

Martial Arts Systems

Karate

Karate (空手?) ([listen](#) ([help](#)·[info](#))) or **karate-do** (空手道?) is a [martial art](#) developed in the [Ryukyu Islands](#) from indigenous fighting methods and [Chinese kenpō](#).^{[1][2]} It is primarily a striking art using punching, kicking, knee and elbow strikes and open-handed techniques such as knife-hands and ridge-hands. [Grappling](#), locks, restraints, throws, and [vital point strikes](#) are taught in some styles.^[3] A karate practitioner is called a [karateka](#).

Judo (柔道jūdō?), meaning "gentle way", is a modern [Japanese martial art](#) (*gendai budō*) and [combat sport](#), that originated in [Japan](#) in the late nineteenth century. Its most prominent feature is its competitive element, where the object is to either [throw](#) one's opponent to the ground, immobilize or otherwise subdue one's opponent with a [grappling](#) maneuver, or force an opponent to submit by joint locking the elbow or by applying a choke. [Strikes](#) and [thrusts](#) (by hands and feet) - as well as weapons defences - are a part of judo, but only in pre-arranged forms ([kata](#)) and are not allowed in judo competition or free practice ([randori](#)).

Ultimately, the philosophy and subsequent pedagogy developed for judo became the model for almost all modern Japanese martial arts that developed from "traditional" schools (*koryū*).

Practitioners of judo are called *jūdōka*.

Aikido (合気道aikidō?) is a [Japanese martial art](#) developed by [Morihei Ueshiba](#) as a synthesis of his martial studies, philosophy, and religious beliefs. Aikido is often translated as "the Way of unifying (with) [life energy](#)"^[1] or as "the Way of harmonious spirit."^[2] Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury.

Aikido is performed by blending with the motion of the attacker and redirecting the force of the attack rather than opposing it head-on. The *aikidōka* (aikido practitioner) "leads" the attacker's [momentum](#) using entering and turning movements. The techniques are completed with various [throws](#) or [joint locks](#).^[3] Aikido can be categorized under the general umbrella of [grappling](#) arts.

Aikido derives mainly from the martial art of [Daitō-ryū Aiki-jūjutsu](#), but began to diverge from it in the late 1920s, partly due to Ueshiba's involvement with the [Ōmoto-kyō](#) religion. Ueshiba's early students' documents bear the term *aiki-jūjutsu*.^[4] Many of Ueshiba's senior students have different approaches to aikido, depending on when they studied with him. Today aikido is found all over the world in a number of styles, with broad ranges of interpretation and emphasis. However, they all share techniques learned from Ueshiba and most have concern for the well-being of the attacker. This attitude has been at the core of criticisms of aikido and related arts.

Kickboxing(キックボクシング) refers to the sport of using martial-arts-style kicks and boxing-style punches to defeat an opponent in a similar way to that of standard boxing. Kickboxing is a standing sport and does not allow continuation of the fight once a combatant has reached the ground.

Kickboxing is often practised for general [fitness](#), or as a [full-contact](#) sport. In the full-contact sport the male boxers are bare-chested wearing shorts and protective gear including: mouth-guard, hand-wraps, 10oz boxing gloves, groin-guard, shin-pads, kick-boots, and optional protective helmet (usually for those under 18.) The female boxers will wear a [tank top](#) and chest protection in addition to the male clothing/protective gear. In European kickboxing, where kicks to the thigh are allowed using special low-kick rules, use of boxing shorts instead of long trousers is possible.

In addition, amateur rules often allow less experienced competitors to use light or semi-contact rules, where the intention is to score points by executing successful strikes past the opponent's guard, and use of force is regulated. The equipment for semi-contact is similar to full-contact matches, usually with addition of head gear. Competitors usually dress in a t-shirt for semi-contact matches, to separate them from the bare-chested full-contact participants.

Kickboxing is often confused with [Muay Thai](#), also known as *Thai Boxing*. The two sports are similar, however, in Thai Boxing, kicks below the belt are allowed, as are strikes with knees and elbows.

There are many arts labelled *kickboxing* including Japanese, American, Indian, Burmese kickboxing, as well as French savate. The term *kickboxing* is disputed and has become more associated with the Japanese and American variants. Many of the other styles do not consider themselves to be 'kickboxing', although the public often uses the term generically to refer to all these martial arts. The term *kickboxing* was created by the [Japanese](#) boxing promoter [Osamu Noguchi](#) for a variant of Muay Thai and [Karate](#) that he created in the 1950s. The term was later used by the American variant. When used by the practitioners of those two styles, it usually refers to those styles specifically.

Lacoste-Inosanto Kali is a system of [martial arts](#) developed by [Dan Inosanto](#) consisting of many distinct systems of [Filipino Martial Arts](#).

The parent systems which form his curriculum and derive the teaching of these arts are numerous and are either named for the system's founders or the system's place of origin (such as a tribe or region of the Philippines). Inosanto's teachers (there were at least 16 of them) include Angel Cabales, Leo Giron, Tuhon Leo Gaje, Max Sarmiento, [Edgar Sulite](#), and predominantly John Lacoste (who introduced him to the other teachers). The training methods were also influenced by Inosanto's work with [Bruce Lee](#) and because of which can be seen in his teaching of other (non-Filipino) styles and systems in his curriculum.

Brazilian Jiu-Jitsu (BJJ) is a [martial art](#) and [combat sport](#) that focuses on [grappling](#) and especially [ground fighting](#) with the goal of gaining a [dominant position](#) and using [joint-locks](#) and [chokeholds](#) to force an opponent to [submit](#) or be knocked out depending on what submission method is used. The art was based on early 20th century Kodokan [Judo](#),^{[2][1]} which was itself then a recently-developed system (founded in 1882), based on multiple schools (or [Ryu](#)) of [Japanese Jujutsu](#).

It promotes the principle that a smaller, weaker person using leverage and proper technique can successfully defend against a bigger, stronger assailant. It primarily uses Judo takedowns to gain the dominant position. BJJ can be trained for self defense, sport grappling tournaments ([gi](#) and no-gi) and [mixed martial arts](#) (MMA) competition.^[3] [Sparring](#) (commonly referred to as 'rolling') and live drilling play a major role in training, and a premium is placed on performance, especially in competition.

Tang Soo Do (Hangul: 탕수도) is the [Korean](#) pronunciation of the [Chinese characters](#) 唐手道 Tang Soo Do literally means "The Way of The Chinese Hand" and has roots in various styles of martial arts including those found in Okinawa, China, and Korea. These roots started in Korean Tae Kyon, Chinese Shaolin and Japanese Shotokan.^[1] According to World Tang Soo Do Association, it sounded like a [Chinese](#) martial art, because the first word "Tang" could be interpreted as representing the Chinese [Tang Dynasty](#) (617-907 AD).^[2]

Prior to the unification of the Kwans under the [Korea Taekwondo Association](#), most of the major Kwans called their style Tang Soo Do, Kong Soo Do, or Kwon Bup. The first recorded use of the term "Tang Soo Do" in contemporary history was by [Chung Do Kwan](#) founder, Won Kuk Lee. The Chung Do Kwan, along with the rest of the Kwans, stopped using the name 'Tang Soo Do' and 'Kong Soo Do' when they unified under the name [Taekwondo](#) (and temporarily [Tae Soo Do](#)). The Moo Duk Kwan, being loyal to [Hwang Kee](#), pulled out of the Kwan unification and remained independent of this unification movement, continuing to use the name 'Tang Soo Do'. Some Moo Duk Kwan members followed Hwang's senior student, Chong Soo Hong, to become members of a unified Taekwondo. Their group still exists today and is known as Taekwondo Moo Duk Kwan (Moo Duk Hae) with an office in Seoul, Korea.

The late [Hwang Kee](#) officially changed the name of the art of the Moo Duk Kwan style to [Soo Bahk Do](#) as early as 1957, shortly after his discovery of Korea's indigenous open hand fighting style of Subak. This change was officially registered, and the Moo Duk Kwan refiled with the Korean Ministry of Education on June 30, 1960. The organization was officially reincorporated as the "Korean Soo Bahk Do Association, Moo Duk Kwan."

Most schools of Tang Soo Do use the transcription "Tang Soo Do". However, scientific texts apply the official transcription 'tangsudo', written as one word. Some authors write "Tang Soo Do" and give "tangsudo" or "dangsudo" in the parenthesis.

All descriptions are courtesy of wikipedia.