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Do you want to become proficient in the most devastating, deadly martial arts around? Do you want to be feared, respected, and feel the power of knowing that you could kill a man with your bare hands? You should definitely look into these martial arts; they put years upon years of combat experience in your hands.

Krav Maga. This is what the Israeli Special Forces practice. It's a deadly combination of a variety of different martial arts disciplines and combatives, and it is widely and quickly gaining a reputation as one of the most effective disciplines in existence. It is interesting to note that there are two main varieties of Krav Maga being taught; there is the civilian version, which tends to emphasize hand-to-hand combat, self-defense, and street fighting. There is also the military version, or the police version, which is taught to law enforcement officials for training for engagements with automated weapons, engagements with terrorists, disarming explosives, surveillance, and more.

Muay Thai. The national sport of Thailand, Muay Thai has been around for thousands of years. It was developed in Thailand as a means of quickly disarming and killing the invading legions from such empires as Cambodia and Sri Lanka. Indeed, the native fighting styles of these three countries have deep roots together and have influenced each other. Muay Thai is often referred to as The Science Of The Eight Limbs, referring to both elbows, both shins, both knees, and both fists. A legendary Cambodian king is said to have commented that practitioners of Muay Thai have venom at all points of their body. Muay Thai is quickly becoming one of the preferred and most-often trained-in styles in mixed martial arts.

Pencak Silat. Pencak Silat is an umbrella term for over eight-hundred varieties of martial arts that are most often considered as having originated in Indonesia over the past few hundred years. Pencak Silat involves the use of small knives, blades, and sticks, as well as the fists and feet. It includes aspects of striking as well as aspects of grappling, submissions, and takedowns. There is a particular interest in footwork; various techniques of footwork are involved in the practice of the various forms of Pencak Silat, including quadrangular stepping, triangular stepping, and zig-zag stepping. Pencak Silat is not widely used in mixed martial arts... yet.

Escrima. Escrima is a very deadly martial art that originated in the Phillipines as a result of the repeated attempts at subjugating the natives. Escrima was designed to be taught to resistance fighters quickly and with as devastating an effect as possible. It incorporates the use of the fist, feet, various submissions and grappling techniques, as well as the knife and stick. In short: in training in Escrima, one is sure that one can always have a weapon available. With a mere knife or stick, one trained in Escrima can react to a threat with devastating and deadly force. Practitioners of Escrima are called Escrimadors, or Escrimadoras. Escrima, again, is not in use in mixed martial arts, largely because of its emphasis on striking at vulnerable (and thus illegal in competition) parts of the body, often with particularly dangerous techniques or weapons. Escrima, it is said, is better suited for fighting on the street than fighting in a cage or ring.

Muay Thai Webpage Update: [muay thai thailand chalong](#)

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