

STRIKING

BOXING



GREECE - 600 BCE

SAVATE



FRANCE - EARLY 1800s CE

KICKBOXING



USA / NETHERLANDS - 1800s CE



JAPAN - 1800s CE

KARATE



OKINAWA - 1800s CE

KUNG FU



CHINA - 500s CE

PRIZEFIGHTING



ENGLAND - 1800s CE

CAPOEIRA



BRAZIL - 1500s CE

KRAV MAGA



ISRAEL - 1940s CE

JEET KUNE DO



USA / HONG KONG - 1967 CE

TANG SOO DO



KOREA - 1940s CE

TAEKKYEO



KOREA - 1000s CE

TAE KWON DO



KOREA - 1955 CE

PANKRATION



GREECE - 648 BCE

VALE TUDO



BRAZIL - 1920s CE

LUTA LIVRE



BRAZIL - 1927 CE

SHOOTFIGHTING



JAPAN - 1995 CE

SANCRASE



JAPAN - 1900s CE

MUAY THAI



THAILAND - 1900s CE

WEST

EAST

MIXED MARTIAL ARTS

CATCH WRESTLING



ENGLAND - 1878 CE

BRAZILIAN JIU JITSU



BRAZIL - 1900 CE

SHUAI JIAO



CHINA - 1997 BCE

AIKIDO



JAPAN - 1900s CE

HAKKIDO



KOREA - 1940s CE

FREESTYLE



UK / USA - LATE 1800s CE

COLLEGIATE



USA - LATE 1800s CE

SAMBO



SOVIET UNION - 1930 CE

JUDO



JAPAN - 1992 CE

SUMO



JAPAN - 70 BCE

UPRIGHT WRESTLING



GREECE - 700 BCE

GRECO-ROMAN



FRANCE - EARLY 1800s CE

MALLA YUDDHA



SOUTH ASIA - 3000 BCE

JUJUTSU



JAPAN - 1600s CE

GRAPPLING

Mixed Martial Art Training Guide

S Ashworth



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