

Self Defence Sports



Name the following :

In China, it is known as 'Wushu'. The late actor Bruce Lee, made it popular all over the world.

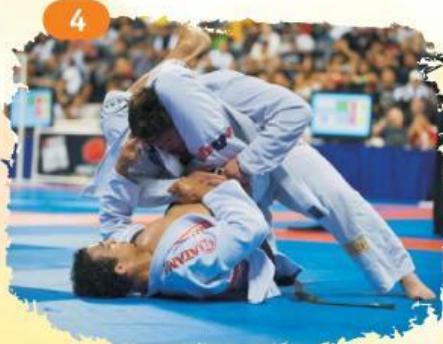


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First practised by Buddhist monks in China, in Japanese it means 'empty hand'. It is a combination of meditation and self-defence skills.

It is an Olympic sport of unarmed combat in which you have to use the weight of your opponent to your advantage. In Japanese it means 'gentle way'. No kicking or punching is permitted.



Judo, Karate,
Taekwondo, Kung Fu, Ji-jitsu

In Korea, it means 'the way of hand foot'. It has been an Olympic sport since 2000.

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In Japanese, the words mean 'gentleness' 'art'. Fighters, known as justsukas, try to knock each other off balance by striking each other.

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