master Chang's Martial Arts](#) to get started on your own martial arts space.

Where to Set Up the Studio

If you already have a spare room in your home, you can utilize that space as your new martial arts studio. If not, then you may need to get a little more creative with finding the extra room needed for a functional martial arts practice space for your kids and family.

- Think about remodeling your garage into a new workout space or adding more storage, the latter of which can free up more room inside the house. Depending on where you live, prepping a garage may include investing in air conditioning and heaters to make the space a year-round studio.
- Evaluate whether your basement or attic could be used for your martial arts studio. If the basement is unfinished, consider a [renovation](#), which The Balance Small Business notes can yield a 70- to 75-percent return on investment.
- According to BobVila.com, an [outside shed](#) can function as an additional living space and can keep your kids' practice from interfering with your remote work responsibilities inside your home.

How to Set Up the Studio

Clearing out space for your kids' martial arts studio is the hardest part of this entire project. Once you have that step tackled, you really don't need a lot of additional work to get your studio started. However, you may need a few essentials to help keep things safe.

- If you plan on refinishing a basement, garage or attic, carefully consider [which flooring](#) will be best for cushioning any falls or tumbles kids may take while practicing.
- Know [which colors work best](#) for improving your kids' focus, mood, and energy levels while practicing in their studio.
- Consider using [top-rated interior paint](#) to prevent scuffs, marks, and stains from ruining your new martial arts room and your home's value.
- Frame and hang inspirational [martial arts quotes](#) on the walls to help keep your kids motivated to practice on a regular basis.

How to Keep Kids Safe and Healthy While Practicing

Safety is always a top priority when you are a parent, so it makes sense to want to ensure that your new martial arts space is safe and healthy for your children. Thankfully, there are some simple ways to keep your family protected while practicing martial arts at home.

- Use recommended [cleaners and disinfectants](#) to wipe down all surfaces inside your martial arts studio and prevent the spread of bacteria, germs, and viruses.
- Keep your martial arts space [free of clutter](#) to keep your family from feeling less focused and more stressed when practicing in the room.
- Use [inflatable tumbling mats](#) if you or your children plan on practicing advanced martial arts moves or any other demanding physical activities.
- Make sure your family's first-aid kit is fully stocked with bandages, ice packs, ointments, medications, and other essentials needed to treat sports injuries.

Practicing martial arts is a great way for kids to stay positive and focused. Adults benefit from this space too since kids will have something fun to keep them busy while they are stuck at home, and the addition of the studio increases the home's appraisal value. There's no reason why you shouldn't consider adding an in-home martial arts studio to your home.

[Kuk Sool Won of Oklahoma City](#) offers classes for children, teens, and adults — meaning parents can learn these incredible skills as well. To learn more, please call (405) 371-5592.

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