

PED 129
Class 2 – History of Self Defense

Development of Martial Arts

Definition of a martial art: a collection of related physical activities with a martial application

Factor most affecting the modern relevance of martial arts: development of handheld firearms

Today, most martial arts are practiced for two reasons:

1. Sport competition
2. Self-betterment

Eastern v. Western arts

Western martial training was largely limited to: the military class (nobility)

Eastern martial training was more widely propagated among the common people because of the influence of: Buddhism

Contribution of Traditional Martial Arts to the Science of Personal Protection

Concept of transfer of power comes from:

1. Western boxing
2. Eastern striking arts

Concept of trapping, locking, and balance displacement comes from: Western wrestling/Eastern grappling systems