

MARTIAL ARTS Vs COMBATIVE

By

Dr. LeRoy Hines, JuDan
Self-Defense Solutions. LLC
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Combative sport martial arts are fighting disciplines like: Wrestling, Brazilian Jiu-Jitsu, Muay Thai boxing, Western Boxing and Kickboxing. These forms of martial arts prepare students for reality-based combat sports, unlike non-combative martial arts such as Karate, Tae Kwon Do, Tai Chi, Kung Fu, etc....

COMBATIVE SPORT MARTIAL ARTS

When learning combative martial arts, you're learning the art of close combat where specific techniques are used to beat your opponent.

Combative martial arts like Brazilian Jiu-Jitsu are technique-oriented. You don't need to be super strong to beat an opponent who is much larger than you in Jiu-Jitsu. The primary element is mastering of using your whole body to attack one part of somebody else's.

Muay Thai/Kickboxing is another full-contact sport that focuses on conditioning the mind and body to become strong and sharp for fighting opponents. Techniques in Muay Thai involve using your eight weapons - fists, elbows, kicks, and knees - to become an efficient fighter.

NON-COMBATIVE MARTIAL ARTS

Non-combative martial arts teach practitioners restraint and mindfulness, using the body as a way to explore the self rather than as a potential weapon.

Non-combative martial arts are less about competition and more about your own mental state, physical fitness, and balance.

COMBATIVE

Although Combative Sport Martial Arts may be reality-based, they are combative training.

It points to the mindset and well-defined goal of the Combative trainee; that is to be single minded in your objective to defeat the enemy. Combative were born out of real experience and designed purely to counter violence. Any method that worked by doing just that was considered combative. I would like to touch on the subject in a little more depth. Let's start by looking at the martial arts, as they are practiced today both in the traditional sense and within the field of Mixed Martial Arts (MMA) and combat sport. The latter has produced athletes of amazing levels of physical and mental prowess, nothing can be taken away from these modern-day warriors who practice Vale Tudo, NHB and cage fighting extreme, they are truly immense within the field of what they do. But what they do is in one way or another governed by certain rules pertaining to certain dos and don'ts that define a sporting spectacle. Such matches don't include the pre-conflict 'interview' stage, which consists of conflict indicators and possible criminal acts. When one person scores the final point or the bell rings, the fighters are automatically separated, therefore the match will also lack the post-conflict stage, in which an escape, citizen's arrest, or police involvement may take place. The outcome of the match will dictate a winner and a loser, but this is not a life or death struggle nor is it a matter of self-preservation. Real fights unfold rapidly and offer virtually

no preparation time, over loading the mind with information requiring split second decisions to survive. They often include multi-tasking such as protecting others, defending against a weapon, deploying your own weapon, communicating with others and so on. This is miles removed from the sporting arena. Looking at the martial arts in the more traditional sense; practicing martial art for arts sake will in my opinion have a lot to offer the trainee. Most will give you a solid foundation from which to build along with teaching you physical aspects such as correct body mechanics, natural bodily weapon formation, physical conditioning, attributes of speed, balance, co-ordination, and power along with discipline and self-confidence etc.

If your aim is to practice for fitness and recreational activity they are a perfect choice. If your aim is to gauge your own progress and development, then most traditional systems will provide you with a yardstick in the form of a grading system. If competition is your thing then most traditional systems can offer you that aspect also. Not forgetting also that most systems will also make mention of the self-defense element that their system as a martial art contains. So, it would appear that the martial arts are indeed multi-tasking activities that have a lot to offer any trainee prepared to put forth the effort and time that it takes to learn them. The problems arise when an individual who has no experience of real violence finds him/her self in a potentially violent confrontation for the first time in their lives and then tries to bring to bear the said self-defense element; out from the traditional dojo setting from where it was developed and into the harsh and unforgiving realities of the urban street setting, only to find that what they have simply doesn't work.

The reality gap between the street and the dojo environment is simply too vast. That's not to say that the skills of the martial artist won't work against the potential street aggressor, they can, have and will, just not without first having been adapted to meet and cater for the conditions of the urban setting.

The reason that the dojo training self-defense element fails in most cases is three-fold. First and foremost, if the trainee has never been in a real violent confrontation before, chances are that he or she will never have experienced the adrenal stress that accompanies the same. Bearing in mind that the training methods presented by most martial arts instructors are ninety nine percent technique and skill based, there is a good chance that the adrenal stress part of the equation will not even have been addressed in passing conversation let alone replicated through scenario training.

The next thing relates to the actual physical skills or the techniques employed most of which are designed to be used against a practitioner within the same style or system and have in no way been adapted for use against an unpredictable and non-compliant street attacker.

Finally, there is the most important mental aspect that of MINDSET, which sits at the core of any functional Combative program of which will consist of ninety percent ATTITUDE, INTENTION, and the WILLINGNESS to step up and do whatever it takes to win. This is for me the essence of what Combative are all about and this is where the main difference between martial art and Combative lie. But as any look into history will show, it has not always been this way. Just take a look at the meaning for the word Martial; it is a warring term. Indeed, martial arts were designed to be used in war. They were designed to be very much combative.

What Happened? See next essay for my answer.

