

Forum:[Hack Forums](#)

Thread: [Anybody interested or certified in self-defense / martial arts?](#)

Beherit - May 8, 2021, 4:27 pm

Personally, I've never taken a class but I do plan on taking one sometime in the near future, just not sure what I should learn. I'm fairly young and think it'd be very beneficial for self-defense and my health. I learned the basics of boxing from my friends back in high school and have been practicing on and off ever since, but never took the time to go to a gym to hone my skills. There's still much more I'd like to learn even though I'm still out of shape.

Are you interested in martial arts and would you recommend it to most people?

Yanix - May 8, 2021, 4:39 pm

I like to learn martial arts but got no time for this :D

Maybe one day if I have all the precious time I could spent learning this martial arts.

Beherit - May 8, 2021, 4:43 pm

(May 8, 2021 04:39 PM)Yanix Wrote: [\[CITE\]](#) I like to learn martial arts but got no time for this :D
Maybe one day if I have all the precious time I could spent learning this martial arts.
One day for sure! I think it's worth it depending on what your goals are throughout life.

Yanix - May 8, 2021, 4:46 pm

(May 8, 2021 04:43 PM)Beherit Wrote: [\[CITE\]](#) One day for sure! I think it's worth it depending on what your goals are throughout life.

I am a peace loving person but I know still everything is unpredictable and this martial arts would be a great advantage to learn just in case of trouble.

Beherit - May 8, 2021, 4:48 pm

(May 8, 2021 04:46 PM)Yanix Wrote: [\[CITE\]](#) I am a peace loving person but I know still everything is unpredictable and this martial arts would be a great advantage to learn just in case of trouble.
Agreed, life is very unpredictable. I'd say learn to protect your loved ones however you can.

Yanix - May 8, 2021, 4:50 pm

(May 8, 2021 04:48 PM)Beherit Wrote: [\[CITE\]](#) Agreed, life is very unpredictable. I'd say learn to protect your loved ones however you can.

Yeah we really need to protect our love ones and our family besides ourselves :)

Forensic - May 8, 2021, 4:59 pm

I know limited martial arts but done boxing my whole life and could not recommend it enough. Good for mental health, fitness, mentality, self defense, just confidence in knowing you can knock someone out if you need to. But more importantly, it's just the discipline and training becomes apart of your system and routine. It's addictive and it's almost all positive. In the last year with covid the boxing gym I mostly go to has been unable to open and I can tell it has had a big negative effect.

I don't really know what you mean by basics in boxing...kinda ? confused by that one but yeah there is always more to learn and master & get better at or simply just maintain.

Beherit - May 8, 2021, 5:04 pm

(May 8, 2021 04:59 PM)Forremsik Wrote: [\[CITE\]](#) I know limited martial arts but done boxing my whole

life and could not recommend it enough. Good for mental health, fitness, mentality, self defense, just confidence in knowing you can knock someone out if you need to. But more importantly, it's just the discipline and training becomes apart of your system and routine. It's addictive and it's almost all positive. In the last year with covid the boxing gym I mostly go to has been unable to open and I can tell it has had a big negative effect.

I don't really know what you mean by basics in boxing...kinda ? confused by that one but yeah there is always more to learn and master & get better at or simply just maintain.

Right, I don't think I should be looking for any gyms at the moment but mainly focusing on how to get better via YouTube or an online instructor, but I want that in-person guidance from a professional to make sure I don't hurt myself. By basics, I mean throwing punches, the 1, 2. Cross. Straight. Hook, stuff like that, but I know there's more to it than that.

I've been implementing shadowboxing in my workout routine as well.

Charger - May 8, 2021, 5:05 pm

Learn Gracie jujitsu if you're looking for something for self defense.

Beherit - May 8, 2021, 5:10 pm

(May 8, 2021 05:05 PM)Charger Wrote: [\[CITE\]](#) Learn Gracie jujitsu if you're looking for something for self defense.

Interesting, I did find a location near me that is hosting a free class for all ages. I'll look into it. Thanks!

Dope. - May 8, 2021, 5:20 pm

Turn that fist and back leg in and when you punch make your gi snap like you've never snapped it before. Think driving your nuckle in with full power behind it. There's a saying when you throw punches and aim kicks you want to let out any air with an AH or an Utz with perfect consistent form. You can start now as you sit down, flow your hands like your harnessing energy and pop off with movements you've collectively mastered in a way where your stretching your back fibers, flexing your forearms and calves. Don't forget to move like your getting hit. I highly recommend searching for a local gym. Respect your Sensei as if he was your dad and your golden. Learn its fun. I've did 7 years of mixed martial arts. Including weapons like bow staff and nunchucks in tournaments.

Its all about controlling your energy and poppin off when needed.

Beherit - May 8, 2021, 5:36 pm

(May 8, 2021 05:20 PM)Dope. Wrote: [\[CITE\]](#) Turn that fist and back leg in and when you punch make your gi snap like you've never snapped it before. Think driving your nuckle in with full power behind it. There's a saying when you throw punches and aim kicks you want to let out any air with an AH or an Utz with perfect consistent form. You can start now as you sit down, flow your hands like your harnessing energy and pop off with movements you've collectively mastered in a way where your stretching your back fibers, flexing your forearms and calves. Don't forget to move like your getting hit. I highly recommend searching for a local gym. Respect your Sensei as if he was your dad and your golden. Learn its fun. I've did 7 years of mixed martial arts. Including weapons like bow staff and nunchucks in tournaments.

Its all about controlling your energy and poppin off when needed.

The full force of those punches as I turn my fist and back leg feels very powerful and I can feel it in my core as well. I feel like a stretching sensation close to my spine. I looked it up and that's the spinal erector muscles. I'll definitely look into getting a sensei.

Bow, staff, nunchucks, that's awesome. I have been having fun with my workouts over the past months.

Thank you for the advice.

Stanley - October 1, 2021, 10:05 am

I'm Stanley HF's helper bot. This OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

Prettykitty - October 8, 2021, 6:22 pm

I'm quite interested in this, hope to learn at least some more basic self defence skills soon.

shakur123 - October 8, 2021, 7:12 pm

I was a little bit into tae kwan do when i was a kid but that was a log time ago

Cap - October 8, 2021, 7:48 pm

I'm a blackbelt in Shaolin Kempo karate. I earned that belt in fourth grade and continued to practice up through high school. I honestly enjoyed it myself. It helped boost self-confidence when I was younger and it's great that you learn how to defend yourself if need be. I recommend it.

Telstra - October 8, 2021, 7:49 pm

No i am not interested in martial arts

funtela - October 8, 2021, 7:53 pm

I'm not. I'd love to be though. I like Mai Tai

blackrose_x0x0 - October 8, 2021, 8:00 pm

I used to do a little bit of boxing but it's been awhile and I plan on getting back to it soon. As far as martial arts go, no I'm not really interested except for a bit of Muay Thai.

Mullet Muscle - October 8, 2021, 8:13 pm

I heard [mention=4227846] would like to learn how to fight.

Mullet Muscle - October 8, 2021, 8:29 pm

(Oct 8, 2021 08:18 PM)-Scrub Wrote: [\[CITE\]](#) How tf did this guy make it in here? I'll sleep you mullet
Edit thought this was Warriors sf ?

I'm glad people will now see how you treat me smh

Cap - October 8, 2021, 8:35 pm

(Oct 8, 2021 08:29 PM)-Scrub Wrote: [\[CITE\]](#) I'm confused why you haven't copped me a king award yet, but on topic I got hands .

I'll get you the King award in exchange for a plug award ;)

Mullet Muscle - October 8, 2021, 8:36 pm

(Oct 8, 2021 08:35 PM)Cap Wrote: [\[CITE\]](#) I'll get you the King award in exchange for a plug award ;)

Kings got more value smh
Don't give in to Scrub, I stay getting him awards and he wants more.

Cap - October 8, 2021, 9:06 pm

(Oct 8, 2021 09:01 PM)-Scrub Wrote: [\[CITE\]](#) How about the ga award instead ? ;)
Man I don't even have that one yet! That's on my to-do list in the near future.

Blazin - October 8, 2021, 9:12 pm

(May 8, 2021 04:27 PM)Beherit Wrote: [\[CITE\]](#) Personally, I've never taken a class but I do plan on taking one sometime in the near future, just not sure what I should learn. I'm fairly young and think it'd be very beneficial for self-defense and my health. I learned the basics of boxing from my friends back in high school and have been practicing on and off ever since, but never took the time to go to a gym to hone my skills. There's still much more I'd like to learn even though I'm still out of shape.

Are you interested in martial arts and would you recommend it to most people?
I've taken some karate when I was younger, but I always loved all the martial arts and stuff for sure can come in handy.

Nate - October 8, 2021, 9:29 pm

You can ask [mention=4227846] i eat his 22s all day

Prettykitty - October 8, 2021, 9:30 pm

Actually to recall further I did some martial arts when I was a kid, like kung fu for a few years.

shitmaster - October 8, 2021, 10:16 pm

I guess any martial arts that doesn't train you only with method and skills but also endurance and morality is good enough. That's what keeps you fit and healthy.

Tor - October 9, 2021, 3:34 am

(May 8, 2021 04:27 PM)Beherit Wrote: [\[CITE\]](#) Personally, I've never taken a class but I do plan on taking one sometime in the near future, just not sure what I should learn. I'm fairly young and think it'd be very beneficial for self-defense and my health. I learned the basics of boxing from my friends back in high school and have been practicing on and off ever since, but never took the time to go to a gym to hone my skills. There's still much more I'd like to learn even though I'm still out of shape.

Are you interested in martial arts and would you recommend it to most people?
I've tried it myself and bailed after a few weeks.
Would recommend it to some people that are really into it. But it doesn't apply for everyone.

Blazin - October 9, 2021, 3:36 am

Who can really hate on martial arts? All of them are awesome.

Sigma - October 9, 2021, 6:05 am

I think it would be fun, but I enjoy boxing.

jecoylecoy - October 9, 2021, 6:17 am

I want to learn but there is no opportunity to learn in my place.

Mullet Muscle - October 9, 2021, 2:50 pm

[Velma](#) says hes got hands.
I think he's interested

Beherit - October 9, 2021, 2:51 pm

(Oct 9, 2021 02:50 PM)Mullet Muscle Wrote: [\[CITE\] Velma](#) says hes got hands.
I think he's interested
[Velma](#) has hands like the teletubbies have hands.

Velma - October 9, 2021, 2:52 pm

(Oct 9, 2021 02:51 PM)Beherit Wrote: [\[CITE\] Velma](#) has hands like the teletubbies have hands.
damn the disrespect its wild, I got HEAVY hands that's for sure.

xPower - October 9, 2021, 3:23 pm

I used to be in karate but it was pretty wack. Hoping to pick up on some sort of martial art in the future.

Dripstur - October 9, 2021, 8:07 pm

I definitely would love to attend some classes but no I haven't been to one. Would want to take some jiu jitsu classes

bk randy - October 9, 2021, 9:07 pm

(May 8, 2021 04:27 PM)Beherit Wrote: [\[CITE\]](#) Personally, I've never taken a class but I do plan on taking one sometime in the near future, just not sure what I should learn. I'm fairly young and think it'd be very beneficial for self-defense and my health. I learned the basics of boxing from my friends back in high school and have been practicing on and off ever since, but never took the time to go to a gym to hone my skills. There's still much more I'd like to learn even though I'm still out of shape.

Are you interested in martial arts and would you recommend it to most people?

Look in to Hopkido my friend, it's very cool, pretty much train 2 or 3 days a week and have spar night once a week which is basically kick boxing each other n practicing the techniques. I learned quite a bit from it but I quit going to it cuz I was young n didn't care for it, looking back tho it was a cool experience, and my trainer was one of the best at it, and traveled to Korea n shit to train them as well. Cool guy.

grainy - October 10, 2021, 2:56 am

Beherit u be watching way too much anime

Telstra - October 10, 2021, 2:57 am

I do not know how to fight but I am 6'5 and 100kg so no one fuck with me

L1l DuRk - October 12, 2021, 5:59 am

I haven't been in a class for this ever but it very useful. I wish to learn Kunfu or boxing.

device - October 12, 2021, 6:05 am

Martial arts always fascinated me. When I was a kid, I used to watch a lot of Bruce-Lee's stuff and other Hong Kong fighting movies (also a lot of manga). I joined a Taekwondo club for a year, then stopped when I went to live abroad. I'd encourage anyone to join a martial arts club, it's a great experience, and you'll make friends for life there.

??? - October 31, 2021, 12:02 pm

I've been fighting my demons my whole life.

Ninja - October 31, 2021, 12:48 pm

I have been planning to start learning martial arts for some time now. I want to go into professional combat sports.

funtela - October 31, 2021, 12:49 pm

(Oct 31, 2021 12:48 PM)Ninja Wrote: [\[CITE\]](#) I have been planning to start learning martial arts for some time now. I want to go into professional combat sports.
Are you aiming to fight professionally?

Ninja - October 31, 2021, 12:51 pm

(Oct 31, 2021 12:49 PM)funtela Wrote: [\[CITE\]](#) Are you aiming to fight professionally?
Yes, I do. But I wear glasses. Would they allow fighting/training with contacts or do I have to get laser eye?

funtela - October 31, 2021, 12:52 pm

(Oct 31, 2021 12:51 PM)Ninja Wrote: [\[CITE\]](#) Yes, I do. But I wear glasses. Would they allow fighting/training with contacts or do I have to get laser eye?
I'm not sure. That's a good question.

Monero-chan - October 31, 2021, 4:13 pm

I do on planning taking some self-defense classes since I have guns and I know how to shoot them.

Ivex - October 31, 2021, 5:12 pm

I do Brazilian Jiu Jitsu. I'm intimidated whenever I go, but I'm always glad I went. A great workout too.