

MMA



*Cagefighting
Ground&Pound
Barbaric Bloody, Brutal
Masters of None*

Martial Art



*Discipline, Respect,
Tenacity, Obedience
Integrity, Loyalty
Masters of body, mind, spirit*

Martial Truth

MARTIAL SPORTS VS MARTIAL ARTS

Darlene Saunders | February 2018

Martial Truth: Martial Sports vs Martial Arts

Martial sports and martial arts offer different philosophies and training methods. Martial sports like Mixed Martial Arts (MMA) are geared towards sport competition between combat athletes, while traditional martial arts such as Chayon-Ryu (CYR) follow Mudo, the martial way of life for everyone, regardless of age or physical condition. Choosing the martial way involves following a path toward enlightenment through the practical application of basic principles in every area of one's life. Traditional Martial Arts like CYR embody the harmonious development of mind, body, and spirit, as demonstrated through regular recitation of the Dojang Hun training hall oath. The bamboo on our CYR system patch symbolizes honesty, humility, purity, loyalty, and sincerity in a lifelong pursuit of perfection of character. While martial sports train fighters to defeat opponents in the ring or cage, sincere martial arts practice instills a fighting spirit to face each challenge we may encounter, from stress to self-defense, and conquer all enemies in our life, whatever form they take, to live in peace and harmony.

Modern martial sports strive to gratify the ego through competition, while traditional martial arts seek to transcend the ego by developing patience, humility, and both mental and physical self-control. Mental training includes meditation and Ban Sung, or reflective self-examination, which involves reviewing our thoughts, actions, behavior, and achievements in order to improve our individual character and person by ferreting out flaws and promoting good traits. Rather than looking outside of ourselves for validation by winning a trophy, belt, or money, we understand through the teachings of Grandmaster Kim Soo that our strength comes from within, and the real trophy is inside of us.

Martial sports require dynamic and often full contact training methods, based on the false premise that careful non-contact training fails to provide effective results for fast, reflexive, and accurate application of techniques in real life combat. Real world self-defense is not a ring with rules. Exercising control provides a safer learning experience and allows martial arts techniques to be adapted to a particular situation, depending on the level of force required. Martial sports focus on winning, while disciplined training in traditional martial arts promotes a healthy lifestyle and longevity. Martial sports practitioners train to fight, but traditional martial arts students train to improve their lives and the lives of others. While learning self-defense, they aim to avoid a fight, with the understanding that the most successful fight is the one you don't have to have. As Grandmaster Kim Soo says, "The best way to block a punch is to not be there."