

Martial Arts

Martial arts are a way of life. Many people with little understanding of the term think martial arts are a sport. The reason why martial arts are not purely sport is because a sport is a thing that you do when you feel like doing it and most sports are about winning. Whilst martial arts can be a sport when competitions take place it is more of a way of life with the advantage of training to defend yourself and condition the mind. As a result martial art becomes a part of life.

As the student progresses through the various grades they become far more complex and challenging requiring more effort and strength to succeed. In the build up to grading the students Sensei will help to prepare each student. Furthermore your Sensei will not let you grade unless they think you're ready to grade. Many students think a grading is just getting higher up the belts in martial arts. Many ask when the grading will be over. No one really knows because some grades might take longer than others. In a grade you have to answer questions related to martial arts whether its karate or judo. Also it helps if you have a bit more information as this helps when you progress through the belts.

There is much history surrounding martial arts and there are many schools that train Sempai to be a martial artist, often doing things in different ways and training in a different ways. Whilst there are many forms of martial arts and much history I am focusing on Karate. Karate has been all over the world for hundreds of years. There are different origins for instance Okinawa, Shotokan, Wado ryu, Shukokai, Goju ryu and others.

In a dojo (a training place) we bow three times at the start and end of each lesson. The first bow is to people who created karate and your Sensei, the second bow is to the Sempai which are students higher up the grades and the third bow is to everyone not just people to do with karate. There are certain rules in the dojo. As an example if you have long hair it should be tied back so it doesn't go in your eyes. Furthermore hygiene is important. You must have clean toes, fingers and hair to help prevent infection spreading to other students.

Based on karate there are some rules you have to follow. Some of which may also apply to other martial arts. If students fail to follow the rules they may have to do additional exercises or whatever the Sensei instructs. Exercise helps in martial arts as it strengthens your muscles, which helps when defending yourself. In martial arts the student is trained to be fast as again this helps when defending oneself. As you get older you have to exercise more as your reflexes start to become slower. However an experienced martial artist often acquires more skills than the younger student due to experience and a greater understanding of techniques.