

Mumbai Mirror

MARTIAL COMBAT

Exotic martial arts have moved out of action flicks and into the city's weekly fitness routine. Take your pick from these barely pronounceable forms and philosophies to get fighting fit

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AIKIJUJUTSU

Country of origin: Japan

This original Samurai art turns your weaknesses into strengths and renders your body weapon-like. You may also get that temper under control.

Mehul Vora, 6th degree black belt and trainer, explains, "The idea is to be defensive. Follow the motion of the attacker and use his movement against him by abruptly locking joints and pressurizing sensitive zones without expending much of your own energy. Arms, shins and feet are the first line of defense and pressure point attacks are used to subdue a much bigger person. Meditation or Zazen is also an essential part of the training. Because of its relatively gentler approach it is a hit with women.

STREET CRED

A pesky suitor needs a hint? A few swift moves and a sharp kick at the right points will tell him not to mess with you. If samurais trained for years, you'll need at least a few months.

KUDO Country of origin: Japan



A derivative of Karate and the Japanese version of Mixed martial arts (MMA), it's also known as Daido Juko and came into being about 15 years ago under the leadership of Grand Master Azuma Takashi. An amateur mixed martial art form; it's a hybrid version that incorporates Judo, Karate, Muay Thai, boxing, Jujutsu, submission wrestling and fine tuning them to the Daidojuko style.

If SFL, UFL and Bellator-style brutal animalistic wrestling and fighting is what gives you a kick in life, consider this slightly more cautious alternative. Unlike MMA, where the rules are more cautionary and fighters oppose each other in cages akin to caged animals, Kudo aims to be a versatile and realistic fighting style without compromising safety. It incorporates various offensive as well as defensive techniques which include punches to the head, elbow strikes, head butts, Judo throws, jujitsu joint locks and other ground fighting techniques.

Armor such as head guards, gloves and mats are provided but it's little respite given that the moves are geared to kill not just hit.

STREET CRED

This combat will ensure you are strong enough to take down anyone messing with you. Self-defense and an occasional offensive move will come easy. The idea is to not go looking for a fight.



KRAV MAGA Country of origin: Israel

The youngest martial art, this brutal action-style came into being in the 1960s as an outcome of the six-day war and is attributed to Imi Lichenfeld. For those with a serious fight club complex and anger management issues, this promises to fulfill your thirst for blood. The only objective in a Krav Maga class is to hurt your opponent in the worst way possible. This lethal war method was designed specifically for the army. Developed by Israeli scientists, it studied human reflexes and counter them with maximum force.

Leniency and coy deflecting aren't their mainstay. It goes for the kill and isn't afraid to make you bleed in your training sessions. Mehul Vora, who also takes Krav Maga lessons, talks about the criticism the fighting form has earned. "It was never intended for the civilians. Their philosophy is - take your battle to the opponent - which coming from their historical background, made sense. But when introduced to civilians, it came with no codes of conduct. It's all offense, aggression and aims to bring any argument to its final and ultimate end - death or permanent damage," he says. The targets are face, neck, joints, knees, groin and back and fists, palms, the instep, forehead and shin become your weapons.

It takes a few lessons to learn the techniques and doesn't really demand perfection. It also teaches defence against a gun, knife, stick and, ultimately, a suicide bomber. Works for terrorprone Mumbai? Students below 18 are not admitted.

STREET CRED Once you learn to break bones in a **Krav Maga** class, you know some fairly dangerous moves. But without adequate training and sustained practice, it's unlikely that you'll be able to put it to good use. If you're regular however, you'll have no trouble drawing blood. »

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