

Chayon-Ryu Martial Arts

Mudo vs. Sport TKD

A comparison

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Mudo (Traditional Marital Arts) compared to Sports Tae Kwon Do

In the last ten years, the introduction of Mixed Martial Arts as a media event has increased exposure of Martial Arts to the public. To a casual observer the differences between traditional martial arts schools and sport focused gyms may not be obvious. While they may share some similar training methods, curriculum and motivations behind their practice are significantly different.

Who is the focus on? (Inclusiveness)

A Traditional Martial Arts School is open to almost anyone. Anyone can benefit from martial arts training to improve physically and mentally. Classes contain many students of all ages and ability levels.

Gyms and coaches training for sports will be focused on only the young, strong, physically gifted students. Any others usually just act as a sparring partner to aid in individual training.

Why do they train? (Motivation)

People who enroll at a Traditional Martial Arts school are looking to improve themselves. Self-defense may be at the forefront, but other benefits like self-discipline, losing weight, better coordination, and endurance are expected. Awareness and avoiding confrontation are important parts of study as well.

The people who enroll with gym / sports / MMA style programs are only interested in training combat efficiency to be victorious in competition or confrontation. This does overlap self-defense greatly, but only in terms of physical prowess not necessarily physical safety (i.e. avoiding encounters).

What do they train? (Content)

The roots of Traditional Martial Arts span back to times of real life and death combat. Some techniques taught are directly lethal or debilitating, extending to the use of weapons traditional and improvised.

Technique taught for sport, while focusing on effectiveness are also limited by the rules of competition. Attacking vital areas is included but limited in the sense of what real damage should be done. Eye gouges, bone breaks and joint dislocations MAY occur but are penalized in sport competition.

How do they train? (Tradition)

Most Traditional Martial Arts schools use organized patterns of movement called Forms (also known as Hyung or Kata) to instruct. Some centuries old are core to martial arts training. These forms, once closely guarded secrets, are used to teach and maintain techniques over time.

Sports training does not make use of Forms as training material. The deepest traditions are only those of physical conditioning, exercise for improved strength and endurance, repetition drills of techniques.

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