

Karate essay : Martial arts in general

Before writing this essay I had not thought a lot about what martial arts really are and what they mean to other people. People at my school think they are to make you a good fighter or for self defence. I think I used to think this too before I started to learn Karate. But now I see things differently, especially after looking for information for this essay!

A martial art has a different meaning to different people, and there are a huge number of them all over the world. It seems that every country has one or in some cases many! The countries normally linked with martial arts are from the Far-East, such as China, Japan and Korea. But some less known countries like Peru, Bolivia, and Egypt have them too.

Martial arts can be many things to many people, including;

- Self defence
- Fighting
- Health and fitness
- A code for life
- A social past time
- A part of their religion
- Competitive sport

Wikipedia says...

“Martial arts are systems of codified practices and traditions of training for combat. While they may be studied for various reasons, martial arts share a single objective: to defeat one or more people physically and to defend oneself or others from physical threat. In addition, some martial arts are linked to spiritual or religious beliefs/philosophies such as Hinduism, Buddhism, Daoism, Confucianism or Shinto while others have their own spiritual or non-spiritual code of honour. Many arts are also practised competitively most commonly as combat sports, but may also be in the form of dance. But sometimes it may be a way of life.”

I didn't know that sports like wrestling, boxing, fencing, archery and javelin which we see at the Olympics are all martial arts too. But when you think about it they can be part of more traditional martial arts such as Karate.

There are many schools all over the world like our Kodokan school where people learn to be martial artists. People can learn at work too. Martial arts are taught by the Police force and Army. My aunty is in the police and she was taught how to do some basic things with and without weapons. My Grandma is in a care home and she does Tai Chi to keep her joints healthy.

I have been practising Karate now for 4 years. It has become a big part of my life. I go to classes at the dojo twice a week. I enjoy many things such as

- Practising with my friends, especially sparring and mat work
- Learning new techniques
- Passing my gradings

I think it has helped me be a more confident person and helps to keep me fit. There will be many people like me all over the world that get lots of benefits from martial arts. It is something to be recommended to everyone. If my Grandma can do it anyone can!

My summery of martial arts

The subject of martial arts is huge. There is so much to learn. There are hundreds of types of martial arts all split into there different styles. Martial art isn't just about fighting or strength and speed, it is also about mental things not just physical. You can do it to music, alone or with friends. Hundreds of people do it in the parks of Japan each morning. It is a way of life. It is part of my life.

By James Boyd

(584 words)