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The Basics of Martial Arts and Self Protection Classes by [James Pollard](#)

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Martial arts, also known as karate, is a fighting style, believed to be developed in 1372 in Okinawa. This fighting method involves the using of punches, knees, feet and elbows, and those who are ready to start martial arts lessons are teaching how they should protect against an enemy which is using a knife or a gun. Those are the essential parts that a practitioner is learning in the lessons of the martial arts. This fighting style is very different from boxing, and boxing lessons are rougher than the karate lessons, because at the first lessons of boxing the coach will have to break the practitioner's nose, and that's the most essential rule in every boxing training gym all over the world.

The karate lessons are taking place in a gym, where more practitioners are exercising the same move, for example a fist strike. Now the martial arts are considered a sport, not a fighting style and from the original karate fighting style more fighting styles were created during the years. For example, the Brazilian fighting style named Capoeira, or Brazilian Jiu-Jitsu. For those who want to try a different type of fighting style, Brazilian Jiu-Jitsu classes are highly recommended for them, if they took at least four or five martial arts lessons.

These days, karate is considered as a fighting sport, just like boxing, where the practitioners are going to contests and they can win medals. Also, this sport involves some special ranks, and the rank of a practitioner could be seen as a belt around his waist. The practitioners should wear a karate kimono when they are practicing this sport, and they are fighting without using gloves. The kimono is tight with a special belt, which represents the ranking of every practitioner. For example, the white belt is for beginners, and those who are wearing a black belt are already considered "masters". However, the ranking of the karate sport is different from a country to another, but the white belt for the beginners and the black belt for the professional is the original Japanese way of ranking.

There is one simple rule in this sport: the first one who is reaching the floor loses the match, and the other who is still on his feet will win the match, but the opponents are fighting only using the karate movement learned from their sensei (the karate coach, or trainer).

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[James Pollard](#) - About Author:

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