

Title:

Martial Extreme Sports | Are You Informed ?

Word Count:

835

Summary:

a martial art is defined as - 1 : of, relating to, or suited for war or a warrior 2 : relating

a martial art is defined as: various forms of self-defense, usually weaponless, based on techn

Keywords:

martial arts, kung fu, wing chun, jeet kune do, karate

Article Body:

Do you even know the difference between kung fu and karate?

ITS DANGEROUS OUT THERE

Its dangerous out there and especially for you..

The enemy may be next door and you dont know it but you got to have the guts too look. What ca

Were are you on the scared meter of life? Are you out there amongst it or a bit of a shy body

You know that given a situation to be a hero and stop a crime, terrorism or violence you'll be

TV today scares the shiit out of many people as it promotes violence and turns the meek yellow

The danger today is maybe not too obvious to you but you better hone your sensors or youll get

PHYSICAL COMPETANCE

Have you ever seen raw assault or someone getting 'owned'? Just search google for "martial str

Kung Fu, Boxing, dancing, balley, incompetance? What will you present to your attacker?

Today we are lazy, probably fat too.. Go look in the mirror and skip for ten minutes, then che

Can you throw a punch or even stand steady on one leg? can you do a round-house or even give a

I can judge I am probably half the strength and endurance form 10 years ago, how about you?

MARTIAL KNOWLEDGE

a martial art is defined as - 1 : of, relating to, or suited for war or a warrior 2 : relating

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Do you even know the difference between kung fu and karate? Do you think wing chun is a chine

The different styles can even be related to shapes or geometry - squares, triangles and circle

Because karate, judo, kung fu, and tae kwon do have been more prominent than other forms in po

Or a combination of triangles with small circles as can be seen in chinese trapping, wrist loo

Despite the array of martial arts and styles, most of them share common techniques, and so the  
If you've never studied a martial art, your awareness of them most likely starts at Bruce Lee

#### MARTIAL TRAINING TO LIVE

Training is hard..really hard. The most hard is to get started and its down-hill easy from the  
Whats important now is to do something, start with brief excercise, get into stretching, shado  
GO to the local phone book and look up kung fu or karate. Then give them a call, go along or t  
Everyone knows someone who knows how to fight - with fists, knives, weapons, guns, tactical, s

#### CONCLUSION IS ACTION

Life is not scarey but maybe your lack of skill, self confidence and personal competance is ma  
Be pro-active and look, then choose and participate in action whether alone with a martial art  
If you are not liking what you see in the mirror, afraid to go down a dark street, scared of a  
Be pro-active and look, then choose and participate in action whether alone with a martial art  
Life is not scarey but maybe your lack of skill, self confidence and personal competance is ma  
We cant all be Bruce Lee but you also dont want to be an emotional and physical punching bag d

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