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Mixed martial arts Wikipedia

Mixed martial arts (MMA) is a full-contact combat sport that allows striking and grappling, both standing and on the ground, using techniques from various combat sports and martial arts. The first documented use of the term mixed martial arts was in a review of UFC 1 by television critic Howard Rosenberg in 1993. The term gained popularity when newfullcontact.com, then one of the largest

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Filipino martial arts Wikipedia

Filipino martial arts (FMA) (Filipino: Sining panlaban ng Pilipinas) refer to ancient Indianized and newer fighting methods devised in the Philippines. It incorporates elements from both Western and Eastern Martial Arts, the most popular forms of which are known as Arnis, Eskrima and Kali. The intrinsic need for self-preservation was the genesis of these systems.

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