

Various Martial Arts Forms

Ak-ki-do *The Way of Spiritual Harmony (Japan)*

Non-resistance style utilizing inner strength, redirection of opponent's defenses and throwing, but does not include striking, kicking or punching. Founder: Morihei Ueshiba in 1942

Hap-ki-do *The Art of Coordinated Power (Korea)*

Hapkido employs powerful kicking techniques like Korean Taekyon, with the hand techniques of Daito-ryu aiki-jutsu. Until the 1960s Hapkido was known by various names: yu kwon sul, yu-sool, etc. Founder: Yong Sul Choi

Hwa-rang-do *The Way to Flowering Method (Korea)*

Soft style similar to Hapkido, but utilizes Kata and much board and brick breaking. Founder: Joo Bang Lee

Jeet-kune-do *The Way of Intercepting the Fist (China)*

Art developed by Bruce Lee incorporating American boxing and wrestling, Judi, Wing Chung Gung Fu, Hapkido and Tae Kwon Do kicking , plus fencing movements.

Kali, Arnis and Escrima *(Philippines)*

An effective form of self defense with strong emphases on sticks knives and bladed weapons. As a fighting art, it has three forms of combat: espada y dogo (sword and dagger), solo baston (single stick) and sinawali (2 sticks).

Ju-do *The Way of Gentleness/ Gentle Way (Japan)*

Similar to American wrestling. Teaches throwing and pinning and/or choking opponent. Utilizes off-balancing of opponent to allow for throw; requiring eight points of pushing and pulling to balance. Founder: Jigoro Kano.

Ju-jitsu *The Way of Gentleness/Gentle Art (Japan)*

Sport art of Judo converted for combated use. Includes some striking and much breaking of bones, usually after the throw.

Kara-te *The Way of the Open Hand/Empty Hand*

General term designating any system of unarmed combat using all parts of the body as weapons.

Ken-do *The Art of the Sword (Japan)*

System of sword fighting developed by ancient Samurai stressing honor and dignity.

Kempo *The Law of the Fist (China)*

Series of movement designed for breaking bones. Object is to pass a bone without breaking it. Brought to the mainland by Ed Parker.

Kung Fu *Skilled Person/ Disciplined Techniques (China)*

Soft style with much circular motion; emphasis katas with animal movements.

Kyu do *The Way of the Bow (Japan)*

Emphases on achieving a path toward self-perfection and enlightenment through perfect form and techniques. It is often referred as “Zen Archery”.

Ninjitsu *The Art of Invisibility (Japan)*

Secret art and skills of assassination, espionage, and sabotage; utilizes special weapons, camouflaging techniques, burglary and silent attack.

Shoto-kan *The House of Power (Japan)*

Hard style with low stance. Has straight, hard line motion emphasizing katas and power in motion; low kicks, no throws. Founder: Gichin Funakoshi

Tai Chi Chuan *Ground Ultimate Fist (China)*

Soft style utilizing slow motion movements designed for perfection of internal body organs; considered mediation in motion. Founder: Chen-Wong-Ting

Wushu *The Warrior Art (China)*

Modern style of Kung Fu, emphasizing acrobatics and chi flow; much use of flamboyant weaponry.

Tang-Soo-Do *Art of knife hand/ Way of the Chinese Hand (Korea)*

Tang-soo-do is a composite style, being 60 percent Soo Bahk Do, 30 percent northern Chinese and 10 percent southern Chinese. Founder: Grandmaster Hwang Kee

Tae-Kwon-Do *Art of Kicking and Punching (Korea)*

A form of fighting, this national sport of Korea embraces a lot of kicking. It is a combination of the hyung (patterns) of its ancestral combative arts taekyon and subok. Founder: Gen. Hong Hi Choi

Wing Chun

Wing chun emphasizes self-defense reduced to its most streamlined rudiments: simultaneous attack and defense with multiple straight line strikes at extremely close range. Founder: Ng Mui. The system was named after the Wing Chun Hall in which she and the other elders had held their discussions.

Kyokushin Karate *(Japan)*

Founded by Masutastu Oyama, emphasized in a way of thought that represented the budi (warrior way) ideal. He believed students would find strength through self-denial and self-discipline.

Vovinam (*Vietnamese Traditional Martial Art*)

Vovinam is practiced with and without [weapons](#). It is based on the *principle of harmony between [hard and soft](#)*. It includes training of the body as well as the mind. It uses force and reaction of the opponent.

Vovinam includes [hand](#), [elbow](#), [kicks](#), escape- and levering techniques. Both attack and defense techniques are trained, as well as forms, combat and traditional wrestling.

The wide range of techniques include punching, kicking etc. as well as [Forms](#), wrestling, sword, [staff](#), [axe](#), [folding fan](#) and others. Self defense techniques cover defense against weaponless attacks like choking from behind and defense against attacks with knife or sword.

Advanced students learn to combine the techniques and learn to defend themselves against armed opponents. Instructors train traditional weapons like the long stick, short stick, knife, sword and sabre. Thereby the weapons serve as training devices for reaching optimal control of body and mind.