



Get an overview of all the main styles of martial arts

Are you confused by the multiple styles of martial arts – karate, taekwondo, kung fu, jiu-jitsu, etc?

Although people generally select a martial arts school for reasons other than style (e.g., reputation, location, character-development emphasis, family focus) it's still good to have a general understanding of the martial arts before selecting the best martial arts school for you.

That's why we wrote this report titled: Overview of Martial Arts Styles.

In this report, you'll get an overview of the main categories of martial arts (Japanese, Chinese, Korean, Brazilian) and a brief description of the various martial arts styles within each category.

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