

A Pick of My Top 5 Martial Arts Styles

By [Jim E Knotts](#)

I have been asked this same question time and time again; "There are so many martial arts styles, which one is best?". And the answer is there is no superior style, only the level of dedication, training and conditioning a person has undergone. I personally believe that the practice of martial arts is a journey of self discovery, helping you synchronise body and mind in an effort to finding the best techniques to suit you.

My recommendation is to learn many different forms. Although there are "complete" systems out there it almost always won't be a complete system for you. There will be techniques that work for you and those that don't. For this reason I have picked out my top 5 martial arts styles to study but of course the list is expandable.

For your striking; Muay Thai - This is often linked to American style kick boxing however unlike most forms of kick boxing Muay Thai incorporates elbow and knee strikes along with clinches and throws. It is the national sport of Thailand and is incredibly brutal.

For your grappling; Judo - A martial art originating from Japan, it literally means 'the gentle way'. It involves throws, locks and pins that manipulate an attackers energy with little strength needed on your part. It will help with your ground work enabling you to defend yourself if the fight happens to go to the ground. You will also learn how to break falls and prevent holds and locks happening to you.

For a real self defence system; Krav Maga - This system is quite new in comparison to older martial arts styles from Asia however it has drawn inspiration from these and others to create a very effective unarmed combat system for use in the street. Krav Maga is especially renowned for it's very efficient knife and gun disarms and it's brutal counter attacks. Krav Maga was formally created by the Israeli Defence Force and is used by many military and law enforcement agencies around the world.

For the spiritual and meditative side; Tai Chi - Tai Chi is known for it's slow movements and relaxed breathing exercises. It is practised individually in sets of moves much like 'kata' in Karate and some forms involve practising with a partner. It is a great way to relax and attain great flexibility which in turn can help out the other martial arts styles you practise.

To enhance your journey read the 'Tao of Jeet Kune Do' - This is a collection of Bruce Lee's thoughts, philosophies and interpretations put together by his widow and close friends. I recommend reading the Tao of Jeet Kune Do in addition to your martial arts training as it will introduce you to ways of thinking that will enhance your understanding of both the martial arts and yourself.

Of course it will be too much for most people to study all of these forms at the same time but I recommend trying to attend classes in at least two of these martial arts styles at a time if you can. I wish you all the best in your training and hope you get the same level of fulfilment I have found.

Struggling to find the right martial art for you? Jim E Knotts has written a complimentary report on the various martial arts you can study which is available at <http://www.learn-ma-secrets.com>.

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