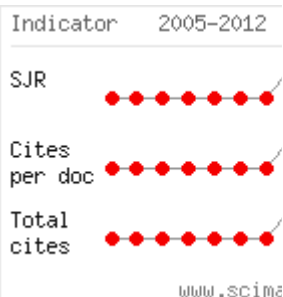


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## A non-competitive martial arts exercise program for health and fitness in the general population

*Ming-Chien Chyu*

### Abstract

Although traditional martial arts training focuses on defensive and offensive systems of physical techniques for combat, martial arts can be practiced as a physical activity for health and fitness, and are recommended as such by US Centers for Disease Control and Prevention. However, limited information on non-competitive martial arts exercise programs is available in the open literature. Compared with other modalities of exercise, martial arts exercise offers advantages in safety, no equipment required, flexible space

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requirement, adjustable intensity, comprehensiveness, individuality, exercise when watching television, and higher motivation of adherence. This article introduces a structured, systematic, and comprehensive martial arts exercise program suitable for the general population of different age groups and physical conditions. The curriculum features a non-competitive, non-contact, safe and fun personal/group exercise based on traditional martial arts training, covering a wide spectrum of techniques of hand strikes, kicks, elbow strikes, knee strikes, blocks, their combinations, takedowns/throws, and self-defense, in addition to warm-up and cool-down. The purpose is to provide an easy, safe, cost-effective (virtually no-cost) and user-friendly alternative exercise program to help the general population increase quality daily exercise.

Key words: alternative exercise; cost-effective; safety; feasibility; physical education

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