

Which Martial Art Is The Right For You?

Training in martial arts can be beneficial[1] to the mind and body.

Even better: your options are wide considering there are several different disciplines to choose from. The tough part then comes in deciding which martial art suits you personally.

Taking on these arts professionally comes with a separate set of requirements based on health and age. For the sake of this article, we'll focus on the training[2] as a hobby or part of your exercise routine. Some disciplines are better for certain people than others.

WHICH MARTIAL ART IS THE RIGHT FOR YOU?

BOXING

SPECIFIC Boxing is a combat sport that involves using punches to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Boxing has a long history, dating back to ancient times. It was a popular sport in the Roman Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Boxing is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Boxing teaches you how to use your fists to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Mike Tyson, Muhammad Ali, and George Foreman are some of the greatest boxers of all time.	BEST FILMS Rocky, Creed, and F. X. are some of the best boxing movies.

MUAY THAI

SPECIFIC Muay Thai is a combat sport that involves using punches, kicks, elbows, and knees to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Muay Thai has a long history, dating back to ancient times. It was a popular sport in the Thai Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Muay Thai is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Muay Thai teaches you how to use your fists, kicks, elbows, and knees to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Pannu, Buakaw, and Saenchai are some of the greatest Muay Thai fighters of all time.	BEST FILMS The Kickboxer, The Protector, and The Protector 2 are some of the best Muay Thai movies.

KICKBOXING

SPECIFIC Kickboxing is a combat sport that involves using punches and kicks to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Kickboxing has a long history, dating back to ancient times. It was a popular sport in the Roman Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Kickboxing is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Kickboxing teaches you how to use your fists and kicks to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Mike Tyson, Muhammad Ali, and George Foreman are some of the greatest kickboxers of all time.	BEST FILMS Rocky, Creed, and F. X. are some of the best kickboxing movies.

KARATE

SPECIFIC Karate is a combat sport that involves using punches, kicks, and blocks to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Karate has a long history, dating back to ancient times. It was a popular sport in the Japanese Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Karate is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Karate teaches you how to use your fists, kicks, and blocks to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest karate fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best karate movies.

TAEKWONDO

SPECIFIC Taekwondo is a combat sport that involves using punches, kicks, and blocks to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Taekwondo has a long history, dating back to ancient times. It was a popular sport in the Korean Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Taekwondo is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Taekwondo teaches you how to use your fists, kicks, and blocks to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Lee, Choi, and Kim are some of the greatest taekwondo fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best taekwondo movies.

BJJ

SPECIFIC Brazilian Jiu-Jitsu is a combat sport that involves using grappling techniques to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Brazilian Jiu-Jitsu has a long history, dating back to ancient times. It was a popular sport in the Japanese Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Brazilian Jiu-Jitsu is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Brazilian Jiu-Jitsu teaches you how to use grappling techniques to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest Brazilian Jiu-Jitsu fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best Brazilian Jiu-Jitsu movies.

JUDO

SPECIFIC Judo is a combat sport that involves using grappling techniques to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Judo has a long history, dating back to ancient times. It was a popular sport in the Japanese Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Judo is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Judo teaches you how to use grappling techniques to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest judo fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best judo movies.

WRESTLING

SPECIFIC Wrestling is a combat sport that involves using grappling techniques to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Wrestling has a long history, dating back to ancient times. It was a popular sport in the Greek Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Wrestling is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Wrestling teaches you how to use grappling techniques to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest wrestling fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best wrestling movies.

GI JUDO

SPECIFIC Gi Judo is a combat sport that involves using grappling techniques to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Gi Judo has a long history, dating back to ancient times. It was a popular sport in the Japanese Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Gi Judo is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Gi Judo teaches you how to use grappling techniques to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest Gi Judo fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best Gi Judo movies.

KRAV MAGA

SPECIFIC Krav Maga is a combat sport that involves using punches, kicks, and blocks to attack an opponent. It is a full-body workout that improves cardiovascular fitness, strength, and coordination.	HISTORY Krav Maga has a long history, dating back to ancient times. It was a popular sport in the Israeli Empire and was used as a form of entertainment in the Middle Ages.	FITNESS Krav Maga is a high-intensity workout that burns calories and improves cardiovascular fitness. It also helps to build strength and endurance.
SELF-DEFENSE Krav Maga teaches you how to use punches, kicks, and blocks to defend yourself. It is a practical skill that can be used in real-life situations.	GREATEST FIGURES Miyagi, Han, and Doi are some of the greatest Krav Maga fighters of all time.	BEST FILMS The Karate Kid, The Karate Kid Part II, and The Karate Kid Part III are some of the best Krav Maga movies.

Below, you'll find further information about 10 popular martial arts and who can best train in them.

Boxing

Boxing is a physically demanding sport. It isn't universal in terms of athletic ability, so you should be in good health to prevent injury. There isn't much of a limit when it comes to age though. From 5-years-old to 40-years-old and older, many take up boxing in their spare time.

It serves as a good means of getting into shape or releasing stress.

Muay Thai

Muay Thai is perhaps the furthest from a universal martial art style. As it requires a lot of coordination and skill, waiting until a child is older (7-12 age range) before starting is ideal. Beyond that, it may not be the best sport for those over 50 since it does place a lot of stress on the body. Being in above average physical condition is helpful in this case.

Kickboxing

Beyond being a competitive sport, kickboxing can be a great aerobic and cardio workout. It's normal to find the average adult in their 20s or 30s taking up a class. Young children such as those in the 3-5 range may not perform the best considering the high-intensity seen in these classes. Check your fitness level and health to ensure you can handle such high-impact cardio and aerobics.

Karate

Out of all the martial art styles, karate is one of the most universal ones. It's common to find people anywhere from 4-years-old to 50-years-old and beyond taking the art. Karate is particularly useful for children as it doesn't always require high-intensity like other art styles. You don't have to come

in with excellent athletic prowess in order to train in this art.

Taekwondo

The moves from taekwondo make it ideal for young children or older adults to improve or strengthen things like balance, coordination, etc. Children under 4-years-old may not fully grasp the techniques, while you may want to wait until around 16 or so to introduce sparring.

Those close to senior age or with some health problems may not keep up well with the kicking, takedowns, etc. required from the art.

BJJ

The grappling and such found in BJJ may turn some young children away, so this may be an easier art to introduce children to once they're 7-years-old or older. Also, it can be difficult for younger ages to truly understand what's expected from BJJ.

Adults in their 60s have been known to participate in the art too, and some adjust the training in order to suit their athletic capabilities.

Judo

It's simple to find young children taking up judo. It offers a good introduction to helping them understand their bodies. As such, it can better serve the 6-8-years-old crowd. There isn't a maximum age as you can find people in their 20s, 40s, and older taking the art.

What can limit you is your health; if you can't move without joint pain, this isn't the art for you.

Wrestling

Wrestling is an art many people of variety of ages take. You can find wrestlers from 5-years-old to 35-years-old. It's almost a universal art if not for the physical demands. You shouldn't take it if you don't believe your body can keep up with the strenuous moves.

Also, those around age 5 don't usually compete and just learn the basics.

MMA

An art that incorporates numerous other martial art disciplines, MMA works best for those who have average to above average athletic skills. With the combat moves required, the average age range is around 16-30. You can always find people older than that training if their health and determination fits the bill.

Going younger can be tough considering how intense the training can be.

Krav Maga

Although Krav Maga training isn't as intense as it initially was for military personnel, it still teaches serious self-defense moves. Some classes don't accept those under the age of 14 to learn. With that said, it aims to be universal in terms of age and ability in order to provide people with the necessary self-defense tools. Young children won't have the same type of lessons as older people though.

Final Words

The benefits from training in martial arts are numerous. From gathering some self-defense skills, to improving your overall confidence, and leading an overall healthier lifestyle, anyone can find success. Some arts are geared more toward certain age groups and athletic skills than others.

Even so, with the right research and understanding about your

own body, everyone should be able to find the right martial art style to suit their needs.

Resources

[1] <http://www.fullcontactway.com/benefits-of-martial-arts/>

[2] <https://www.fullcontactway.com/full-contact-training/>