



Martial Arts

4-Hit Combo

If you are sick and tired of the conventional workouts at the gym or you would like to sculpt your body and learn a useful set of self-defence skills at the same time, read on.

Martial arts are wide-ranging codified practices and traditions of combat. But they all have the same objective: to defeat or defend. Find out more about some of the lesser known, but definitely gaining in popularity, types of martial arts that you can learn right here in Singapore.

Jiu Jitsu

"90% of all fights go to the ground." This is a popular phrase among Jiu Jitsu practitioners. With this in mind, Jiu Jitsu fighters specialise in ground work, preferring to pin their opponents to the ground, applying joint-locks and chokeholds to defeat them. This defence form teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper techniques. There are many schools teaching different styles of jiu-jitsu, including Gracie Jiu Jitsu popularised by Royce Gracie in the Ultimate Fighting Championship.

Krav Maga

An Israeli martial art that focuses on survival, and not fanciful techniques, Krav Maga is widely used in military forces and

police departments in certain countries. As we usually cannot recall complex moves in a tense situation, Krav Maga capitalises on simple but instinctive reactions even when adrenaline infects the body. Since it is all about street fighting, there are no rules.

Muay Thai

Also known as "The Art of Eight Limbs," Muay Thai is characterised by punches, kicks, elbows and knees. Traditional rituals and values aside, Muay Thai trains one to become a fighter. A practitioner will master clinches, sweeps, strikes and kicks, transforming him into a formidable weapon to be reckoned with.

Wing Chun

Popularised by the Ip Man series of movies, Wing Chun quickly caught the eye of many youngsters looking for self-defence classes. The "centreline theory" is key to Wing Chun's philosophy, where maintaining the centre of your body towards your opponent is the way to defend your vital points effectively. Wing Chun is also a form of Chinese art, very much like calligraphy or pottery; it cultivates the mind and requires years or even decades of practice to master. It was also developed into Jeet Kune Do by Bruce Lee, which is a martial art that uses Wing Chun as a base for stances and movements. 📖