

WHAT IS YOUR ART

Aikido is an excellent art to study if you want to learn how to control and manipulate an opponent effectively. It teaches you excellent joint locking and throwing skills and how to use your opponents own force against them, as well as striking techniques. When you know Aikido, you can defeat opponents who are bigger and stronger than you using their own strength and momentum against them. This art requires very little physical strength.

Aikido was created by the “Great Teacher” Morihei Ueshiba in the late 1920s. Along with throwing and joint locking techniques, Ueshiba also incorporated training movements with weapons. It is unclear when Ueshiba began using the name “aikido” for the art that he had developed but it became the official name in 1942.

Boxing is an excellent technique to study if you want to learn how to strike an opponent effectively. It teaches you striking skills with your hands. Boxing is great for conditioning and fitness. When you know Boxing, you can defeat opponents by using a variety of punches.

Boxing dates back many thousands of years. The first carvings depicting boxing are from the 3rd Millennium BC. Boxing is now practiced and watched by millions of people around the World. Boxers try to defeat their opponent by either a knockout or by winning on points awarded by judges at the end of the fight.

Brazilian Jiu-Jitsu is an excellent technique to study if you want to improve your strength while learning how to quickly take down an opponent and grapple on the ground. It teaches you how to submit your opponent on the ground when you're in close quarters. When you know Brazilian Jiu-Jitsu, you can defeat opponents who are bigger and stronger than you using a variety of chokeholds and locking techniques.

Brazilian Jiu-Jitsu was created in the early 20th century. It has survived for over a century and continues to be taught around the world, both as a martial art and as a competitive sport. Practitioners of Brazilian Jiu-Jitsu place a heavy emphasis on taking their opponent to the ground. Once on the ground, a series of chokeholds or locking techniques are executed in the effort to get your opponent to submit.

Hapkido is an excellent technique to study if you want to learn an all round Martial arts effectively. It teaches you striking skills, joint locks, throws and grappling. When you know Hapkido, you can defeat opponents by using a variety of punching, kicks, locks and throws.

Hapkido is a Korean Martial art that was developed in the 1940s by Grandmaster Choi. Hapkido combines techniques for Aikido, Karate and Judo. Practitioners of Hapkido are known for the spectacular throws that they can execute on their opponents.

Jeet Kune Do was the name Bruce Lee gave to his combat system in the late 1960s. Bruce Lee never meant Jeet Kune Do to be a Martial art but the process he used to create it. One of the theory's Bruce Lee had when creating Jeet Kune Do was that a fighter should use whatever he needed in order to defend himself. One of Bruce Lee's goals in Jeet Kune Do was to break down some of the limitations traditional Martial arts have.

Jujutsu is an excellent technique to study if you want to learn an all round Martial arts effectively. It teaches you striking skills, joint locks, throws and grappling. When you know Jujutsu, you can defeat opponents by using a variety of punching, kicks, locks and throws.

Jujutsu is martial art that employs a wide range of techniques such as striking, throwing Joint locks and grappling. Influences and techniques can be found in a lot of martial arts. Jujutsu was developed over many years in many different independent Japanese schools. Jujutsu uses a lot of arm locks and submission techniques and this is the reason that a lot of police forces around the world use Jujutsu.

Judo is an excellent technique to study if you want to improve your strength while learning how to quickly take down an opponent and grapple on the ground. It teaches you how to bring someone to the ground when you're in close quarters. When you know Judo, you can take down opponents who are bigger and stronger than you using a variety of throws and momentum redirecting techniques.

Judo was created in 1882 by Kano Jigoro. It has survived for over a century and continues to be taught around the world, both as a martial art and as a competitive sport. Practitioners of Judo place a heavy emphasis on expending the least amount of energy possible. A weaker fighter can take down a stronger opponent after that opponent tires himself out. Each failed blow expends energy, and if you can redirect them, you will stay strong while your opponent loses the will to fight.

Karate is an excellent technique to study if you want to learn how to strike an opponent effectively. It teaches you striking skills and self discipline. When you know Karate, you can defeat opponents who are bigger and stronger than you using a variety of punching, knees, kicks, elbow strikes and open-handed techniques such as knife-hands.

Karate means 'empty hands' in Japanese because the practitioner (known as a karataka) does not require any weapons other than his own body. Karate was originally developed as a form of unarmed self defence in the Okinawa Islands. In the 20th century Karate was brought to the Japanese mainland. It has survived for over a century and continues to be taught around the world, both as a martial art and as a competitive sport. Sparring In Karate is called Kumite. This means 'meeting of hands'. Levels of contact in Kumite vary considerably.

Kenpo is an excellent technique to study if you want to learn how to strike an opponent effectively. It teaches you striking skills and stand up grappling. When you know Kenpo, you can defeat opponents by using a variety of punching, knees, kicks, elbow strikes and open-handed techniques.

Kenpo is a fighting system that is particularly popular in the United States. Kenpo places equal emphasis on the use of hand and feet strikes. There is no difference between Kenpo and Kempo, they are just different ways of spelling the same art. Kenpo also practices kata or forms like many other Martial arts.

Kickboxing is an excellent technique to study if you want to learn how to strike an opponent effectively. It teaches you striking skills and various clinching techniques. Kickboxing is great for conditioning and fitness. When you know Kickboxing, you can defeat opponents by using a variety of punches, knees, and devastating kicks.

Kickboxing refers to a group of martial arts that use kicking and punching. Although American kickboxing was only developed in the 1970s, true kickboxing roots go back a couple of thousand years. Lots of spin off styles have developed from kickboxing such as Savate, K1 and shoot boxing to name but a few. Practitioners of Kickboxing try to defeat their opponent by either a knockout or by winning on points awarded by judges at the end of the fight.

Kung Fu is an excellent technique to study if you want to learn how to strike an opponent effectively. It teaches you striking skills and self discipline. When you know Kung Fu, you can defeat opponents who are bigger and stronger than you using a variety of punching, knees, kicks, elbow strikes and open-handed techniques such as knife-hands.

Kung Fu is one of the oldest Martial arts and has been a great influence to many other arts such as Karate. Kung Fu is a broad term used to describe most Martial arts that are of Chinese origin. The word Kung Fu actually refers to excellence achieved through long practice in any field. So, you could say someone's Kung Fu is good in playing the piano because they have achieved a good standard by a lot of practice in that subject. If someone has bad Kung Fu, it means they haven't put enough time or effort into their chosen subject so they haven't achieved a good standard.

Krav Maga is an excellent technique to study if you want to learn an all round Martial arts effectively. It teaches you striking skills, joint locks, throws and grappling. When you know Krav Maga, you can defeat opponents by using a variety of punching, kicks, locks and chokes. Krav Maga is the unarmed combat method of the Israeli army. Krav Maga uses elements of a number of martial arts including Judo, Jujutsu and boxing. Krav Maga practitioners are very adept in dealing with situations involving knives.

Mixed martial arts (MMA) is an excellent technique to study if you want to learn an all round Martial arts effectively. It teaches you striking skills, joint locks, throws and grappling. When you know Mixed martial arts, you can defeat opponents by using a variety of punching, kicks, knees, elbows, locks and throws. Mixed martial arts is popularly known as ultimate fighting or cage fighting. Mixed martial arts is a full contact sport and as the name suggests, allows a wide variety of skills from all different martial arts. Mixed martial arts as a spectator sport is getting more and more popular

Wrestling is an excellent technique to study if you want to improve your strength while learning how to quickly take down an opponent and grapple on the ground. It teaches you how to bring someone to the ground when you're in close quarters. When you know Wrestling, you can take down opponents who are bigger and stronger than you using a variety of throws and momentum redirecting techniques. Wrestling dates back many years. Origins of the sport can be traced back 15,000 years to drawings in caves. In ancient Greece, wrestling occupied a prominent place in their culture, legend and literature. There are now many styles of wrestling. A Wrestling practitioner will use throws, joint locks, pins and other grappling holds in order to get a superior position on his opponent and win the fight with a submission, take down or by pinning their opponent.

Why Pressure Points Are Now Obsolete!

**“Here Are The NEW ‘NERVE Fighting’ Secrets
That Now Make ‘Ordinary’ Pressure Point Fighting Obsolete!**

what I'm about to reveal today – whilst it doesn't replace pressure point training altogether (as good as that it) – is possibly THE most powerful discovery we've found here at *SelfDefenceExposed.org*...for beating even the most-hardened pressure point veteran...for improving your self-defense skill almost overnight...and for flat-out dominating mugger, bullies and other street punks.

You see, this is all about taking pressure points to a **WHOLE OTHER LEVEL** – and it is quite frankly something that few people will ever get to know about. Safe to say...once you learn how to do this for yourself...you will be able to control a 'bad guy' as easily as you control a pussy-cat right now.

What is this GAME-CHANGING concept in martial arts?

It is NERVE-FIGHTING

You see, as good as pressure points are, nerve fighting is better. In fact, attacking the **nervous system** is one of the most sure-fire ways of stopping **ANYONE** who dares come near you. *Yet very few martial arts actually teach this 'nerve' stuff.* Most don't have a clue it **EVEN EXISTS!** And best of all...

- Anyone can use these 'NERVE' game-changing secrets – it doesn't matter how old, big or weak you are. If you defend using the attacker's nervous system against them, you don't need size or strength!
- It doesn't matter if you've never trained before – you see, it's simple to learn...meaning you can learn this material, and have the kind of power that few black-belts even have – almost overnight