What is the “strongest” martial art?

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

VS.
Use Cases for Martial Arts

- Military
- Self Defense
- Sport
- Art
- Self Growth
- Security
Why do we need different tools?

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?

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

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

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)

Martial arts widely vary in technique, but share some fundamentals

- Stance
- Reach
- Feinting
Striking vs. Grappling
How to Punch
Where to Punch

Celiac plexus (approximate location)
Kicks
Grappling
Throws and Takedowns
Locks and Levers
Chokes (air is important)
What’s right for you?