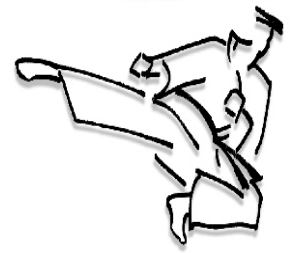




Karate Do, LLC

Martial Arts vs. Self Defense



There is a world of difference between studying a Martial Art and learning Self Defense; the two should not be confused. On this page, I will attempt to clarify the differences, highlight the similarities, and, by so doing, provide a basis for comparison and evaluation. This is not intended to be an exhaustive discussion; nor is it intended to promote one program over another. I will attempt to cover the three areas of growth that are said to be developed by study of the martial arts: mind, body and spirit. It is important to note that just because one program does or does not offer a particular benefit, this is not necessarily a "bad" thing. The program may not be designed to do so. One must base an evaluation only on whether the program offers the specific benefit you are seeking. In other words, if you are seeking physical fitness, a two-week self defense class will obviously not provide the same benefits as a life-long study of the Martial Arts. On the other hand, if you are seeking information on rape prevention and awareness, you might find these hard to come by in a dojo.

Mind

Description	Martial Arts Study	Self Defense Class
Learn concepts and principles of motion	Yes	No
Learn anatomy	Yes	No
Learn history and traditions	Yes	No
Learn methods of prevention	No	Yes
Learn about verbal defense	No	Yes
Specific information on violence against women	No	Yes
Information on legal issues	Not Generally	Yes
Speeds mental reactions	Yes	Yes
Improves concentration	Yes	No

Body

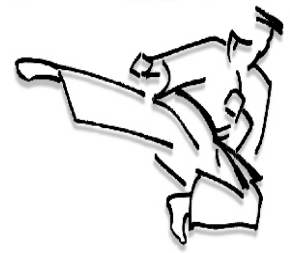
Description	Martial Arts Study	Self Defense Class
Builds strength	Yes	No
Enhances speed	Yes	No
Develops power	Yes	No
Trains focus	Yes	No
Improves elasticity	Yes	No
Develops balance	Yes	No
Conditions one to physical pain	Yes	No
Provides aerobic workout	Yes	No
Enhances stamina	Yes	No
Trains muscle memory	Yes	No
Develops body coordination	Yes	No
Develops hand-eye coordination	Yes	No
Quickens physical reactions	Yes	No
Improves posture	Yes	No
Teaches breath control	Yes (at higher levels)	No





Karate Do, LLC

Martial Arts vs. Self Defense



Spirit

Description	Martial Arts Study	Self Defense Class
Assertiveness training	Not Specifically	Yes
Increases self-esteem	Yes	Yes
Develops the will to fight	Yes	Yes
Overcomes fear of hurting	Yes	Yes
Increases ability to distinguish danger	Yes	Yes
Increases ability to set boundaries	Yes	Yes
Increases trust in perceptions	Yes	Yes
Opportunities to face fears	Yes	Yes
Provides meditative qualities	Yes (at higher levels)	No
Develops humility	Yes	No
Negation for ego	Yes (at higher levels)	No
Develops and cultivates instinctive reactions	Yes	Yes
Promotes detachment from self	Yes (at higher levels)	No
Develops expanded awareness	Yes	Yes
Develops discipline	Yes	No
Develops patience	Yes	No
Enhances self respect	Yes	Yes
Teaches respect for others/authority	Yes	No
Desensitization to stressful situations	Yes	Yes
Increases confidence	Yes	Yes

