

English Tutorial Classes Week 10

Martial arts

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Martial arts

Martial arts are systems of physical and mental training that teach techniques for **self-defense** or **combat**.



Wrestling

Wrestling is the oldest combat sport.

Two individuals **grapple** with each other, attempting to gain control and pin their opponent to the ground.



Wrestling

Wrestling involves different grappling-type techniques such as **clinch fighting, throws** and **takedowns, joint locks, pins**, and other grappling holds.

Clinch fighting

Clinch fighting or trapping is the part of **stand-up fighting** where the combatants are grappling in a clinch, typically using clinch holds.



Throws and takedowns

Hip Toss: Involves using hip and leg strength to throw an opponent over the hip and onto their back.

Headlock Throw: Utilizes a headlock to throw the opponent by twisting or turning them.

Fireman's Carry: Involves lifting the opponent onto the shoulders and then dropping them to the mat.



Throws and takedowns

Single Leg Takedown: Targets one of the opponent's legs, often by grabbing it and driving them to the mat.

Double Leg Takedown: Similar to the single leg takedown but involves targeting both legs simultaneously.

Suplex: A powerful throw where the opponent is lifted and then thrown backward or sideways onto the mat.



Joint locks

Techniques used to manipulate an opponent's joints in order to immobilize them or force a submission.

ARMBAR- Involves hyperextending or hyperrotating the **elbow joint** by pinning the opponent's arm against the mat or the attacker's body.



Joint locks

KIMURA LOCK

Targets the **shoulder joint**, typically by holding the opponent's wrist and applying pressure to rotate the shoulder in an unnatural direction.



Joint locks

KNEEBAR

Targets the **knee joint** by hyperextending or hyperrotating it, typically by trapping the opponent's leg and applying pressure to the knee.



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Pins

Pins are used to secure victory by holding an opponent's shoulders to the mat for a specific duration.

Standard Pin: This involves lying on top of the opponent with both shoulders pinned to the mat.



Pins

HALF NELSON

The wrestler applies pressure to one of the opponent's **arms and neck**, turning them onto their back with one shoulder pinned to the mat.



Pins

CRADLE: The wrestler wraps their arms around the opponent's head and leg, controlling their upper body and legs while pinning their shoulders to the mat.

GUILLOTINE: Involves trapping the opponent's head and arm, applying pressure to the neck while pinning one shoulder to the mat.



Karate

空手道

KARA
Empty

TE
Hand

DO
Way

A Japanese martial art characterized by striking techniques such as punches, kicks, and knee strikes, as well as blocks and open-handed techniques.



Karate

Karate practice is divided into three aspects: **kihon** (basics), **kata** (forms), and **kumite** (sparring).



Karate

Kihon (basics) refers to the fundamental techniques of karate, including stances, strikes, blocks, kicks, and footwork.

Forms (Kata): Kata are choreographed sequences of movements that simulate combat scenarios against imaginary opponents.

Sparring (Kumite): Kumite refers to controlled sparring or combat drills performed with a training partner.

Karate

Karate places emphasis on traditional values such as **respect, discipline, humility, and self-control.**



“to win a hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.”

Belts

White Belt (Kyu/Dan): The white belt is the starting point for beginners and represents purity and innocence.

Each colored belt represents a certain level of proficiency: yellow, orange, green, blue, purple, brown.

Black Belt (Dan): The black belt is the highest rank in karate and represents mastery and expertise.



Taekwondo

A Korean martial art known for its emphasis on kicking techniques, including high kicks and spinning kicks, along with hand strikes and blocks.



Taekwondo

Breaking: the breaking of boards is used for testing, training, and martial arts demonstrations.

Power breaking – the goal is to break as many boards as possible.

Speed breaking – The focus is on the speed required to perform the break.

Special techniques – breaking fewer boards but by using jumping or flying techniques to attain greater height, distance.



Judo

A Japanese martial art focused on throws and **takedowns**, utilizing leverage and balance to control opponents on the ground.



Judo

Judo practitioners, known as **judoka**, train in a **dojo** (training hall) under the guidance of a skilled instructor.



Judo

Judoka wear a traditional uniform called a **judogi**, which consists of a jacket, pants, and **belt (obi)**. The color of the belt indicates the wearer's rank or skill level.



Judo

Men's Weight Divisions:

Under 60 kg (Lightweight)

Under 66 kg (Half Lightweight):

Under 73 kg (Middleweight)

Under 81 kg (Half Middleweight)

Under 90 kg (Light Heavyweight)

Under 100 kg (Half Heavyweight)

100 kg and over (Heavyweight)