

Martial Arts – Carindale PCYC

- ***Aikido*** uses the entire body to create spherical motion around a stable, energized center. Though it appears to be using only one part of the body, it's actually using the whole body. Techniques when properly executed are spectacular, by precise use of leverage, inertia, gravity, and the action of centrifugal and centripetal forces. Ultimately, it is the energy of the attack itself which brings down the attacker.
- ***Judo*** is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more. Judo is best known for its spectacular throwing techniques but also involves considerable grappling on the ground utilizing specialized pins, control holds, arm locks, and Judo choking techniques. Judo emphasizes safety, and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety.
- ***Karate*** Unarmed martial-arts discipline employing kicking, striking, and defensive blocking with arms and legs. Emphasis is on concentrating as much of the body's power as possible at the point and instant of impact. Striking surfaces include the hands (particularly the knuckles and the outer edge), ball of the foot, heel, forearm, knee, and elbow. www.goshinryu.com
- ***Ju-Jitsu*** is the ancient martial art of the legendary Samurai. It can be traced back to at least 2,500 years ago in Japan. In Japanese mythology it is said to have been used by the gods Kajima and Kadorai to discipline the lawless inhabitants of the Eastern provinces. Jujitsu encompasses throws, locks, and striking techniques, with a strong emphasis on throws, locks, and defensive techniques. It is also characterized by in-fighting and close work. It is a circular, hard/soft, external style.

- *Tae kwon do* is not just physical exercises but an art as well. The concept of Tae kwon do art is the union of mind and spirit aiming at self-perfection. When a man is heartily involved in his self-development, thinks over and analyses his acts, then it comes the real human mature - not only physical, but spiritual and moral one. It encompasses techniques used in combat, power tests and sparring.
www.muirstkd.com