

Content

1. AN INTRODUCTION TO MARTIAL ARTS
2. CHINESE MARTIAL ARTS
 - Xing Yi Quan
 - Tai Chi Quan
 - Kung Fu
3. MARTIAL ARTS FOR KIDS
4. BELTS IN DETAIL
5. AN EXPLORATION OF KUNG FU
 - The 5 Animals Of Kung Fu
 - The Tiger Claw
 - The Snake Head
 - The Crane Beak
 - The Dragon Claw
 - The Leopard Claw
6. THE MAIN STYLES OF KUNG FU
 - White Crane style
 - WING CHUN
 - The Roots of Wing Chun
 - Hung Gar
 - Praying mantis
 - The monkey styles

7. BREIF OF FEW MARTIAL ARTS STYLES

Aikido

Hapkido

Judo

Capoeira

Brazilian Jiu Jitsu

Kempo

Tai Chi

Ninjitsu

8. MUAY THAI THE UNCONQUERED MARTIAL ART

Muay Thai: A Closer Look

The Techniques Of Muay Thai

The Round Kick

The Low Kick

9. THE ULTIMATE FIGHTING CHAMPIONSHIP UFC

Sparring

10. SELECTING THE OPTIMUM MARTIAL ARTS STYLE

Self Defence

Fitness

Fighting ability

Competition

FINAL NOTE

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hese days, Martial Arts are something that everyone should know. With crime at an all time high, knowing how to defend yourself is essential. For the children, Martial Arts can mean a lot of things. Even though Martial Arts is great for adults to know and practice as well, it is also a great way for children to stay in shape and learn how to defend themselves from attackers.



Martial Arts not only teaches youngsters how to protect themselves, but it also teaches them self-control and confidence. Learning a Martial art might genuinely help your child get back on track if they have a poor temper or low self-esteem. Martial arts will assist youngsters with life in general, allowing them to progress much further in life.

When it comes to getting your child interested in Martial Arts, the first step is to find a style that they will love. It might be tough to make a decision when there are so many distinct styles to select from. Karate, Taekwondo, Judo, Muay Thai, and Jiu-Jitsu are among the most popular among youngsters. You should base your decision on your child's hobbies, like as striking and kicking or ground grappling and submission.

Once you've decided on a style, you'll want to start looking at local Martial Arts facilities and Dojos. If you live in a major city, you'll have a lot

BRAZILIAN JIU-JITSU

Royce Gracie of the Ultimate Fighting Championship made Brazilian Jiu-Jitsu popular in the United States, despite the fact that it has been there for a long time. Many people were unfamiliar with the method until Gracie joined the UFC and began dominating competitors of various disciplines and weight divisions one by one. People grew interested in the art of Brazilian Jiu-Jitsu after seeing how rapidly Gracie could defeat an opponent.



Brazilian Jiu-Jitsu, as many people already know, is a ground grappling discipline that requires relatively little standing skill. On the ground, the majority of the techniques employed in martial arts are performed. Because most of the techniques are primarily about the technique behind the move, they need relatively little strength from the stylist. Brazilian Jiu-Jitsu allows stylists who weigh 100 pounds or less to rapidly submit someone who is two to three times their weight and stature.