

Martial arts

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A *Kendo* fight (European Championship 2005).

A **martial art** is any form of [fighting](#) and an art that has a set way of practice. There are many martial arts that come from certain countries. They are practiced for many reasons: fighting, [self-defense](#), [sport](#), self-expression, discipline, confidence, fitness, relaxing, [meditation](#). A **martial art** is a style of [combat](#), in many instances directed towards the [self-defence](#). In the common usage, the word applies to the systems of combat developed all around the world.

Martial arts may be used for self-defense, combat, and fitness.

The idea of "martial art" appeared first time in the English language in the [1920](#) *Takenobu's Japanese-English Dictionary* as a [translation](#) of the word *bu-gei* or *bu-jutsu* which means "*art or solution of the [military](#) matters*".

Introduction

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The martial arts are fighting systems. There are many schools and styles of martial arts, but all share the same goal: [self-defence](#). Some of them, like [taiji quan](#) also can be used to improve [health](#) and the form as flowing of the *qi*.

Some martial arts were not born in [Asia](#). For example, [savate](#) appeared in [France](#) and the movements of sport of the [capoeira](#) came from [Brazil](#).

Many martial arts include [punches](#) ([boxing](#), [karate](#)), [kicks](#) ([taekwondo](#), [kickboxing](#), [karate](#)), holds and throws ([judo](#), [jujutsu](#), [wrestling](#)), weapons ([iaijutsu](#), [kendo](#), [kenjutsu](#), [naginatado](#), [fencing](#), [Filipino eskrima](#)) or certain combination of these elements (several styles of [jujutsu](#)).

Martial arts are divided in two main sets: the so-called "**hard martial arts**" like [karate](#) and [kickboxing](#) which give special consideration to the attack to beat the opponent, and the "**soft martial arts**" like [judo](#) and [aikido](#) which fight the opponent in a less [aggressive](#) manner, using the force of the other to surrender him.

It is difficult to compare the effectiveness of the different existing arts. Recently, people developed competitions like the [Ultimate Fighting Championship](#) in the [United States of America](#) or [Pancrase](#) in [Japan](#). These competitions also are known as "[mixed martial arts](#)" or [MMA](#). But these competitions only test the fighting styles in limited situations (fighting

against an expert, only fighting one opponent, fighting while wearing the right clothes - none of which would be true in other situations such as self-defense).

The martial arts are defined in this method: through the history, to the soldier in the [battlefield](#), the only thing that was important for them was to beat the enemy that one have before himself. Whether a style is **soft** or **hard** or how many points are gained with a blow are details and subjects of discussion that appear in periods of peace, when there were [hand to hand combats](#).

Martial arts are part of the art of war. If the main goal in a competition depends on noting points to somebody's advantage, then it could be said that this is a sport, not a martial art.

The history of martial arts is long. The act of developing of the fighting systems dates from when the man had been able to cause to pass the knowledge, along with the [strategies](#) of [war](#). Part of the most ancient written material on the subject dates from the [15th century](#) in [Europe](#) and the [authorship](#) fall to famous masters, like [Hans Talhoffer](#) and [George silver](#). Also [transcriptions](#) of still more ancient texts had been brought to our days, one of them is a document written by hand. That document is called [L33](#) and dates from the end of the [13th century](#).

The persons who train martial arts disagree with relation to the matter of the competitions. Some arts, like the [boxing](#) or the [Thai boxing](#), give attending to the [sparring](#) -fights during training - and to taking part in competitions, yet the most common of [aikido](#) and [krav maga](#) reject the competitions. The reasons that cause these opinions are different. Many of the arts desiring to compete argue that the competitions give place to better and more efficient techniques. However, certain styles not desiring to compete claim that the rules with which people developed these competitions ruin the art and does not represent what can happen in a real situation.

In recent years, there have been tries to return to life some martial arts thought to be important to history. Examples of this [historical reconstruction of the martial arts](#) are the [pankration](#) and the school of Shaolin that have not a continual tradition.

Asian martial arts

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- [Myanmar](#) (formerly Burma)
 - [bando](#)
- [Philippines](#)
 - [kali](#)
 - [eskrima](#)
 - [arnis](#)
- [Thailand](#)
 - [Thai boxing](#) or *Muay Thai*
- [Vietnam](#)
 - [Vinoệt V Đạo](#)
- The [China](#) - all the [Chinese](#) martial arts called [kung-fu](#), [wushu](#), chuan fa or kuntao.
 - Internal styles: so-called [nejia](#).
 - [hsing yi](#) (hsing Y)
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Martial arts of other lands

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- [Brazil](#)
 - [capoeira](#)
 - [Brazilian jujutsu](#)
- [England](#)
 - Cornish Wrestling
 - Cumberland and Westmorland Wrestling
 - Boxing
 - English Longbow
 - Lancashire Wrestling
 - Singlestick
- [Egypt](#)
 - [tahtib](#) or Egyptian stick fencing
- [France](#)
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