



## Active at Home: How to Set Up a Simple Martial Arts Practice Space

Keeping kids active is important, and we have a solution to keeping your children fit all year long: Putting together a martial arts studio in your own home! Whether your budget is big or small, you can create a fun space for your kids to practice what they're learning from their martial arts instructors. Here's how to get started.

### How to convert a spare room into a martial arts gym

Whether it's a spare bedroom, garage, or a corner of your living room, these tips will help you turn your extra square footage into a functional workout space.

[How to turn any space into a home gym.](#)

[Karate training equipment and aids: The ultimate guide.](#)

[Guide to martial arts disciplines and dojo flooring.](#)

## Where to find extra space for a home gym

Don't have a spare room? If you don't have the space for a home gym, make it! These underutilized spaces are perfect for your martial arts studio.

[How to turn your unfinished basement into a fat-shredding home gym.](#)

[How to renovate your garage.](#)

[Backyard shed for living: What you need to create a living space.](#)

[Increase your home's value by creating a space that can be used for multiple purposes.](#)

## How to get started practicing martial arts at home

Once you're all set up, you're ready for your first home practice! Use these ideas to keep your kids engaged in martial arts at home.

[Get started with a family fitness plan.](#)

[How to teach your kids martial arts at home.](#)

[3 ways to motivate unmotivated children to exercise.](#)

Practicing martial arts at home doesn't need to be complicated. While martial arts classes are essential, a home studio will keep kids' bodies moving and their skills strong when they're not in class.

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