

these, thousands of different styles. Karate, judo, kung fu, and tae kwon do are among the most popular and well-known of the martial arts in the U.S., but there are numerous others.

Despite the array of martial arts and styles, most of them share common techniques, and so they can be organized into broad categories that facilitate understanding. The primary way of classifying martial arts is by the basic physical technique they use: striking or grappling.

Because karate, judo, kung fu, and tae kwon do have been more prominent than other forms in popular culture, from film to sporting events, many people mistakenly believe that all martial arts are Asian in origin. In fact, diverse cultures throughout history from Europe, Africa, the Americas, and the Middle East have also given birth to their own martial art forms.

Do you even know the difference between kung fu and karate? Do you think wing chun is a chinese dish? The different styles can even be related to shapes or geometry - squares, triangles and circles. Or a combination of triangles with small circles as can be seen in chinese trapping, wrist locks or Aikido entry and endings.

MARTIAL TRAINING TO LIVE

Training is hard..really hard. The most hard is to get started and then its downhill and easy from there. And so you need is a martial arts machine - something new and exciting to get you off your fat ass. Search for it - martial arts machine - <http://www.google.com/search?q=martial+arts+machine>

Or find a martial arts school in your area - <http://www.google.com/search?q=martialarm+schools+directory>

Whats important now is to do something, start with brief exercise, get into stretching, shadow box, then step up and train hard. Everyone knows someone who knows how to fight - with fists, knives, weapons, guns, tactical, senseless, whatever but START! GO to the local phone book and look up kung fu or karate. Then give them a call, go along or take your kid.

CONCLUSION IS ACTION

Life is not scary but maybe your lack of skill, self confidence and personal competence is making you afraid. Be pro-active and look, then choose and participate in action whether alone with a martial arts training machine or go to a dojo.

If you are not liking what you see in the mirror, afraid to go down a dark street, scared of a potential confrontation then train now. We cant all be Bruce Lee but you also dont want to be an emotional and physical punching bag do you?

About the Author

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