

cut out and save for a martial artist you know

A MARTIAL ARTS EDUCATION

**Tony Annesi, head instructor,
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Types of Martial Arts School, 1

There are many ways to categorize types of martial arts schools: Traditional vs. Modern; Competitive vs. non-competitive; by ethnic origin; by type of training regimen. I have taken a few that I think are most relevant to those seeking out a martial arts education.

SPORT/ART: Although most martial arts schools are a mixture of traditional art and contemporary sport versions, many schools *emphasize* sport. If you like the idea of competing with your martial art, this is for you. Many semi-traditional schools emphasize open all-style competition. Conversely, closed competitions emphasize one type of art and make rules accordingly. Competi-

tion can be full-contact (not usual for most schools), semi-contact, or no-contact (often degenerating to semi-contact in the heat of competition.) Schools that are non-sportive, usually emphasize self-defense or personal development. They avoid sport martial arts and emphasize training for practitioners who are less interested in trophies and more interested in self-improvement.

More types of martial Arts, next week.

**BUSHIDO-KAI:
Self-Development thru
Self-Defense
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Types of Martial Arts School, 2

SELF-DEFENSE/SELF-DEVELOPMENT: Self-defense schools appeal to those who want to be survive an attack. Unfortunately, schools can proffer unrealistic abilities to the eager student. Self-defense is the root of martial arts training, to be sure, but to suggest that self-protection is possible in *any* circumstance and *in short order* and to *everyone* is unrealistic. Long-term training improves self-defense capabilities in most but not in all situations. Self-development schools can vary from the effete to the very effective. Their goal is self-defense as a by-product of training.

STRIKING/GRAPPLING: The sport-schools can further be divided into (a) striking methods

(represented by Karate and Tae Kwon Do) and (b) grappling (represented by Brazilian Ju-jitsu and sport Judo). Aikido, Aiki-ju-jitsu, and Ju-jitsu schools emphasize standing grappling and Ju-jitsu schools sometimes add ground grappling, often adapted from Judo. Some shorthand: Tae Kwon Do: usually, but not always sport-oriented; Japanese Ju-jitsu: usually self-defense; Aikido: usually self-development; Aiki-ju-jitsu: usually self-defense; Karate: can be either sport, self-defense or self-development, often a mix; Kempo: mostly self-defense, some sport.

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