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If you want to stay fit, then learn martial arts melbourne. It will not only help in keeping you fit and fine, but will also make you acquire the strength and tactics to deal with sudden human attacks and threats.

In fact, if you want to build a great physic fast, then there is no alternative to this self-defense fighting skill. However, it is necessary to know the different forms of this art before approaching any further. Keep in mind that two major forms of martial arts is mainly available: armed and unarmed.

In the armed format, the use of weapons is allowed. Some of the common weapons used are stick, nunchaku, swords, knives, rope, etc. Some of the common armed formats are Kalarippayattu, Kobudo, singlestick, kendo, kyudo, silat, and eskrima.

In the unarmed format, any form of weapon usage is strictly disallowed. The only weapons are the different organs of the fighterâ€™s own body. Hand, leg, and head are three parts of the body that are used to prevent severe attacks from enemies. There are two type of unarmed format: Strike & Grapping.

Some of the strike oriented unarmed martial arts are Tae Kwon Do, Karate, Muay Thai, Kung Fu, Kick Boxing, and Wing Chun.

Some of the grapping oriented unarmed martial arts are Judo, Jujutsu, Sambo, Wrestling, Sumo, Aikido, Glima, and Shuai Jiao.

martial arts australia are a must in every fitness regime these days. Be it the military training or scout camping sessions, some of the formats are included due to greater health benefits. In fact, the local fitness and health centers also include kickboxing, and karate sessions for body flexibility improvement. It also helps in improving the overall stamina and mental toughness.

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