Martial Art Comparison Chart

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