

MAKING LIFE MORE FUN

Martial Arts For Children

(NAPSA)—If your children get a kick out of martial arts, they're in good company. Trend watchers say martial arts are now among the most popular activities for children, with more kids jumping, kicking and learning the age-old skill today than ever before.



The Art Of Fun—Martial arts shows such as “Xiaolin Showdown” are popular with children.

Besides being a fun way for kids to stay active, the popularity of martial arts is even impacting the television shows they watch. For example, there's “Xiaolin Showdown,” a high-energy, mystical adventure comedy that follows four young warriors who have united to bravely battle evil, using martial arts.

These engaging characters are also featured in a trading card game from Wizards of the Coast, Xiaolin Showdown. Players engage in a mock martial arts showdown between noble warriors as part of a mystical journey around the world.

The card game and other soon-to-be released toys, inspired by the series, can help inspire children to learn more about martial arts and possibly kick-start a regular exercise routine.