

Choose Wisely

How to pick a martial art that's right for **you?**

It might be more important than you think



Sport

Self Defence

Art

Heavy or full Contact

Muay Thai
Kick Boxing
Boxing
Sumo
Karate Kudo Koshiki
Wrestling

*Ju-Jitsu
*Kali / Silat
Combatives
Krav Maga

No Such Thing

Controlled or Soft Contact

Judo
MMA
Karate Kumite
Taekwondo
BJJ
*Tuishou (Tai Chi)

*Ju-Jitsu
*Kali / Silat
Ninjitsu
Happkido
Sambo

*Ju-Jitsu
Aikido
Wing Chun
Kung fu
Capoeira

No Contact

Ju-Jitsu (single Kata only)
Karate (Some styles)
Kata (Some styles)

No Such Thing

Ineffective Hybrids

*Iaido
*Tai Chi
Tameshigeri
Kudo
Ju-Jitsu Kata
Kata (Most styles)
Hybrids

All Martial arts are not equal. Some are little more than childminding services that teach ineffective technique and build a false sense of security. That's dangerous.

How are you supposed to choose? Start with desired outcomes! [Full descriptions](#)>

* Editor Picks for usual all round true to claim reliability – Choose wisely!

Some martial arts are not suitable for sport or competition as they are too dangerous.

All Martial Arts have some utility in **Self Defence** however there is a dramatic difference in applicability to real world situations depending on the style, variant club and instructor's skill sets. Usually, even if Self Defence is not a focus of the style, a black belt qualified practitioner should have a broad range of self-defence skills whereas beginners to intermediate practitioners may be anywhere from reasonably competent to defenceless. For more descriptions of more martial arts, go to the sponsors web page.

Ju-Jitsu Developed in Japan and refined and utilised as a battlefield system by the Samurai and purportedly descended from Chinese fighting systems, this martial art is a forerunner of both aikido and judo. Many techniques are designed to defeat armoured or weapon wielding opponents and multiple opponents. It contains punches, kicks, throws, holds, locks, pins, strangles & chokes, grappling, escapes, pressure points, tying, high pain easy access targeting, counters and endless combinations, ancient weapons, modern weapons of opportunity, kata and forms. It is predominately a close quarter combat in very effective close proximity to your opponent. Jujitsu uses the attacker's momentum and a system of movement and unbalancing to manipulate the attacker into various joint locks and disablement to quickly and efficiently restrain and immobilise (serial) opponent(s).

Sport ①, Self Defence ⑨, Art ⑧, Fitness ③, Spiritual ⑦

Judo is a competition-based sport that was created by a Japanese jujitsu master seeking a way to train more heavily and avoid injury and downtime. The primary objective is to throw or takedown your opponent for points. Today, Judo is used for both sport and exercise. Judo does not contain any striking techniques in competition or practice. Judo is a subset of Jujitsu with all of the dangerous techniques removed. To grade, you must compete.

Sport ③, Self Defence ②, Art ⑤, Fitness ⑧, Spiritual ⑥

Karate originated in the south of Japan and is practiced primarily for sport. It typically involves kicking, punching & elbows and also incorporates open hand techniques. Karate is also practiced as an art. Clubs usually focus on the sport form or the art form but rarely both. The main focus is on attack, deflection, controlling and disabling attacks that come from directly in front. The art is based on the premise of being able to defeat an opponent with a single well-placed strike. Sporting components include non-contact comparison competitions of **kata**, and light contact competitions such as **kumite**

Sport ③, Self Defence ②, Art ⑧, Fitness ⑥, Spiritual ③

Aikido is a modern martial art that originating from Japan and is and based on the softer more circular movements from jujitsu. The creator of Aikido wanted to make an art that a person could practice, without causing injury to their training partners. Aikido loosely translates to "the way of harmonious. spirit"

Sport ①, Self Defence ①, Art ⑧, Fitness ③, Spiritual ③

Brazilian Jiu-Jitsu (BJJ) is a Brazilian version of judo, taught to locals by a traveling judo expert. Once an attacker is brought to the ground, opponents attempt to control and manipulate joints. After the opponent is immobilized and pain applied the round is won by causing the other opponent to tap out. BJJ is a subset of Judo with a greater focus on ground work

Sport ⑨, Self Defence ②, Art ②, Fitness ⑦, Spiritual ②

Krav Maga is Israeli's national martial art. It has been designed for the purpose of military hand to hand combat and it is taught to the entire defence force of the county. This martial art involves aspects of Ju-Jitsu grappling and ground fighting. Karate kicks and knees, and traditional boxing punches. This is not a sport, in Krav Maga, the defence is aimed at killing the aggressor. The defences are generally counterattacks so as to simultaneously incapacitate the attacker. They also focus on attacking high pain areas of the body including the eyes, groin and throat.

Sport ①, Self Defence ⑦, Art ①, Fitness ⑥, Spiritual ①

*Carry the tools you are prepared to do the time for!
If all you have is a hammer, all problems look like nails!*

All Martial arts clubs will advertise their systems as the best. The honest ones will tell you their expected outcomes and be able to deliver this for a fair price. Be wary of those that promise everything or exaggerate their abilities or excessively discount, as they are likely to also discount their quality or ethics or both.

Taekwondo, a Korean martial art, combines defence and attack, as a means of sport and exercise. TKD focuses on high kicks and quick hand movements. It is based upon the belief that the leg is the strongest and furthest reaching limb that a person has, thus having the greatest potential to be used as a powerful weapon while keeping an attacker at a distance. is practiced as a sport and an art. Clubs usually focus on one or the other

Sport ⑨, Self Defence ②, Art ⑥, Fitness ⑦, Spiritual ⑥

Tai Chi (or **Tàijíquán / Taiji**) Originating in China and a mother of many other martial arts, tai chi is a complete martial arts system including **sanda*** - strikes & throws, **chin-na** - joint locking & grappling, **tuishou** - a sporting component called push hands & **taolu** - the slow moving forms that tai chi is famous for and what most people know as tai chi, the choreographed, slow-motion postures. There are 4 major styles with many substyles and 1000s of variants. Tai chi is known as moving meditation. It is ideal for low impact exercise but also contains many martial arts fundamentals and when used quickly, can be an effective combat system however it is rarely practiced this way. Some forms use a sword or other weapons. ***Sanda & Sanshou** are also separate and complete military based martial arts, with rule driven sporting components.

Sport ①, Self Defence ①, Art ⑩, Fitness ③, Spiritual ⑩,

KungFu - (**Such as Wing Chun & Jeet Kune Do**) There are hundreds of variants. These Chinese martial arts, collectively known as **Wushu** use numerous fighting styles, some of them involving acrobatic elements such as flips, jumps, and high kicks. Kung fu can be loosely divided into two schools: those that focus on arm work, such as rapid, close-range punching; and those that focus on acrobatics, with kicks and leg work. Some kung fu forms encourage the practitioner to be aggressively forceful, while others encourage the yielding model, in which you use the attacker's force against him or her. Some schools emphasize a focus on relaxation and visualization techniques.

Sport ③, Self Defence ⑤, Art ⑧, Fitness ⑥, Spiritual ③

Combatives Sometimes called **Close Quarters Combat (CQC)**, also often referred to as **gutter** fighting or **dirty** fighting. Practitioners often use the philosophy of "whatever works". This is a military developed martial art based on jujitsu, simplified and tweaked for potentially lethal hand to hand combat. It contains all of the major components of jujitsu and is generally taught by drills. Civilian schools teaching combatives are known for their violent but realistic testing which includes fully body armoured, full contact, freestyle and in situ combat. Opponents will be placed in a room with typical furnitures and expected to survive an onslaught of attacks from the other.

Sport ①, Self Defence ⑩, Art ①, Fitness ⑥, Spiritual ①

For more information and more martial arts go to:

www.innercircleacademy.com.au or find us on Facebook

About this club:

Inner Circle Martial Arts Academy

Self Defence based on traditional Ju-jitsu and lethal weapons systems. Pressure tested & street proven Students will be able to defend themselves and others in a broad variety of situations.

Integrated and Separate curriculums for Ju-jitsu, Kali, Iaido, Taichi and self defence programs.

Dojos at Wamuran, Bribie and Caboolture.

2 days free trial to see if you fit in.

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