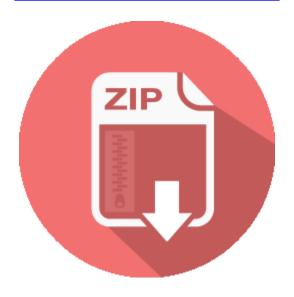
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### Martial arts Wikipedia

Martial arts are codified systems and traditions of combat practiced for a number of reasons such as self-defense, military and law enforcement applications, dummy partners such as the wooden dummy, and targets such as punching bags and the makiwara. Protective equipment for sparring and competition includes boxing gloves and headgear.

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