# Martial Art Comparison Chart

| | Aiki Ninjutsu | Tae Kwon Do | Judo | Karate | Aikido | Kung Fu | Boxing | Wrestling | MMA Cage Fighting |
|---|---|---|---|---|---|---|---|---|---|
| Punching | ✓ | ✓ | | ✓ | | ✓ | ✓ | | ✓ |
| Kicking | ✓ | ✓ | | ✓ | | ✓ | | | ✓ |
| Grappling Trapping | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |
| Ground Fighting | ✓ | | ✓ | | | | | ✓ | ✓ |
| Joint locks | ✓ | | | | ✓ | ✓ | | | ✓ |
| Throws Takedowns | ✓ | | ✓ | ✓ | ✓ | ✓ | | ✓ | ✓ |
| Historical Weapons | ✓ | ✓ | | ✓ | ✓ | ✓ | | | |
| Modern Weapons | ✓ | | | | | | | | |
| Mind Science | ✓ | | | | | | | | |
| Philosophy | ✓ | | | | ✓ | | | | |
| Life Lessons | ✓ | | | | | | | | |