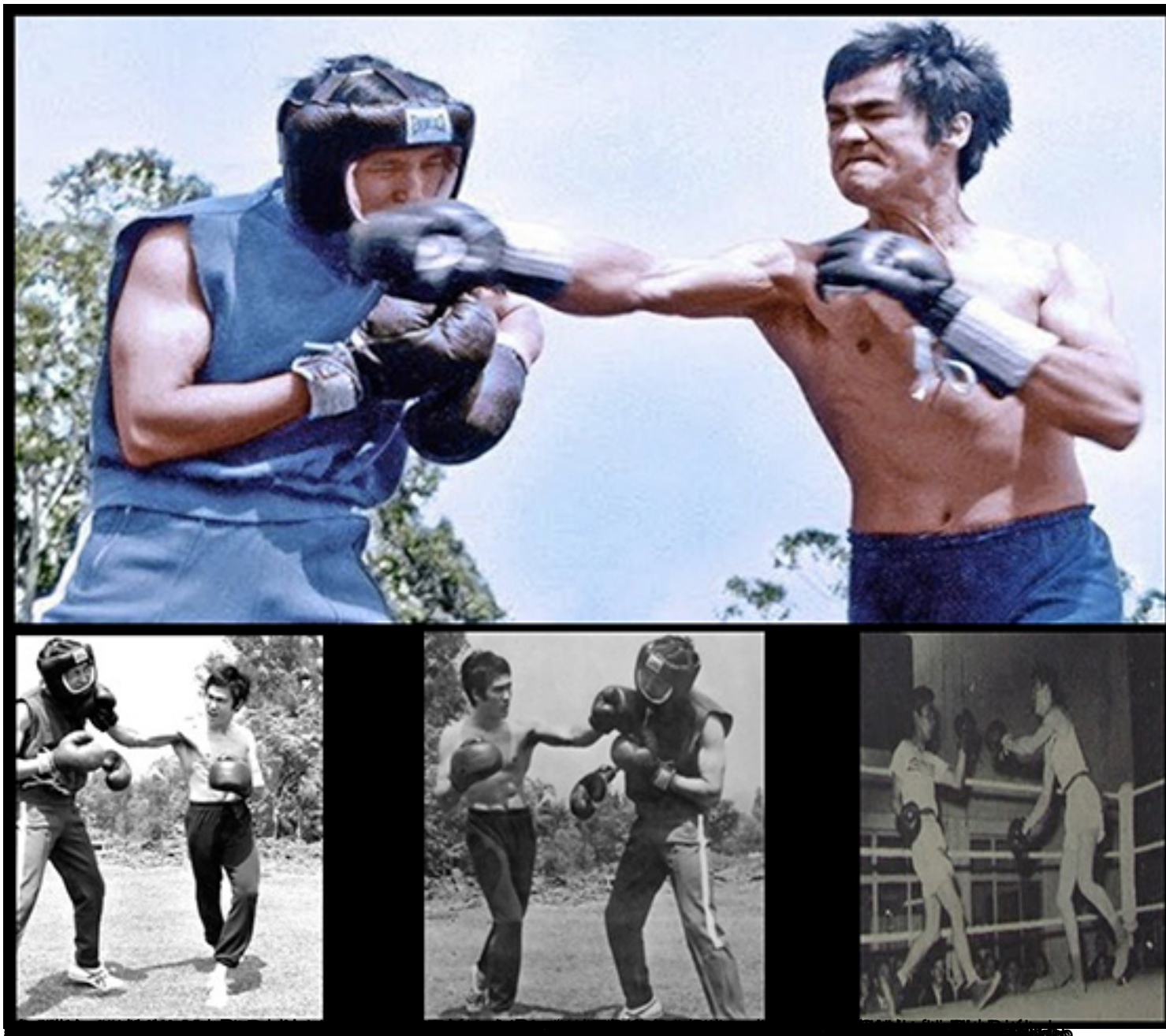


by Guru Scott Mcquaid

The art of combat comes in many configurations, from wrestling to boxing to the martial arts, with each having their own techniques and disciplines. The blend of these fighting arts formed MMA (*mixed martial arts*), which in itself has created a new unique style of combat. The age old question asked by many has been which style of fighting is better, boxing or martial arts. Who would win in a fight between Bruce Lee and Muhammad Ali.

The fact is they are one of the same. Any realistic practitioner of the martial arts should always consider incorporating boxing components. Each martial system has their strengths - Muay Thai fighters are perhaps the hardest kickers, while Ju-Jitsu Senseis are very effective in locking joints, and Silat gurus are exceptional in manipulating the body. This leaves the area of punching to boxers. Naturally boxers work only from the waist up. The only striking they do is punching, so arguably they are the best punchers. A lot of world champion boxers started their career in some form of martial arts, while others incorporated certain elements of various martial systems into their style of boxing.









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