



# Martial Arts and You

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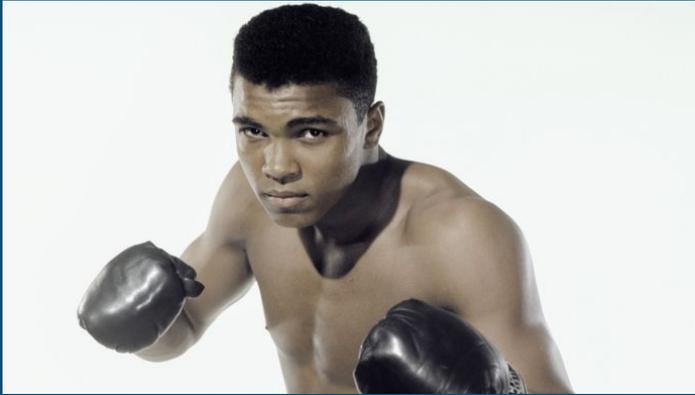
The low-down on hitting low down



# What is the “strongest” martial art?

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Can't we just throw everyone in a ring and see who comes out on top?



VS.



# Use Cases for Martial Arts

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Military



Self Defense



Sport



Art



Self Growth



Security

# Why do we need different tools?

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## Military

- Attack may be unexpected
- Safety of defender isn't important
- Fighting armed combatants
- Can attack pre-emptively
- On alert

Ex: Krav Maga, Sambo

## Sport

- Fight is pre-planned
- Fight is against single opponent
- Fight is on flat, predictable ground
- Combatants are matched equally

Ex: Boxing, MMA, Tae Kwon Do

# Why do we need different tools?

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## Self Defense

- Attack may be unexpected
- Safety of defender isn't important
- Fighting potentially armed combatants
- Possibly outmatched
- Uncertain terrain

Ex: Krav Maga

## Security

- Legally liable for defender's safety.
- Generally, have back up
- On alert

Ex: Judo, Jujitsu, Hapkido

# Use Cases for Martial Arts

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## Self Growth

- More of an exercise
- Less of a competitive event

Ex: Tai Chi, Yoga

## Art

- Generally coordinated with others
- Difficulty is not in power so much as looks

Ex: Wushu, Dance

# Interesting Martial Arts

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## Capoeira

- Developed in Brazil in 16th century
- Mix of dance, acrobatics and combat
- Considered an “intangible cultural heritage” by UNESCO

## Krav Maga

- Developed by a Hungarian-Jew during WWII
- Eventually used by the Israel for military training
- Also has self-defence variants

# Fun(damentals)

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Martial arts widely vary in technique, but share some fundamentals

- Stance
- Reach
- Feinting

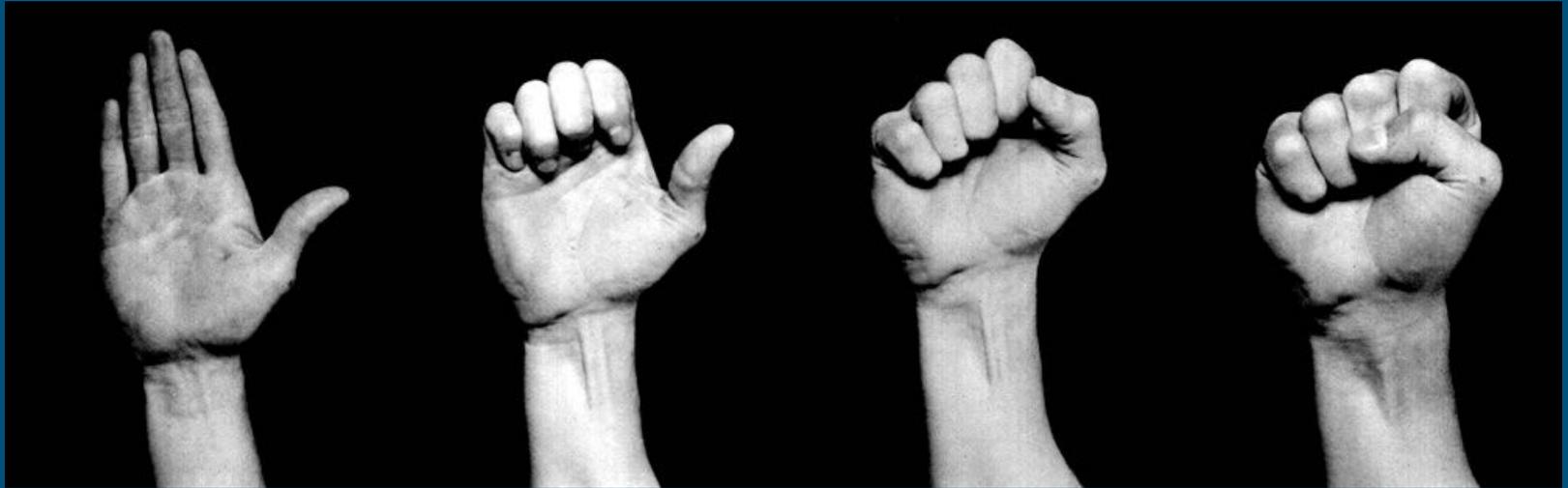
# Striking vs. Grappling

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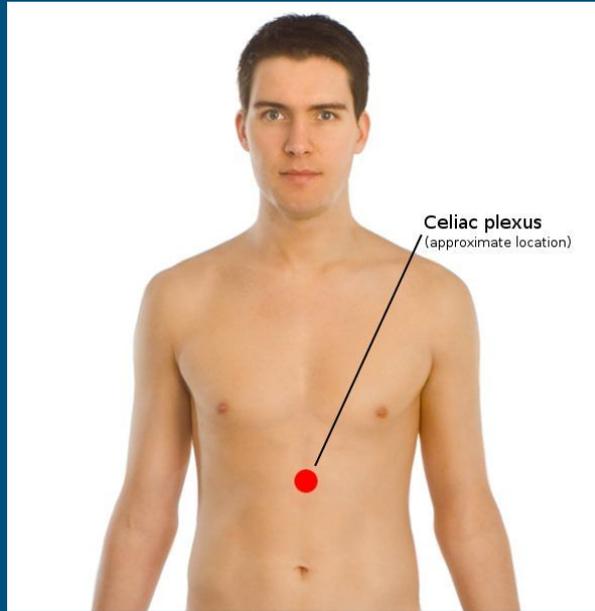
# How to Punch

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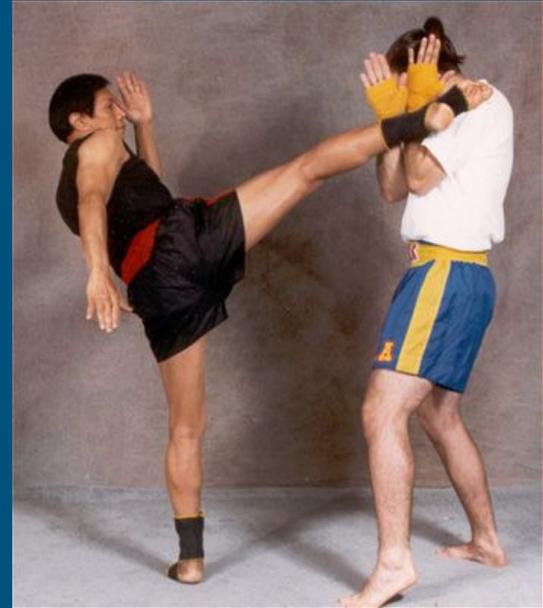
# Where to Punch

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# Kicks

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# Grappling

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# Throws and Takedowns

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# Locks and Levers

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# Chokes (air is important)

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# What's right for you?

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