

The Martialarm Introduction To Kickboxing

Though most experts do not consider American Kickboxing to be a martial art in the strict meaning of the expression, few doubt its effectiveness as a style of combat. American Kickboxing was developed to be a sport, with competitors wearing gloves and foot pads and delivering blows full-force with the intention of knocking out their competitor (in contrast to many martial arts competitions which are semi- or no contact and the winner is decided on points). Since only hand and foot techniques are allowed, American Kickboxing may be the most basic systematised fighting style other than traditional (hands-only) boxing. However, the reason it is so simple is that it utilises only the most practical attacking and defending strategies and trains the fighter to become extremely skilled at them. Similar Styles: Boxing - Teaches how to punch with power and how to dodge a punch better than any other style. However, boxing is a sport and assumes that there will be no strikes lower than the belt, no kicks, elbows, or knees, and no grappling.

Kickboxing training can be done in any city in the world and I encourage you to visit our martial arts directory of Kickboxing to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/kickboxing.html>;

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