

MARTIAL ARTS

Still not sure which Martial Arts Program to choose?
Use this quick fighting style chart to determine which one is right for you.

	AIKIDO	BOXING	CAPOEIRA	JIU JITSU	JUDO	KARATE	OFFENBERGER MUAY THAI
STRIKING							
Punching		x		x		x	x
Kicking			x	x		x	x
Open-Hand				x		x	
Elbows & Knee Strike				x		x	x
GRAPPLING							
Throws / Take Downs	x			x	x	x	x
Joint Lock / Submission Hold	x			x	x	x	x
Mat Work	x			x	x	x	x
CARDIOVASCULAR INTENSITY							
Low							
Moderate	x		x	x	x	x	
High		x					x
OTHER							
Do you train with music?		x	x				x
Is there sparring?	x	x	x	x	x	x	x
Can I compete / perform?		x	x		x	x	x
Do you train with equipment & tools?	x	x	x	x		x	x

Though each martial arts program has their own unique approach, they will all teach you self defense.
All fitness and experience levels are welcome.