I'm not a robot

I am in the world of martial arts for 15+ years, and knife fighting has always been an entertaining topic for me. Unfortunately, you will rarely see a martial art that teaches you to use a fixed blade knife or any kind of blade for self defense, as it is mostly not allowed. I am aware that many of you would react in a self defense situation. For example, when a thief breaks into your home, you have to protect your property, and the use of knives for self defense would make sense. But in general, it is illegal in many states – for example, pepper spray gets the advantage for self defense purposes over fixed blades or a pocket clip. A spray to the opponent's eyes will temporarily disable your opponent and give you time to escape, but a knife to the stomach, leg, or body is considered "a deadly force". A knife fight is a deadly fight that might leave either of the fighters seriously injured or even worse. It is also used as a form of defense mechanism by some people in life-threatening situations. Knife fighting skills can protect you, but if and only if your life is at stake. Some states even ban the use of pocket knives due to their local laws, so if the police stop you in the street and find an illegal item, you might end up in prison. But, some martial arts teach the use of knives, so let me tell you which they are, and everything else you need to know about them. The most known knife fighting martial arts are: Filipino Martial Arts (also known as Kali, Eskrima, or Arnis) Marine Corps Martial Arts Programme (MCMAP) Paranza Corta Pencak Silat Systema Spetsnaz Tantojutsu In the rest of the article, I will walk you through what knives are used for knife fighting, how steep is the learning curve, and everything else you might ask yourself about knife fighting martial arts. Also known as Kali, Eskrima, or Arnis, Filipino martial art is a fight that involves the use of a knife and other weapons like sticks. In Filipino martial arts, the focus of the fighter is to disarm or trap the opponent by using the hand without a weapon. The art is traced to the Philippine-American war where the Moros (soldiers with weapons) decapitated and slashed many American soldiers. Filipinos also used the Kali Eskrima to fight the Japanese in WWII. This martial art is one of the best for a defensive situation because you can disable your attacker in a split second. This martial art uses knives, as well as other weapons, including the hands as fighting instruments. The program also involves a combination of martial arts like boxing, Jiu-Jitsu, Muay Thai, wrestling, and others. MCMAP fighters are masters of using a knife for self defense – their close-range skills are out of this world. This is an Italian fighting system, also known as Schema Di Siciliano. The stiletto blade is used in this knife fight. This knife combat style is often associated with assassins, and it is more of a secretive fighting system. If you played Assassin's Creed on your gaming console, you know what I'm talking about. A push dagger or a folding knife from behind to the opponent's ribs or liver and the fight is over. Silat is a general term for Southeast Asia's martial arts that are indigenous to the Malay Archipelago. It is one of the most effective and famous fighting systems, especially after the production of the movie 'The Raid 2′. It involves the use of different fighting styles and requires specific postures. Silat is one of the deadliest martial arts in the world. Silat experts can harm you badly with fixed blade knives in less than five seconds. This form of fighting involves hand-to-hand combat systems, arms training, and knife fighting. It is a comprehensive fighting system that was developed in the 10th century to address realistic threats on battlefields in Russian Special Forces. This combat system involves using a knife and the ability to hit their target three consecutive times from a six-foot distance. This is a military martial art for special forces, so a blade shape doesn't matter – you will learn everything, from pocket knives to Bowie knives and an EDC knife for self defense. The Japanese Samurai warriors are well-known for their tanto blades or short daggers and katana blades, but they weren't very effective on the battlefield. This led to the creation of the Tantojutsu fighting system. The system involves a mix of knife strikes and footwork, and the ability to throw accurately. Nowadays, it is considered an ancient martial art, but it is very popular in some parts of Japan. Before choosing the best knife for martial art, you need to consider a few things like: Ensuring the knife is easy to grip; Choosing a knife that can be used for slashing and stabbing; Avoiding all knives with finger grooves; Choosing a stainless steel knife. Avoid standard folding knives as the knife blade might fold when you need to use it. Also, avoid knives with spring blades as the internal spring may have a problem when you need it most. The structural makeup of a spring blade is also quite poor and might not work during a knife fight. I always favor durable steel models for self defense, but again, it depends on your fighting style and personal preference. Fighting knives come in different types, and you need to familiarize yourself with them before you begin your knife fighting journey. The different types of fighting knives are classified as: ballistic blade knives, makeshift knives, gravity knives, fixed blade, lock blade, and spring blade knives. Some of the best knives for martial arts are: Smith & Wesson M&P ProsSturdiness and durabilityEasy to open and operate with one handSharpness and ability to maintain an edgeConsLock mechanism may require manual adjustmentLarge and bulky Smith and Wesson M&P comes with a strong lock-back design, concealable fixed blade, special purpose tactical folder, and self-defense tool. It comes with an ergonomic design and safety lock, thumb knobs, and assisted opening. It is a fantastic defensive tool in the jungle against predators. The knife is made from high-quality materials that help it withstand rugged usage and remain durable for years. Moon Boat Butterfly Training Knife ProsAffordableGood value for beginnersDurableGood weight and heft in the handComfortable to hold, provides a satisfying flipping experienceConsThe screws may tend to come loose with frequent flippingThe handles may become loose or misaligned after a short period of use Moon Boat Butterfly Training Knife is very thick but designed to reduce weight. It is light and will not slip easily. A long-lasting tail latch comes on the knife to help you keep it open or securely locked when closed. It is designed to fit the hands of many users, and it's great for outdoor activities too. It is one of the best knives for self defense when you learn to use it wisely and effectively. Perfect Point Knife ProsLightweight and easy to handle.Vibrant colors make it easier to see where the knives land Perfect Point Knife comes in a different collection of throwing knives and throwing stars of different sizes and shapes. Master Cutlery makes the product and is one of the largest knife manufacturers in the U.S. It features steel blades and a black or silver handle. It provides the user with a balanced throw each time, and the laser cut-out in each handle allows the user to tie a ribbon at the end. There are many other types of knives used for knife combat, and I have tried a lot of them, but I find these three to be the best knife martial arts. The art of knife fighting is known as blade combat or knife combat. Most knife fighting arts are learned by constant practice, using sparring encounters between two or more opponents to hone a practitioner's physical skills and mental concentration. In knife fighting, combat knives are used. Combat knives are designed explicitly for knife fighting and provide the user with a strong grip and comfort. Knife fighting also involves different types of grips, including hammer grip, Filipino knife grip, ice pick grip, saber grip, etc. Of all these grips, hammer grip and ice grip are very important, and it has to be effectively learned for a fighter to excel in knife combat. Hammer grip is often used in both long and mid-range combat, involving thrusting and slashing movements. On the other hand, the ice pick grip is used in tight areas whereby the fighters have limited space to fight. Angular stabbing movements and tight slashing can be used in this form of knife combat. Knife combat also involves different engagement ranges such as long-range, mid-range, and close quarter (CQC) knife combat which is usually determined by the place and condition. Just like in every potentially deadly art form, knife fighting isn't something you'd learn over a few YouTube videos and Bruce Lee movies. It's a very dangerous proposition, and you need to be sure that's a path you'd wish to take before you get to the real business. To master knife fighting you need to first of all work on your physical conditioning, hand-to-eye coordination, and most importantly your reflexes. Following this, you will enroll at a proper dojo that has a registered knife fighting martial arts instructor. Once you've trained for a while, come out victorious in a couple of sparring matches, and gained the trust of your sensei; it's only then that you'll be certified ready for a real knife fight. Remember, carrying knives around the street could lead to a prison sentence, depending on the state laws, only do it in a registered dojo! Yes, and no. In a few cases they are, but you'll have to get some proper Asian movies as those are the purists and real masters of the majority of knife fighting martial arts fighting techniques. In most cases, however, the movie's depictions of knife fighting are made believable and filled with extra effects to capture the viewers' imagination as well as attention. If you want to see the pros at it, you should visit a dojo, take permission from the sensei and feast your eyes on real poetry in motion. A master could harm your vital organs in a dangerous situation very quickly, but again, trying it in real life is a very bad idea due to knife laws, unless your life is at stake. Movies are pretty much unreal, visit experts and judge on your own. Pulling a knife on a person is considered an act of aggression. Depending on the knife, you might also need a license to carry a concealed weapon. Knife fighting is a brutal act that could send someone to a city morgue, and unless somebody threatens your life, you shouldn't even think about it. Never pull out a knife to threaten somebody because you'll end up in prison – do it only when you're legally and morally justified to use it. You and your opponent are very likely to get cut in a blade fight. Sport is something different, it happens in a controlled environment with protective gear, and you'll hardly hurt yourself. I am a big fan of tactical knives for self defense – they are not too long and it is easy to manipulate. Plus, these models are very hard to counter. My favorite top 3 picks are Spyderco Dragonfly 2 Lightweight Signature Knife, Fox Karambit 478 Folding Linerlock Knife, and Spyderco Matriarch 2 Lightweight Knife with Emerson Opener. Again, my main criterion is the ease of use. Karambit demands a different grip and advanced skill sets, while even a beginner could use a fixed blade knife with a proper training session. Ask yourself the question "What kind of knife am I looking for" and think of your priorities. Answer it and you'll easily discover the perfect model for yourself. A self-defense knife is a short blade that can help you defend against robbers or other aggressors in a life-threatening situation. Due to knife laws, in many states, a short blade that cannot easily penetrate vital organs should be fine, but again, it depends from state to state. Mostly you will need a license to carry this item. A self defense knife is very important when somebody wants to rob you and tries to intimidate you for no reason. When you're attacked by a group of bullies or armed thugs, you'll have to defend yourself. A good, skillful fighter could defend himself easily against aggressors. Now let's discuss the good and bad sides. First, if police stop you in the street and finds an illegal item, you might go to prison. Another negative aspect, once you defend, you might harm an attacker badly, and sometimes the law will not be on your side. But a good thing is – you can always protect your property and teach bullies a lesson. When somebody points a gun at you or harasses you to give him money, he doesn't care about you or your feelings. Especially when he's under the influence – self defense knife could really help you against those types of people. Short-blade knife, like a karambit, is excellent for close-range combat, but you can't throw it at your opponent. On the other hand, long blades are very handy for self defense, but you'll need a deep carry clip for your safety – it might cut you and you cannot store it easily in your bag. Many factors affect the choice of your best knife for self defense. I will focus on the most important parameters that should help you pick your perfect model: Size – too big a knife is hard to carry and it might be illegal, but small fixed blade knives are easy to store inside the pocket. The handle – I know many guys who prefer a wooden over durable steel or metal handle, claiming it is easier to manipulate. But it depends on your personal preference. The design – someone prefers curved knives for self defense because they are very hard to defend, even when somebody blocks your attack, you could easily cut his hand or veins. On the other hand, fighters who like slipping forward and aggressive feints and footwork will probably give an advantage to the straight blade shape. The ease of use – too heavy knife is not ok, you might need a lot of time to counter or put it out of your pocket or a deep carry clip. A light model is always better in critical situations, but again, the best knives are the ones that fit your needs. Fighting style – close-range fighters like smaller blades that are more suitable inside the pocket, while real experts like throwing knives or fighting long-range. Well, it depends from state to state. Somewhere you'll have to obtain a special license, while in some areas of the world, a hunting knife for self defense is pretty much fine to carry. It all depends on the country, state, or city, so I am advising you to check those laws carefully. For example, different jurisdictions could lead to different laws. One state might legalize making knives, while the other could allow only the specific length of the blade for self defense. It is crucial to understand self-defense rights and to respect the law at the same time. Please check the laws on official websites or ask people employed in the service. Knowledge is beneficial, make sure to read all the rules and regulations before purchasing your model. The knife makes your life easier or harder, depending on the local laws and rules. As you can see, there are a lot of martial arts that use knives, and I have told you about the most famous ones. Even though they can be dangerous, they also train you how to defend yourself with a knife, as well as against knife attacks. It is now all on you, are you ready to learn martial arts that use knives, and to choose the one that suits you best or the one that you have somewhere near your place. Yes, there is an athletic competition based on real knife combat. It is called a Knife Fighting Competition. Yet, it provides a medium for competitors, plus the tournament has a clear rule set and referees. But the fighter's protection comes first. Special padded vests are mandatory, and fighters are allowed to test their skills with special combat knives (light-up knives that flash blue or red when making contact). In the tournament, nobody cares whether you like a reverse grip or a forward grip, it is all about winning your opponent via points. But you are not allowed to use deadly force, plus the main referee will check the equipment of both opponents before the bout starts. This is a sports competition, not a real-life combat. The Marines teach the Marine Corps Martial Arts Program, which includes club and knife-fighting techniques. Yet, proficiency in these "dirty fighting" skills isn't much of a priority, they are mainly focused on knives for self defense and hand-to-hand manipulations and defensive maneuvers. But more experienced marines are pretty skillful with automatic knives and all other kinds of blades. Navy seals are all about tactical knives. They are trained to take their opponent off distance, but the use of a knife for self defense is mandatory if it comes to close-range combat. They have special training that teaches them to defend themselves with knives or weapons of opportunity. For example, Ontario 497 Mark 3 Navy Fixed Blade Knife is one of their favorite choices, but again, it depends on the unit and orders. Seal Team 6, who take part in combats all around the most dangerous regions of the world, like Fox RCST01 R.C.S.T. Folgore. Yes, you can learn to use an automatic knife or any other tool for self defense, but you must visit a registered dojo and train with experts. You cannot learn it from YouTube or movies, it is pretty much unrealistic, plus the majority of tutorials are unreal. Someone needs to show you hold to hold the blade, which is the accurate position of the little finger, how to carry it and get ready for the battle, how to evade and counter a dangerous trike etc. Some blades are designed primarily for self defense, while others could make serious close quarters damage. Someone needs to teach you the difference between forward grips and reverse grips. Which is the best self defense knife? Should I give an advantage to a cold steel blade or not? Pros will answer, just visit a real professional and push your knife defense to the next level! When it comes to martial arts, some are based on hand-to-hand combat, whilst others involve weapons. Some of these arts exclusively use weapons, whilst others have a crossover with hand-fighting. However, this guide should give you a comprehensive list of what martial arts styles actually use weapons. Remember, using weapons in a street fight is not encouraged unless you are literally fighting to survive in terms of self-defense. For legal reasons, using weapons can be problematic due to the possible fatal outcomes. Anyway, for those wanting to learn martial arts that involve the use of weapons, look no further… In total there are 15 main martial arts that focus on weapons. We should note that some of these martial arts have crossover arts, which we have not included. For instance, Kendo is quite similar to Kenjutsu. However, we haven't mentioned Kenjutsu as it is very obscure compared to Kendo. Similarly, we've decided not to mention military or combative training as otherwise, the list would be too high. With this said, the total number of martial arts that use weapons is even higher. This number gets bigger if we add other martial arts that don't exclusively use weapons too. For instance, the likes of Vovinam could have easily made the list as it often uses weapons. Ninjutsu, Aikido, and Hapkido also feature weapons, as well as others. Nonetheless, as weapons aren't always the main focus of these arts, we've chosen not to feature them. Fencing began in the 14th century and has origins dating back to Italy. Although some do not regard this as a martial art, it should be considered one as like other forms of defense on this list. In terms of style, it is fairly similar to Kendo. Fencing uses short, slim swords and focuses on jabbing the body of the opponent. Kendo is a Japanese martial art that involves striking the opponent with a large stick. These strikes cannot be jabs, and instead must be hit by swinging. The wooden stick is called a shinai. Thanks to the protective wear whilst training Kendo, it is very difficult to get hurt. The idea of Kendo was to originally replicate the Samurai swords. Also known as Kali or Arnis, Eskrima is a Filipino martial art. By today's standards, it is considered as one of the leading martial arts in terms of knife fighting. According to some, it is as realistic as it gets without using literal knives. Often, practitioners will train by using wooden sticks or plastic knives. A lot of these weapons can be found in some forms of Karate and other martial arts. The origins of Okinawan Kobudo came from the region in Japan which had weapons banned. To get around this, peasant farmers used their farming tools as weapons such as the scythe. This is why many of the weapons used replicate those found in farming communities. Tahtib originates from Egypt and involves the use of stick fighting. These are typically large, wooden sticks. Although this martial art is relatively obscure by today's terms, it is still practiced in some circles. Often the reason for this is mostly cultural and traditional, rather than practical reasons. This martial art comes from Japan and is based on striking and slicing by using a katana sword. Often, this involves practicing on wooden poles with the intention to slice completely through the wood. Because of this, those who are experienced in Toyama Ryu are thought of as highly skilled when it comes to handling swords. Like Kendo, it has origins in the Samurai. However, as this uses real swords, sparring is quite rare. Silat originates from Indonesia and has a similar reputation that compares to Eskrima. That is, it is still relatively common today and hasn't faded into obscurity. Silat often uses swords, knives, and poles to train with. It can also teach fighting skills without weapons, however for the most part people think of Silat as involving weapons. This is an ancient Indian martial art that uses a sword and shield. Interestingly, most martial arts don't use shields too often. Often, Kalaripayattu also focuses on athleticism, with this said – it's not too uncommon to see its practitioners jumping and flying through the air whilst training. Silambam is another Indian martial art that is again, ancient. The idea of Silambam is that it uses long, wooden poles or spears. This not only focuses on striking with the poles, but also how to defend with them. The earliest origins of Silambam date back to 400 BC. This is a similar martial art to Kalaripayattu and is from Sri Lanka, an island off India. Like Kalaripayattu, it uses swords and shields and is very similar. Unlike Kalaripayattu, it also has an emphasis on grappling if the weapons are not involved. This is an example of one martial art spreading to a local area and changing slightly. Not to be confused with Judo, Jodo is a martial art that focuses specifically on the Jo. The Jo is a long, thin wooden pole that is commonly used in other martial arts such as Aikido. It has similar rules to Kendo, but most practitioners do not spar with the armor. Because of this, sparring is often done in a very light way, or not at all. This is a Korean sword-fighting martial art that has hard and soft practices. It usually involves katana swords, but can also be trained by using a bokken. This is a very ceremonial martial art, meaning it isn't used as much for self-defense reasons. Like many of the Korean martial arts, Haidong Gumdo is relatively new in terms of its history. Another Indian, martial art, Gatka is yet again similar to Kalaripayattu. Originating from the Punjab region, Gatka has similar swords, but can also be trained without the shield. Sometimes, practitioners will also hold two swords at the same time. Unlike Kalaripayattu, Gatka is often practiced by wearing a traditional outfit, whereas Kalaripayattu is often done shirtless. Iadio is a Japanese martial art that once again involves a katana. The idea of Iaido is to be able to draw your sword as quickly as possible. This means a large emphasis of the training is placed on quickly being able to draw your sword. In the times of the Samurai, this would have been an invaluable skill to possess, and could literally be the difference between life and death. This is similar to Iaijitsu. Originating from Thailand, the idea of Krabi Krabong is to be able to fight whilst yielding two swords. These are medium-sized, and training focuses on both attack and defense. Although it does feature other weapons, usually two Darb Thai swords are the most commonly used. It was also trained by ex-royal guards at one time. I am in the world of martial arts for 15+ years, and knife fighting has always been an entertaining topic for me. Unfortunately, you will rarely see a martial art that teaches you to use a fixed blade knife or any kind of blade for self defense, as it is mostly not allowed. I am aware that many of you would react in a self defense situation. For example, when a thief breaks into your home, you have to protect your property, and the use of knives for self defense would make sense. But in general, it is illegal in many states – for example, pepper spray gets the advantage for self defense purposes over fixed blades or a pocket clip. A spray to the opponent's eyes will temporarily disable your opponent and give you time to escape, but a knife to the stomach, leg, or body is considered "a deadly force". A knife fight is a deadly fight that might leave either of the fighters seriously injured or even worse. It is also used as a form of defense mechanism by some people in life-threatening situations. Knife fighting skills can protect you, but if and only if your life is at stake. 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You and your opponent are very likely to get cut in a blade fight. Sport is something different, it happens in a controlled environment with protective gear, and you'll hardly hurt yourself. I am a big fan of tactical knives for self defense – they are not too long and it is easy to manipulate. Plus, these models are very hard to counter. My favorite top 3 picks are Spyderco Dragonfly 2 Lightweight Signature Knife, Fox Karambit 478 Folding Linerlock Knife, and Spyderco Matriarch 2 Lightweight Knife with Emerson Opener. Again, my main criterion is the ease of use. Karambit demands a different grip and advanced skill sets, while even a beginner could use a fixed blade knife with a proper training session. Ask yourself the question "What kind of knife am I looking for" and think of your priorities. Answer it and you'll easily discover the perfect model for yourself. A self-defense knife is a short blade that can help you defend against robbers or other aggressors in a life-threatening situation. Due to knife laws, in many states, a short blade that cannot easily penetrate vital organs should be fine, but again, it depends from state to state. Mostly you will need a license to carry this item. A self defense knife is very important when somebody wants to rob you and tries to intimidate you for no reason. When you're attacked by a group of bullies or armed thugs, you'll have to defend yourself. A good, skillful fighter could defend himself easily against aggressors. Now let's discuss the good and bad sides. First, if police stop you in the street and finds an illegal item, you might go to prison. Another negative aspect, once you defend, you might harm an attacker badly, and sometimes the law will not be on your side. But a good thing is – you can always protect your property and teach bullies a lesson. When somebody points a gun at you or harasses you to give him money, he doesn't care about you or your feelings. Especially when he's under the influence – self defense knife could really help you against those types of people. Short-blade knife, like a karambit, is excellent for close-range combat, but you can't throw it at your opponent. On the other hand, long blades are very handy for self defense, but you'll need a deep carry clip for your safety – it might cut you and you cannot store it easily in your bag. Many factors affect the choice of your best knife for self defense. I will focus on the most important parameters that should help you pick your perfect model: Size – too big a knife is hard to carry and it might be illegal, but small fixed blade knives are easy to store inside the pocket. The handle – I know many guys who prefer a wooden over durable steel or metal handle, claiming it is easier to manipulate. But it depends on your personal preference. The design – someone prefers curved knives for self defense because they are very hard to defend, even when somebody blocks your attack, you could easily cut his hand or veins. On the other hand, fighters who like slipping forward and aggressive feints and footwork will probably give an advantage to the straight blade shape. The ease of use – too heavy knife is not ok, you might need a lot of time to counter or put it out of your pocket or a deep carry clip. A light model is always better in critical situations, but again, the best knives are the ones that fit your needs. Fighting style – close-range fighters like smaller blades that are more suitable inside the pocket, while real experts like throwing knives or fighting long-range. Well, it depends from state to state. Somewhere you'll have to obtain a special license, while in some areas of the world, a hunting knife for self defense is pretty much fine to carry. It all depends on the country, state, or city, so I am advising you to check those laws carefully. For example, different jurisdictions could lead to different laws. One state might legalize making knives, while the other could allow only the specific length of the blade for self defense. It is crucial to understand self-defense rights and to respect the law at the same time. Please check the laws on official websites or ask people employed in the service. Knowledge is beneficial, make sure to read all the rules and regulations before purchasing your model. The knife makes your life easier or harder, depending on the local laws and rules. As you can see, there are a lot of martial arts that use knives, and I have told you about the most famous ones. Even though they can be dangerous, they also train you how to defend yourself with a knife, as well as against knife attacks. It is now all on you, are you ready to learn martial arts that use knives, and to choose the one that suits you best or the one that you have somewhere near your place. Yes, there is an athletic competition based on real knife combat. It is called a Knife Fighting Competition. Yet, it provides a medium for competitors, plus the tournament has a clear rule set and referees. But the fighter's protection comes first. Special padded vests are mandatory, and fighters are allowed to test their skills with special combat knives (light-up knives that flash blue or red when making contact). In the tournament, nobody cares whether you like a reverse grip or a forward grip, it is all about winning your opponent via points. But you are not allowed to use deadly force, plus the main referee will check the equipment of both opponents before the bout starts. This is a sports competition, not a real-life combat. The Marines teach the Marine Corps Martial Arts Program, which includes club and knife-fighting techniques. Yet, proficiency in these "dirty fighting" skills isn't much of a priority, they are mainly focused on knives for self defense and hand-to-hand manipulations and defensive maneuvers. But more experienced marines are pretty skillful with automatic knives and all other kinds of blades. Navy seals are all about tactical knives. They are trained to take their opponent off distance, but the use of a knife for self defense is mandatory if it comes to close-range combat. They have special training that teaches them to defend themselves with knives or weapons of opportunity. For example, Ontario 497 Mark 3 Navy Fixed Blade Knife is one of their favorite choices, but again, it depends on the unit and orders. Seal Team 6, who take part in combats all around the most dangerous regions of the world, like Fox RCST01 R.C.S.T. Folgore. Yes, you can learn to use an automatic knife or any other tool for self defense, but you must visit a registered dojo and train with experts. You cannot learn it from YouTube or movies, it is pretty much unrealistic, plus the majority of tutorials are unreal. Someone needs to show you hold to hold the blade, which is the accurate position of the little finger, how to carry it and get ready for the battle, how to evade and counter a dangerous trike etc. Some blades are designed primarily for self defense, while others could make serious close quarters damage. Someone needs to teach you the difference between forward grips and reverse grips. Which is the best self defense knife? Should I give an advantage to a cold steel blade or not? Pros will answer, just visit a real professional and push your knife defense to the next level! If you're interested in martial arts using weapons, start with Japanese Kenjutsu, focusing on sword techniques rooted in Samurai tradition. Filipino Eskrima emphasizes stick fighting and knife defenses. Chinese Wushu offers both traditional weaponry like the Jian and spear, and modern competitive techniques with staffs and blades. Korean Hwa Rang Do trains practitioners in swords, bows, and spears, demanding precision and control. Indonesian Silat showcases weapons such as the Kerambit and Kris, requiring agility and skill. Okinawan Kobudo uses everyday tools like the Bo staff and Nunchaku, fostering a unique martial discipline. Each style offers distinct skills to explore. Key Takeaways Japanese Kenjutsu focuses on traditional Samurai sword techniques and emphasizes strategic combat skills. Filipino Eskrima specializes in versatile stick fighting and knife defenses adaptable to various weapons. Chinese Wushu includes both traditional and modern techniques with swords, spears, and staffs. Korean Hwa Rang Do involves diverse traditional weaponry techniques and rigorous combat drills. Indonesian Silat features an array of weapons like the Kerambit, Kris, Golok, Trisula, and Tongkat. Japanese Kenjutsu Why does Japanese Kenjutsu stand out as one of the most revered martial arts using weapons? It's rooted deeply in Samurai traditions, a history that spans over centuries. You'll find that Kenjutsu, the art of the sword, isn't just about wielding a blade—it's about embodying the discipline, honor, and precision of the samurai. Kenjutsu focuses on a wide range of sword techniques, each designed for specific scenarios in combat. Techniques like 'Kesa-giri' (diagonal cut) and 'Tsuki' (thrust) are meticulously practiced to achieve perfection. You're not simply learning to strike; you're mastering the fundamental principles of timing, distance, and angle. Understanding Kenjutsu requires appreciating its philosophical and spiritual dimensions. The Samurai traditions emphasize mental fortitude and strategic thinking. Every move you make with the sword is a blend of physical skill and mental clarity. Training in Kenjutsu means you're committing to a path of constant self-improvement, reflecting the samurai's relentless pursuit of excellence. In essence, Kenjutsu isn't just about combat; it's a holistic discipline that molds you into a warrior with impeccable sword techniques and an indomitable spirit. This is why Kenjutsu remains a cornerstone in the world of martial arts. Filipino Eskrima Filipino Eskrima, also known as Arnis or Kali, stands out for its versatile and practical approach to weapon-based combat, incorporating sticks, knives, and empty-hand techniques seamlessly. You'll find that stick fighting is central to Eskrima. Practitioners use rattan sticks, called bastons, for both offensive and defensive maneuvers. These sticks are lightweight yet durable, making them excellent for rigorous training and real-world application. Knife defenses are another critical aspect of Eskrima. The training emphasizes realistic scenarios where knife attacks might occur. You'll learn to disarm an opponent efficiently, using both offensive and defensive tactics. This involves precise movements to control the knife-wielding hand, combined with strikes to neutralize the threat quickly. Eskrima doesn't just stop at sticks and knives. The techniques you master can be adapted to various weapons and even empty-hand combat. By training in Eskrima, you're not just learning to fight; you're developing a deep understanding of distance, timing, and coordination. This martial art's holistic approach prepares you for diverse combat situations, making it a highly effective and practical choice for self-defense. Chinese Wushu When exploring Chinese Wushu, you'll encounter a diverse array of traditional weapons like the straight sword (jian) and the staff (gun). In modern competitive Wushu, athletes use these weapons to perform intricate routines that emphasize agility, precision, and strength. Understanding both the traditional and contemporary techniques will give you a thorough grasp of this dynamic martial art. Traditional Wushu Weapons Traditional Wushu weapons encompass a diverse array of implements, each with its own unique history, techniques, and applications. Among these, sword forms and spear techniques stand out as some of the most iconic and complex. When you practice sword forms, you're not just wielding a weapon; you're engaging in a sophisticated dance of fluid movements, precise strikes, and defensive maneuvers. The jian (straight sword) and dao (broadsword) are two primary swords you'll encounter, each demanding a different style and approach. In contrast, spear techniques offer a different set of challenges and rewards. The spear, often referred to as the 'king of weapons,' requires exceptional agility, reach, and control. Techniques include thrusting, sweeping, and twirling, all designed to keep an opponent at bay while delivering powerful attacks. Mastery of the spear involves understanding its flexibility and leveraging its length to your advantage. When you're training with these traditional Wushu weapons, it's important to focus on the harmony between form and function. Each movement should be executed with intent and precision, ensuring that you fully grasp the weapon's capabilities and limitations. This balance is what makes traditional Wushu an enduring and respected martial art. Modern Competitive Techniques Modern competitive Wushu techniques emphasize explosive power, speed, and acrobatic elements, transforming traditional forms into dynamic performances. When you engage in modern Wushu, you'll notice the emphasis on precision and fluidity, especially in stick fighting and blade mastery. These elements aren't just for show; they require rigorous training and a deep understanding of both the weapon and the art form. In stick fighting, you'll master the gun (staff), which demands agility and control. The routines include swift, circular movements and striking techniques that highlight your ability to manipulate the staff with both power and grace. Your performance will often incorporate flips, spins, and jumps, making the display both martial and theatrical. Blade mastery, particularly with the jian (straight sword) or dao (broadsword), focuses on speed and finesse. You need to execute cuts, thrusts, and parries with precision, integrating these moves into fluid sequences that showcase your skill and dexterity. The choreography of these routines is designed to highlight your weapon's versatility and your own athletic prowess. Korean Hwa Rang Do In Korean Hwa Rang Do, you'll explore traditional weaponry techniques that are both diverse and intricate. Training and discipline are paramount, emphasizing precision and control with each weapon. Understanding its cultural and historical significance will deepen your appreciation of this martial art's rich heritage. Traditional Weaponry Techniques Mastering Korean Hwa Rang Do weaponry techniques requires dedication to understanding the intricate balance between form and function. In this martial art, weapon mastery isn't just about wielding a weapon; it's about harmonizing your movements with the weapon's inherent characteristics. You'll engage in rigorous combat drills designed to refine your skills and guarantee you can respond instinctively in real combat scenarios. To begin, you'll learn the fundamentals of various traditional weapons such as the long sword (Jang Gum), short sword (Dan Gum), and staff (Bong). Each weapon requires a unique approach; for instance, the Jang Gum demands precise, sweeping motions, while the Dan Gum focuses on quick, direct strikes. During combat drills, you'll practice these techniques repeatedly, ingraining them into muscle memory. Next, you'll progress to more advanced exercises that combine multiple weapons. These drills not only enhance your weapon mastery but also improve your adaptability and strategic thinking. Incorporating footwork and body positioning, you'll learn how to maintain balance and control, making sure each strike or block is executed with maximum efficiency. Training and Discipline Dedication to rigorous training and discipline in Korean Hwa Rang Do is vital for achieving true proficiency in this martial art. You must commit to extensive practice sessions where both physical and mental aspects are honed. The training emphasizes mastery of various weapons, including the sword, staff, and nunchaku. Adhering to strict safety protocols is essential to prevent injuries. It's important to guarantee that all equipment is in peak condition and that you practice in a controlled environment. Besides physical training, developing mental fortitude is a core aspect. Hwa Rang Do requires you to cultivate focus, patience, and resilience. These qualities are essential not only for mastering complex techniques but also for maintaining composure under pressure. The mental discipline extends to understanding the philosophy behind the martial art, which emphasizes harmony and ethical behavior. Your journey in Hwa Rang Do will also involve rigorous conditioning exercises designed to build strength, flexibility, and endurance. Regular sparring sessions, under the guidance of experienced instructors, will provide practical experience and improve your reaction time. By remaining disciplined and focused, you'll progress steadily, ensuring that you practice Hwa Rang Do both safely and effectively. Cultural and Historical Significance Hwa Rang Do's roots trace back to an elite group of young warriors in ancient Korea, known as the Hwarang, who played a pivotal role in shaping the nation's military and cultural heritage. These warriors were more than just fighters; they embodied the cultural symbolism of courage, loyalty, and moral integrity. Their training included a variety of weapons such as swords, bows, and spears, underscoring the martial art's all-encompassing approach to combat. Understanding Hwa Rang Do's historical evolution is essential for appreciating its significance. Originating during the Silla Dynasty, the Hwarang were instrumental in unifying Korea. Over centuries, Hwa Rang Do has evolved but retained its core principles. This evolution reflects Korea's changing socio-political landscape, yet it consistently honors its foundational values. When you practice Hwa Rang Do today, you're not just engaging in physical activity; you're participating in a tradition steeped in historical and cultural depth. The weapons training you undergo is a direct link to the ancient Hwarang, preserving their legacy. Recognizing this connection enriches your practice, providing a profound sense of continuity and respect for Korean heritage. Indonesian Silat Indonesia's Silat, a martial art rich in tradition and culture, features an impressive array of weapon techniques that demand both skill and discipline. At the heart of this martial art lies Pencak Silat, a style that integrates fluid movements, powerful strikes, and intricate weapon usage. Among the various tools, the Kerambit stands out due to its distinctive curved blade, designed for close-quarter combat. Mastering Kerambit techniques requires precision and agility, transforming the blade into an extension of your hand. Here's a glance at some common weapons used in Indonesian Silat: Weapon Description Primary Use Kerambit Small, curved blade, fits in the palm Close-quarter combat Kris Wavy-bladed dagger, symbol of power Rituals and combat Golok Short machete-like blade Chopping and slashing Trisula Three-pronged spear Thrusting and parrying Tongkat Walking stick or staff Striking and blocking You'll find that Silat's weapon techniques are not just about physical prowess but also cultural significance. Each weapon carries a history and a set of traditions that enrich your martial arts journey. Embrace these tools with respect and dedication to truly master the art of Indonesian Silat. Okinawan Kobudo Just as Indonesian Silat reveres its traditional weapons, Okinawan Kobudo offers a diverse array of martial arts techniques centered around ancient farming and fishing tools. As a practitioner, you'll quickly recognize that the Bo staff is one of the most iconic weapons in Kobudo. This six-foot-long staff is incredibly versatile, allowing for strikes, blocks, and complex spinning maneuvers. Mastering the Bo staff requires rigorous training in stances and fluid movements, aiming for both precision and power. Another staple in Okinawan Kobudo is the Nunchaku. Originally used as a rice flail, the Nunchaku techniques have evolved into a highly sophisticated form of combat. You'll learn to wield the Nunchaku with speed and accuracy, incorporating strikes, blocks, and entanglements. The key to mastering Nunchaku techniques lies in developing coordination and timing, which can be quite challenging but immensely rewarding. Additionally, Okinawan Kobudo includes a variety of other weapons such as the Sai, Tonfa, and Kama. Each weapon demands its own unique set of skills and techniques, making Kobudo a detailed and intricate martial art. Frequently Asked Questions What Are the Health Benefits of Practicing Martial Arts With Weapons? Practicing martial arts with weapons enhances coordination improvement and mental focus. You'll find your reflexes sharpen, your concentration heighten, and your overall physical fitness improve. These benefits contribute to a healthier, more balanced lifestyle. Are There Any Martial Arts Schools That Specialize in Weapon Training? Yes, you'll find martial arts schools that specialize in weapon training. These schools often emphasize the historical origins and cultural significance of each weapon, ensuring you understand both the techniques and the traditions behind your practice. How Do Weapon-Based Martial Arts Differ From Unarmed Martial Arts? Weapon-based martial arts often have historical origins dating back centuries. They differ from unarmed arts through specialized training methodologies focusing on handling, striking, and defensive techniques with weapons, enhancing coordination, precision, and understanding of combat dynamics. What Safety Gear Is Recommended for Practicing Martial Arts With Weapons? When practicing martial arts with weapons, it's important to use protective padding and eye guards. Make sure you're wearing padded gloves, forearm guards, and a chest protector to minimize injuries. Eye guards will protect your eyes from accidental strikes. Can Children Learn Martial Arts That Involve Weapons? Yes, children can learn martial arts that involve weapons, but parental supervision and strict adherence to age restrictions are essential. Make sure they're trained by certified instructors who prioritize safety and follow guidelines tailored to young practitioners. Conclusion You've just scratched the surface of martial arts weaponry! Immerse yourself in Japanese Kenjutsu to wield a katana like a warrior. Master Filipino Eskrima to turn everyday objects into deadly tools. Embrace Chinese Wushu for its dazzling, acrobatic forms. Awaken the power of Korean Hwa Rang Do's versatile arsenal. Indonesian Silat will transform you into a shadowy, unstoppable force. And Okinawan Kobudo? It's your ticket to legendary status. Begin this journey, and you'll become a weapon master extraordinaire! Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy.