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Name: Linda Chhoa  
Date submitted:  
Tuesday, April 21, 2009  
School: UC Berkeley  
Club: Yongmudo  
Rank: 1<sup>st</sup> Kub, Red  
Belt  
Type (choose one): Paper  
Title: Injury Profiles  
and Concerns for Future  
Martial Artists

Abstract:  
The world of martial  
arts has seen increasing  
popularity especially  
over the last three  
decades and has  
established  
organizations within  
many countries. This  
paper will examine  
combative martial arts  
injuries in comparison  
to popular sports,  
identify martial arts  
injury profiles according  
to style, and offer  
improvements to  
increase safety and  
decrease risk. At this  
point in time, it is  
better to understand  
martial arts as it is  
practiced now, recognize  
main styles and their  
injury profiles, and  
recognize its place  
among sports and as an  
art with philosophy and  
discipline. Goals of  
competition, personal  
growth, discipline,  
honor, and self-defense  
are only a few of the  
reasons why a person  
may join martial arts,  
but its integral  
philosophy plays a role  
in separating it from  
pure sport.

Total # of pages: 12  
Electronic version also  
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