

Forum:[Hack Forums](#)

Thread: [Best Fighting Method \(Non Competitive - Defense - Skill\)](#)

FantaŠec - March 13, 2014, 9:48 pm

What is best for self defense, fights or for law enforcement, like CIA, FBI, Police Officers, what can make you nearly unbeatable or at least a really skilled fighter?

1. [Karate](#)
2. [KFM](#)
3. [Krav Maga](#)
4. [MMA](#)
5. [Jiu Jujitsu](#)

Enni Riverra - March 14, 2014, 8:26 am

Self defense Jiu Jujitsu probably. For attacking i prefer taekwondo and kickbox :D

Kayoz - March 14, 2014, 8:28 am

Find the right Karate style/club, the one I practice at teaches with a somewhat MMA style but still with the original signatures of karate.

Silence - March 14, 2014, 9:42 am

MMA ofcourse. I would say Krav maga is ok to If you have much free time off

cletric - March 14, 2014, 10:11 am

Ninjitsu.

It's very difficult to master though, not many people know the original form of it.?

Teaches nerve points (similar to SCARS in the ARMY), also teaches proper force grappling, how to read your opponent, and maintaining the proper (really proper) state of mind during a fight. Ya might end up killin a motherfucker though. ;)

The Perfectionist - March 14, 2014, 10:12 am

For attacking I would use Kickboxing and defending Krav Maga. I'm on that sport and the Police taught Krav Maga.

Cap - March 14, 2014, 11:20 am

I'm currently a blackbelt in Shaolin Kempo Karate. Those classes are all about self defense, how to counteract, properly knock someone out, disarm an enemy (with a gun or knife), and basically anything that would happen in a real life situation. Karate has my vote.

iDuL - March 14, 2014, 11:23 am

I think the word you're looking for here is "Fighting style" not method.

nattzor - March 14, 2014, 12:11 pm

(Mar 14, 2014 10:11 AM)cletric Wrote: [\[CITE\]](#) Ninjitsu.

It's very difficult to master though, not many people know the original form of it.?

Teaches nerve points (similar to SCARS in the ARMY), also teaches proper force grappling, how to read your opponent, and maintaining the proper (really proper) state of mind during a fight. Ya might end up killin a motherfucker though. ;)

Based on ninjutsu isn't an organized martial arts (it's pretty much intel gathering with random fighting skills if you actually look at the history), I'd say it's a shitty one.

@OP: Look at the UFC, guess why NO ONE just uses one fighting skill there, because it's worthless. If we take a look at the first few fights there, you'll see that BJJ dominated pretty much every other sport, even when fighting bigger opponents. But nowadays just BJJ is too weak, that's why they usually learn BJJ/Wrestling + Boxing/Kick-boxing/the like.

Krav maga is quite interesting, but you can't really spar with it, so no idea how good it would be when you actually needed it.

#BORNE - March 14, 2014, 12:14 pm

I only voted MMA because I do it my self aha, I have no idea really.

electric - March 14, 2014, 1:20 pm

(Mar 14, 2014 12:11 PM)nattzor Wrote: [\[CITE\]](#) Based on ninjutsu isn't an organized martial arts (it's pretty much intel gathering with random fighting skills if you actually look at the history), I'd say it's a shitty one.

@OP: Look at the UFC, guess why NO ONE just uses one fighting skill there, because it's worthless. If we take a look at the first few fights there, you'll see that BJJ dominated pretty much every other sport, even when fighting bigger opponents. But nowadays just BJJ is too weak, that's why they usually learn BJJ/Wrestling + Boxing/Kick-boxing/the like.

Krav maga is quite interesting, but you can't really spar with it, so no idea how good it would be when you actually needed it.

Today with all of the "modernized" or "Americanized" offshoots of Various martial arts, it's hard to tell really what is going to compare.

I can tell you the Ninjitsu you are thinking of is probably the Americanized false image of it. However, the original Shinobi Shonaku style Ninjitsu (from Japan) is a lot more Vivid and effective. Hardly anybody practices the real form though.

Gold? - March 14, 2014, 1:50 pm

Why is there no boxing? Throw them hands up bitch

nattzor - March 14, 2014, 1:51 pm

(Mar 14, 2014 01:20 PM)electric Wrote: [\[CITE\]](#) Today with all of the "modernized" or "Americanized" offshoots of Various martial arts, it's hard to tell really what is going to compare.

I can tell you the Ninjitsu you are thinking of is probably the Americanized false image of it. However, the original Shinobi Shonaku style Ninjitsu (from Japan) is a lot more Vivid and effective. Hardly anybody practices the real form though.

Only results I get from Shinobi Shonaku is related to Naruto, lol.

Ninjutso was first just a way to gather intel (so they had to be able to defend themself), they even learned meteorology. If we check wiki (http://en.wikipedia.org/wiki/Ninjutsu#The_eighteen_skills) we see that they used "Taijutsu", which is like saying "They used fighting". Every school taught differently, it's just the western world that has made the ninja into some black-clothed dude who does crazy shit.

?ash - March 14, 2014, 1:53 pm

Well mma is a combination of many fighting styles like Muay Thai, boxing, kickboxing, Sambo, Jeet Kune Do, Brazillian JiuJitsu and other shit. So i vote mma

UNDERWIRE - March 14, 2014, 3:02 pm

(Mar 14, 2014 12:11 PM)nattzor Wrote: [\[CITE\]](#) Based on ninjutsu isn't an organized martial arts (it's pretty much intel gathering with random fighting skills if you actually look at the history), I'd say it's a shitty one.

@OP: Look at the UFC, guess why NO ONE just uses one fighting skill there, because it's worthless. If we take a look at the first few fights there, you'll see that BJJ dominated pretty much every other sport, even when fighting bigger opponents. But nowadays just BJJ is too weak, that's why they usually learn BJJ/Wrestling + Boxing/Kick-boxing/the like.

Krav maga is quite interesting, but you can't really spar with it, so no idea how good it would be when you actually needed it. Totally agree, OP should take more than one for optimal results, and the other niggah needs to stop watching Naruto.

Karate would probably be the best one to learn first as a good martial arts base. Too many edgy kents do Krav Maga, some of the stuff they do is way too exaggerated and takes years to actually do properly.

nattzor - March 14, 2014, 3:05 pm

(Mar 14, 2014 03:02 PM)UNDERWIRE Wrote: [\[CITE\]](#) Totally agree, OP should take more than one for optimal results, and the other niggah needs to stop watching Naruto.

Karate would probably be the best one to learn first as a good martial arts base. Too many edgy kents do Krav Maga, some of the stuff they do is way too exaggerated and takes years to actually do properly.

I'd say karate is inferior to MMA. There's only one karate-dude in the UFC, he pretty much only win on points (and probably only uses karate because he grew up with it). If his MMA-club is good, they'll teach him basic BJJ together with basic standing game, that is a really solid base. He could then focus on one of them by going to an actual club who focuses on it, then he would be darn hard to beat in a fight.

UNDERWIRE - March 14, 2014, 3:14 pm

(Mar 14, 2014 03:05 PM)nattzor Wrote: [\[CITE\]](#) I'd say karate is inferior to MMA. There's only one karate-dude in the UFC, he pretty much only win on points (and probably only uses karate because he grew up with it). If his MMA-club is good, they'll teach him basic BJJ together with basic standing game, that is a really solid base. He could then focus on one of them by going to an actual club who focuses on it, then he would be darn hard to beat in a fight. Never said it was better, just suggesting that he try it before moving on the MMA. I know a girl, that's been doing martial arts for the last 16 years. She could kick my ass any day of the week, and she's still taking karate even though she's done 7 or 8 other martial arts.

electric - March 14, 2014, 4:21 pm

(Mar 14, 2014 03:05 PM)nattzor Wrote: [\[CITE\]](#) I'd say karate is inferior to MMA. There's only one karate-dude in the UFC, he pretty much only win on points (and probably only uses karate because he grew up with it). If his MMA-club is good, they'll teach him basic BJJ together with basic standing game, that is a really solid base. He could then focus on one of them by going to an actual club who focuses on it, then he would be darn hard to beat in a fight.

MMA throws Karate on it's ass any day, and MMA is a mix of many, with some mastering a good two or three.

Karate is just too basic. Again, American Ninjitsu is not the kind I am talking about, the black robes thing, well. What can I say. Pretty straightforward, white is black and black is white, green is gold over here. lolz

The type I am versed in is from a Japanese guy, and again, it's comparative to a mix of S.C.A.R.S and has some elements of Tai Chi, with some Tae-Kwan-Do.

Yakless - March 14, 2014, 6:57 pm

You really shouldn't separate MMA and Jiu-Jitsu.

You could say that Jiu-Jitsu is a part of MMA.

I hate all this yen chinese karate thai-chiorwhateverthefuck bullshit. I got into a fight with a guy in my school who is known as a badass because he does Taekwondo and I straight up kicked his ass. He tried to kick me in the head without throwing any punches first and I just stepped in and threw a combo. I do know some Krav Maga though and it's pretty cool but not great for a fight.

tl;dr
MMA ftw

BiiffKriim - March 14, 2014, 7:04 pm

KravMaga is the best Self Defense, and Kick Box/muay thai/taekwondo are good for attacking. Krav Maga uses the attackers strength to attack him back and stuff, if you watch UFC they never master only 1 skill. You have to atleast max 2. Use Krav Maga for your Self Defense and KickBoxing, Muay Thai or Taekwondo for attacking. I have been doing Taekwondo for 6 years now and trust me it's very good, fast kicks, flexible, strength.

Mr. Powell - March 14, 2014, 11:08 pm

Sombo. If I would want to learn anything I'd chose that.

Dragnite - March 14, 2014, 11:13 pm

I would say MMA or karate would work quite well as both are well rounded and focus on offensive as well as defensive.

Edit: These are 2 just from the OP so I chose them.

Deoxys - March 15, 2014, 2:08 am

I vote MMA , coz i do it, it consists of both striking and pounding, it's vital for any defence both on the stance or ground :D

Bob23 - March 15, 2014, 2:13 am

Boxing, why didn't u include it in ur list u dumbfuck?

General Stalin ? - March 15, 2014, 3:51 am

I voted MMA and Jiu jitsu.

I do brazilian jiu jitsu and I have learnt so much in just one lesson. Takedowns, arm locks, headlocks to other submissions is really useful as a self defence technique but also really good when you are in a street fight.

But if there is more than one guy, I don't think Jiu jitsu comes to play, I think MMA would be much more useful in those cases.

FantaŠec - March 15, 2014, 5:40 am

I probably plan on doing MMA for offense and Krav Maga for defense. I dislike Tae Kwan Do, where I live, it is kind of pathetic.

I Am Sexy Boys - March 17, 2014, 11:57 pm

(Mar 15, 2014 03:51 AM)General Stalin ? Wrote: [\[CITE\]](#) I voted MMA and Jiu jitsu.

I do brazilian jiu jitsu and I have learnt so much in just one lesson. Takedowns, arm locks, headlocks to other submissions is really useful as a self defence technique but also really good

when you are in a street fight.

But if there is more than one guy, I don't think Jiu jitsu comes to play, I think MMA would be much more useful in those cases.

You learnt headlocks? Do you want to be taken down rofl

Pops - March 18, 2014, 1:03 am

None of those styles by themselves will make you an unbeatable fighter. A fighter who is skilled in multiple styles will be a lot harder to take down than one who is proficient in only one.

General Stalin ? - March 18, 2014, 1:28 am

(Mar 17, 2014 11:57 PM)I Am Sexy Boys Wrote: [\[CITE\]](#) You learnt headlocks? Do you want to be taken down rofl? ?

What do you mean?

Aussie - March 18, 2014, 1:30 am

Ju-jitsu is what I go for when it comes to defence. Where I learn Ju-jitsu, we learn how to take falls without getting winded/hurt. Also, we learn only defensive things, kinda like taking the opponents energy and using it against them.

FantaSec - March 18, 2014, 7:13 am

(Mar 18, 2014 01:03 AM)Pops Wrote: [\[CITE\]](#) None of those styles by themselves will make you an unbeatable fighter. A fighter who is skilled in multiple styles will be a lot harder to take down than one who is proficient in only one.

I have it so you can choose multiple for a reason :P

I Am Sexy Boys - March 19, 2014, 5:09 am

(Mar 18, 2014 01:28 AM)General Stalin ? Wrote: [\[CITE\]](#) ? ?

What do you mean?

<https://www.youtube.com/watch?v=ltCP2ihCh-E>

For example, Or you can grab the ankle and pull it up while pushing and it's on the ground and your out

General Stalin ? - March 19, 2014, 9:34 am

(Mar 19, 2014 05:09 AM)I Am Sexy Boys Wrote: [\[CITE\]](#)

<https://www.youtube.com/watch?v=ltCP2ihCh-E>

For example, Or you can grab the ankle and pull it up while pushing and it's on the ground and your out Most street fighters focus on offense and inflicting as much damage to the opponent. They are usually angry or very cocky. Locks like rare naked choke, gilatine or arm bar are very hard to escape from. You need technique and practice. Which most street fighters do not acquire. Street fighters who do know the technique can be deadly, but I still believe jui jit su is very useful, I have only been doing BJJ for 3 months and learnt so much, facing guys bigger than me, as it is mixed and no weight divisions. It is also an interest, thinking of doing BJJ Gi ?

electric - March 19, 2014, 10:05 am

(Mar 19, 2014 09:34 AM)General Stalin ? Wrote: [\[CITE\]](#) Most street fighters focus on offense and inflicting as much damage to the opponent. They are usually angry or very cocky. Locks like rare naked choke, gilatine or arm bar are very hard to escape from. You need technique and practice. Which most street fighters do not acquire. Street fighters who do know the technique can be deadly, but I still believe jui jit su is very useful, I have only been doing BJJ for 3 months and learnt so much, facing guys bigger than me, as it is mixed and no weight divisions. It is also an interest, thinking of doing BJJ Gi ?

Street Fighters definitely have a tendency to be cocky, and "outlandish" fighters, more experienced fighters with a greater diversity of training will catch them off guard. They won't have a clue (in most cases) how to fight these types.

Yelsdnah - *March 19, 2014, 10:07 am*

I do Judo and I love it!... I had my first competition last Saturday and got a bronze.
I would highly recommend Judo.

Xio Boosting - *March 19, 2014, 5:39 pm*

I love jiu-jitsu, but considering MMA is a mix of jiu-jitsu and all of those other good styles i would have to go with MMA being the best.