

Taekwondo

Taekwondo (태권도; 跆拳道; Korean pronunciation: [tʰɛkwʌndo])[a] is a Korean martial art and the national sport of South Korea. In Korean, tae (태, 跆) means "to strike or break with foot"; kwon (권, 拳) means "to strike or break with fist"; and do (도, 道) means "way," "method," or "art." Thus, taekwondo may be loosely translated as "the way of the foot and fist" or "the way of kicking and punching."

Taekwondo is the world's most popular martial art in terms of the number of practitioners. Its popularity has resulted in the varied development of the martial art into several domains: as with many other arts, it combines combat techniques, self-defense, sport, exercise, meditation, and philosophy. Taekwondo is also used by the South Korean military as part of its training. Gyeorugi (pronounced [ɡjʌɾugi]), a type of sparring, has been an Olympic event since 2000.

Kung Fu

Kung fu or gongfu or gung fu (功夫, Pinyin: gōngfu) is a Chinese term often used by speakers of the English language to refer to Chinese martial arts. Its original meaning is somewhat different, referring to one's expertise in any skill achieved through hard work and practice, not necessarily martial. The Chinese literal equivalent of "Chinese martial art" would be 中國武術 zhōngguó wǔshù.

In its original meaning, kung fu can refer to any skill. Gōngfu (功夫) is a compound of two words, combining 功 (gōng) meaning "achievement" or "merit", and 夫 (fū) which translates into "man", so that a literal rendering would be "human achievement". Its connotation is that of an accomplishment arrived at by great effort. According to Shaolin Monk Shi Yan Ming, Gongfu also means "from early morning to late evening, sharpen your blade".

Karate

Karate (空手?) (Japanese pronunciation: [kaɾate] (listen), English: /kəˈrɑːti:/) is a martial art developed in the Ryukyu Islands in what is now Okinawa, Japan. It was developed from indigenous fighting methods called te (手?, literally "hand"; tē in Okinawan) and Chinese kenpō. Karate is a striking art using punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands (karate chop). Grappling, locks, restraints, throws, and vital point strikes are taught in some styles. A karate practitioner is called a karateka (空手家?).