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the Martial Arts Learning Community. The Martial Arts Learning Community (The MALC) is a Non-Profit Agency chartered in the state of Delaware. The MALC supports various studies of the history and development of the Martial Arts, studies using a scientific approach to identify Best Practices in the Martial Arts, and the publishing of these research works.

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Usually, with martial arts training, people tend to seek one of four things (or a combination of some or all of them): self defense, getting into shape, learning how to fight/compete and mindfulness.

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