

Best Redpill sports/activities for kids?

May 19, 2017 | 3 upvotes | by [Idunnowhy2](#)

My wife & I both grew up playing soccer. I don't think soccer or other team sports accomplish the goals I have for my kids. I want my kids to learn how to create their own success as an individual, where soccer/baseball/football (too many concussions anyway) are now mostly 'trophy for everyone' 'share the burden' social gatherings for lazy parents, IMO.

I want my kids to do an individual sport - tennis, swimming, for my son - wrestling or bjj. If I have an unathletic kid, I dunno - chess club or theater, I guess?

Obviously, their interests and abilities will drive which one specifically. What are some other great 'redpill' sports/activities?

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Comments

gunfetti • points • 19 May, 2017 06:20 PM **[recovered]**

Piano lessons.

Idunnowhy2[S] • 2 points • 19 May, 2017 06:27 PM*

I hadn't thought about musical instruments. Good one!

Why Piano vs guitar, etc?

And what do you think you learn from an instrument compared to a sport? More internally focused, I guess?

gunfetti • points • 19 May, 2017 06:37 PM **[recovered]**

Piano is a really intricate instrument. I play a bit of guitar too but in my opinion piano is really valuable for younger kids because learning to control your hands doing two different things simultaneously to that extent really progresses overall mental development. Plus once you learn piano it's much easier to transition to guitar or other similar instruments, not so much the other way around. Piano was always seen as the baseline in my home, even my brother learned the basics as a child though he eventually chose to switch to guitar full-time. I haven't taken piano lessons in years, yet can still play (roughly) when I sit down at one a decade later. I started young, around age 5, and I think it made me smarter, and mentally quicker in other aspects of my life.

Idunnowhy2[S] • 1 point • 19 May, 2017 06:52 PM

So hire a piano teacher around age 5/6. Any thoughts on immersion or how to structure lessons (1 hour/day, 5 days a week etc)?

Westernhagen • 2 points • 24 June, 2017 03:33 AM

My son did piano lessons from age 5 to 9. He just started doing guitar lessons this year. He gets a 30 minute private lesson a week, and practices once a day. As gunfetti said, piano made it easy for him to take up guitar. He also does sports (lacrosse and soccer).

[deleted] • 2 points • 19 May, 2017 05:17 PM

what is bjj?

MrTippy • 2 points • 19 May, 2017 05:40 PM

Brazilian Jiu-jitsu

Idunnowhy2[S] • 2 points • 19 May, 2017 06:21 PM

Jiu-Jitsu, but basically any MMA-style martial arts works. I specify this rather than "karate" because most karate for kids, like local Tae Kwon Do, is a joke.

refelgallo • 2 points • 23 May, 2017 04:31 AM

this depends on where you live, in a large metropolis you should have a lot of resources.

I would highly recommend hunting, (bow) and if you have the time/resources, make your own longbow and/or take down recurve. One you child learns several skills, building, patience, and self-reliance.

kung fu, more fluid and you stay on your feet.

I second piano.

track & field.

look for DnD games (usually held in comic shops) yes it is nerdy, and not exactly an individual sport, but it makes you think outside the box and plan ahead as well as work in a group for a common goal.

Idunnowhy2[S] • 1 point • 24 May, 2017 09:00 PM

Kung Fu places look pretty limited near me. Any other similar karate options?

refelgallo • 2 points • 25 May, 2017 01:26 AM

if martial arts options are limited, go to the few and ask if you can sit and watch a class or two. Usually it is not an issue, if it is, then that place is not right for you.

what you want to see (in the kids classes) is that they focus on proper form all the time. you will notice that one or two kids lazily throw a punch or a kick. the kid will be slower than the rest or their fist is kind of hanging whereas everyone else's is straight from their shoulder. what you want to see is the sensei/sifu/teacher/instructor or even senior students (colored belts) correct the kid, remind them to raise their arm.

if you see a lot of laziness, then the place is just a money pit where they just want your money and will "give" you kid their next belt just for trying every few months.

another option is Krav Maga, if you can find it very few offer kids classes, but they are relentless and are also know for locking you into a yearlong contract (usually it is too hard for people and they try to quit after a few weeks)

eagle_267 • 1 point • 7 June, 2017 06:41 PM

If you have a Boy Cub Scouts and later Boy Scouts is an excellent activity that focuses on mastery of skills and fosters a growth mindset. Stay away from Girl Scouts. But don't be so quick to dismiss team sports especially if your kids enjoys one. Learning to be a leader on a team is a valuable life skill.

Westernhagen • 1 point • 24 June, 2017 03:44 AM

I don't think soccer or other team sports accomplish the goals I have for my kids. I want my kids to learn how to create their own success as an individual,

One of my goals is to have my son learn to follow, and learn to lead. Team sports do this better than individual sports. Both following and leading as a member of a team will, I believe, make him "more alpha". I also think he is naturally introverted (from observation, and because both parents are) and team sports do a better job of making him be more extroverted than would individual sports. This will only help him later in life.

When you're a kid is the best time to do team sports. Once you're in your 20s there is not much time for team sports (though you can still do individual sports very easily - ski, golf, tennis, lifting, etc.) He now has the time so we're making the most of it.

AphroditesPride • 1 point • 17 July, 2017 02:48 PM

Climbing? My Fiancé does climbing/boulder and has done so since he was 8. It is challenging in regards to power, controls and attention.