



# The martial arts

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## The martial arts

The term „martial arts” refers to all of the different systems of training for combat that have been organised. Generally, these different systems or styles are all designed for physically defeating opponents and defending against them.

# KUNG FU



The term Kung Fu refers to the martial arts of China. Kung Fu originated in a place called the Shaolin Temple, where monks practiced Kung Fu for health and self-defense during their quest for enlightenment. It is about avoiding violence and using the opponent's strength against him. For this you need to know your opponent's sensitive points, like the throat and the eyes. You should remember that this is a style that should be used only to protect oneself and one's loved ones, and only in hopeless situations.

# TAI-CHI



Chinese tai-chi is often called a meditation gymnastics. The movements performed during tai-chi training resemble the figures of other martial arts but are made by yourself, and at a slow speed. The idea behind the exercises is to keep the body in good physical condition and that is believed to keep harmony between the body and the soul. Tai-chi is a good gymnastics for stressed people and seniors.

# AIKIDO



Aikido is one of the most spiritual martial arts from Japan. In this technique, the important thing is to synchronize the movement with the breath to get ki Energy from the inside. Someone who practices ki has calmness, concentration, timing and better control over the movements. In aikido, there are no typical attacking blows, but there are techniques that allow you to defeat the opponent by actively using your body against him. For example, when someone attacks you, you should not oppose them, but match their movement. The aim of the trainings is moral and personality development: developing courage, modesty, and respect for your opponent.

# JU-JITSU



Ju-jitsu (also known as jujutsu) was founded in the 17th century – and all later Japanese fighting techniques come from it. It is called the art of submissiveness, gentleness, and softness, although the grips used in ju-jitsu don't sound gentle at all: levers, choking, holding, hand-blocks, manipulating joints. The motto of ju-jitsu is "yield to win". It means fighting without using hard force against the opponent, but adapting to his movements and using the power coming from his moves against him. Another principle of this discipline is: "minimum effort, maximum effectiveness".

# KARATE



Karate literally means "empty hands". This martial art was created by the people of Okinawa for the purpose of self-defense without the need for weapons. The blows in karate are in the form of punches and kicks. The blows are accompanied by a loud shout called „kiai”, which is supposed to give the person fighting strength and confuse the opponent. As part of karate, students are doing tameshi-wari exercises – involving breaking hard objects (like boards, bricks, tiles) with the edge of the hand, fist, elbow, head. In addition to physical fitness, karate improves character: the ultimate goal of the exercises is to reach such a level that victory over the opponent is achieved without violence.

# JUDO



According to the founder of judo, Japanese Jigoro Kano, the goal of this martial art is "self improvement". He believed one's strength did not depend on weight and stature, but speed and agility. The idea of improvement is reflected in the various grades that can be achieved by training judo: starting from the brown belt, which symbolizes the 1st degree of kyu training, to the red-and-black (or black) belt, symbolising the 10th dan master's degree - in total, there are 16 training and master degrees to complete. Judo training is especially recommended for children, because this martial art develops discipline, prohibits humiliating the opponent, teaches the rules of fair play, and at the same time helps to develop speed, agility and strength.



# TAEKWONDO



Taekwondo is a traditional martial art from Korea. The name of the discipline consists of 3 parts: „tae”, which means hit with the foot, „kwon” - punch, and „do” which means art. Taekwondo was originally a fighting style used for military purposes, but in the 20th century it gained popularity as a sporting martial art. Adepts of this style are bound by 5 ethical principles made by the master Choi Hong Hi: politeness and courtesy, reliability and honesty, perseverance, self-control and courage.

# CAPOEIRA



Capoeira comes from Brazil, but was invented by African slaves. It consists of acrobatic figures similar to dancing and at the same time striking with the leg. Its effectiveness is based on the unpredictability of movements that can throw the opponent off balance and surprise him with the dynamics. The fight takes place in a special, circular arena, where two players exchange blows to the rhythm given by Brazilian instruments. Initially, capoeira was not strictly a martial art, but an acrobatic and dance show and a presentation of inner freedom. So far, several styles of capoeira have been created, some of which put more stress on dancing and cooperation, and others on competition.

# MUAY THAI



Muay thai is a Thailand's national sport with a tradition dating back to the 13th century. Initially, it was a fighting technique with religious elements - each duel began with the dance of both opponents (waikhru) and prayers to the gods. The training methods were treated like a ritual, and the fighting was accompanied by a band performing Thai folk music. With time, Thai boxing came into the ranks of the army, and in the 20th century it became a popular form of spectacle with audience participation. For safety reasons, fights began to be organized in an arena limited by ropes and boxing gloves were used (modeled on European boxing). A characteristic feature of muay thai is the duel in the clinch, i.e. close engagement of both players.

# TAEKKYON



Taekkyon, is a traditional Korean martial art. Considered the oldest martial discipline of Korea. It was recognised as a National Treasure of South Korea in 1983, and a UNESCO Intangible Cultural Heritage in 2011. It's believed later Korean martial styles originated from it. It is characterized by fluid, dynamic foot movement called "pum balgi". In Taekkyon it's important to use the hands and feet at the same time to trip, or throw the opponent off balance. Hands and feet are always used together. A Taekkyon practitioner is called a "Taekkyon-kkun" and wears a uniform called "dobok".