

My own experience

Exercising at home

Yes. I sometimes exercise in my free time. It's really hard to concentrate because the environment is not the same feeling as if I were at a gym lifting weights or in a martial art school to practice judo and aikido at my local community college. And I don't have enough space.

Does exercising with friends motivate me

Yes, exercising with friends motivates me because they are my close friends that I like to hang out with and do something together that keeps our friendships and bonds. I find it more fun doing it with friends than going solo sometimes.

Does exercising online, working out or Judo and Aikido?

Exercising online is completely different to me than practicing martial arts in person.

Short answer is "no." It's not the same. One of the reasons why are because

- In Judo you need to feel contact with another person you are grabbling.
- Students who are higher rank than you or sensei to monitor you to see if you are doing the technique right such as throws, holds and chokes as well break falls.
- In Aikido, it also requires contact to do arm locks and wrist locks to a student to do the technique effectively walking through it by perfecting the right form.
- Self-defense in weapons such as staff, sword and knife made of wood held by an opponent requires contact to practically disarm the weapon.
- Also escape from holdings from an opponent

Have you and your friends practice martial arts?

Yes, my college friend got me into Brazilian Jiu Jitsu and requires a lot of contact and I also want to do something while waiting for next semester during my college winter break. One of my friends wants to learn martial arts but since a pandemic happened it would be hard to teach remotely.