

English Tutorial Classes Week 10

Martial Arts

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Martial arts

Martial arts (borilačke veštine) are systems of physical and mental training that teach techniques for self-defense (samoodbranu) or combat (borbu).



Wrestling

Wrestling is the oldest combat sport in which two individuals **grapple** (**rvaju se**) with each other, attempting to **gain control** (**steknu kontrolu**) and **pin their opponent to the ground** (**pribiju protivnika na tlo**).



Wrestling

Wrestling involves different grappling-type techniques such as **clinch fighting (borba u klinču), throws (bacanja) and takedowns (obaranja), joint locks (zahvati na zglobovima), pins (pribijanja na tlo),** and other grappling holds.

Clinch fighting

Clinch fighting (borba u klinču) or trapping (zarobljavanje) is the part of stand-up fighting (borbe u stojećem stavu) where the combatants (borci) are grappling in a clinch typically using clinch holds (klinč zahvate).



Throws and takedowns (bacanja i obaranja)

Hip Toss (bacanje preko kuka): Involves using hip and leg strength to throw an opponent over the hip and onto their back.

Headlock Throw (bacanje iz zahvata za glavu): Utilizes a headlock to throw the opponent by twisting or turning them.

Fireman's Carry (bacanje preko ramena): Involves lifting the opponent onto the shoulders and then dropping them to the mat.



Throws and takedowns

Single Leg Takedown (obaranje na jednu nogu): Targets one of the opponent's legs, often by grabbing it and driving them to the mat.

Double Leg Takedown (obaranje na obe noge): Similar to the single leg takedown but involves targeting both legs simultaneously.

Suplex (nabačaj s leđa): A powerful throw where the opponent is lifted and then thrown backward or sideways onto the mat.



Joint locks

Techniques used to **manipulate an opponent's joints** (tehnike za manipulaciju zglobovima protivnika) in order to immobilize them or force a submission.



Joint locks

ARMBAR (poluga na ruci ili ručna poluga) – Involves hyperextending or hyper rotating the elbow joint by **pinning the opponent's arm** (pritiskom na ruku protivnika) against the mat or the attacker's body.



Joint locks

KIMURA LOCK (Kimura poluga / zaključavanje ramena)

Targets the **shoulder joint (zglob ramena)**, typically by holding the opponent's wrist and applying pressure to rotate the shoulder in an unnatural direction.



Joint locks

KNEEBAR (poluga na kolenu)

Targets the knee joint (koleni zglob) by hyperextending or hyper rotating it (preteranim istezanjem ili uvrtnjem), typically by trapping the opponent's leg and applying pressure to the knee.



Reid Connell

Pins

Pins (pribijanja) are used to secure victory by holding an opponent's shoulders to the mat for a specific duration.

Standard Pin (standardno pribijanje): This involves lying on top of the opponent with both shoulders pinned to the mat.



Pins

HALF NELSON (Jednoručni vratni zahvat)

The wrestler applies pressure (rvač vrši pritisak) to one of the opponent's arms and neck, turning them onto their back with one shoulder pinned to the mat.



Pins

CRADLE (kolevka): The wrestler wraps their arms around the opponent's head and leg, controlling their upper body and legs while pinning their shoulders to the mat.

GUILLOTINE (giljotina — zaključavanje vrata i ruke): Involves trapping the opponent's head and arm, applying pressure to the neck while pinning one shoulder to the mat.



空手道

KARA
Empty

TE
Hand

DO
Way

Karate

A Japanese martial art characterized by striking techniques (udaračke tehnike) such as punches (udarci pesnicom), kicks (udarci nogom), and knee strikes (udarci kolenom), as well as blocks (blokiranja) and open-handed techniques (tehnike otvorenom šakom).



Karate

Karate originated in Okinawa, Japan, influenced by Chinese martial arts.

The word "karate" means “**empty hand**”, symbolizing unarmed self-defense.



Philosophy and Etiquette

Respect and discipline are fundamental.

Bowing (rei – naklon) shows humility (skromnost) and acknowledgment (priznanje) of others.

Dojo kun – a set of **guiding principles (vodećih principa)** (e.g., seek perfection of character (savršenstvo karaktera), be faithful (odan), endeavor (istrajan), respect others (poštuj druge), refrain from violent behavior (uzdržavaj se od nasilnog ponašanja).

Styles of Karate

There are several major styles, such as:

Shotokan – strong, linear movements (snažni, pravolinijski pokreti)

Goju-Ryu – circular motions and breathing techniques (kružni pokreti i tehnike disanja)

Wado-Ryu – fluidity and avoidance (fluidnost i izbegavanje)

Shito-Ryu – a mix of hard and soft styles (kombinacija tvrdih i mekih stilova)



Karate

Karate practice is divided into three aspects: **Kihon** (osnovne tehnike), **Kata** (forme), and **Kumite** (sparing).



Karate

Kihon (basics) refers to the fundamental techniques of karate, including strikes, blocks, and stances (udarci, blokovi i stavovi).

Forms (Kata): Kata are choreographed sequences of movements that simulate combat scenarios against imaginary opponents (unapred određene kombinacije pokreta koje simuliraju borbu).

Sparring (Kumite): Kumite refers to controlled sparring or combat drills performed with a training partner (sparing, odnosno borba sa protivnikom u kontrolisanim uslovima).

Karate

Strikes (ударci):

- Punches (tsuki) (ударci pesnicom)
- Kicks (geri) (ударci nogom)
- Knee strikes (ударci kolenom)

Blocks (blokovi):

- Age uke (gornji blok)
- Gedan barai (donji blok)
- Soto uke (spoljašnji blok)

Stances (Dachi) (stavovi)

The foundation of movement and balance,
such as:

Zenkutsu dachi (napredni stav)

Kiba dachi (stav jahača)

Kokutsu dachi (zadnji stav)



Belt Colors and Their Meaning:

White Belt – Beginner (početnik)

Yellow Belt – Basic understanding
(osnovno razumevanje)

Orange Belt – Expanding skills (širenje
znanja)

Green Belt – Development (razvoj)

Blue Belt – Progress (napredak)

Brown Belt – Maturity (zrelost)

Black Belt – Mastery begins (početak
majstorstva)



Taekwondo

A Korean martial art known for its emphasis on kicking techniques.

“Tae” = to kick

“Kwon” = to punch

“Do” = the way/art

→ “The way of the foot and the fist”



Taekwondo

Emphasis on Kicks: High, fast, and spinning kicks (rotirajući udarci)

Famous for techniques like the roundhouse kick (bočni kružni udarac), axe kick (udarac kao sekirom), spinning hook kick (rotirajući udarac petom).

Leg speed and flexibility are essential.



Taekwondo

Protective gear includes:

Helmet (kaciga)

Chest protector (štitnik za grudi)

Shin and arm guards (štitnici za potkolenice i podlaktice)



Board Breaking

The breaking of boards is used for testing, training, and demonstrations.

Power breaking (lomljenje snagom) – the goal is to break as many boards as possible.

Speed breaking (lomljenje brzinom) – The focus is on the speed required to perform the break.

Special techniques (specijalne tehnike) – breaking fewer boards but by using jumping or flying techniques to attain greater height, distance.


















Belt System

Colored belts: White → Yellow → Green → Blue → Red → Black

Each belt represents a level of knowledge and ability.

Black belt levels are called Dan ranks (Dan-nivoi).

| Junior Grades | Intermediate | Advanced | Black Belts |
|---|--|--|---|
|  10th KUP |  6th Kup |  3rd Kup |  1st Dan |
|  9th Kup |  5th Kup |  2nd Kup |  2nd Dan |
|  8th Kup |  4th Kup |  1st Kup |  3rd Dan |
|  7th Kup | | |  4th Dan |
| | | |  5th Dan Master |

Taekwondo

| Korean Term | Meaning (English) | Prevod |
|-------------|---------------------------|---------------------|
| Taekwondo | Way of the foot and fist | Put noge i pesnice |
| Dojang | Training hall | Trenažna sala |
| Dobok | Training uniform | Uniforma za trening |
| Kihap | Shout (during techniques) | Borbeni poklič |
| Sabom-nim | Instructor | Instruktor |
| Poomsae | Forms | Forme |
| Kyorugi | Sparring | Borba |

Judo

Judo means “the gentle way”
(„blagi put“)

It was founded in Japan in
1882 by Jigoro Kano (Džigoro
Kano).



Judo

It is an Olympic sport focused on throws (bacanja), holds (zahvati), and grappling (rvanje).

Unlike karate or taekwondo, strikes are not allowed (udarci nisu dozvoljeni).



Key Techniques

Throws (bacanja) – standing techniques to throw the opponent to the ground: **hip throw (bacanje preko kuka)**, **shoulder throw (bacanje preko ramena)**.

Pins / Holds (pribijanja / zahvati) – controlling the opponent on the ground.

Joint locks (zaključavanje zglobova)

Chokes / Strangles (gušenja) – controlled pressure to the neck to make the opponent submit.

Judo

Judo practitioners, known as judoka (džudoke), train in a dojo (dođo – trenažna sala) under the guidance of a skilled instructor.



Uniform and Equipment

Judogi (džudo uniforma) – a thick, jacket and pants, usually white or blue.

Belt (obi) (pojas) – shows the student's level or rank.

Barefoot (bosonog)

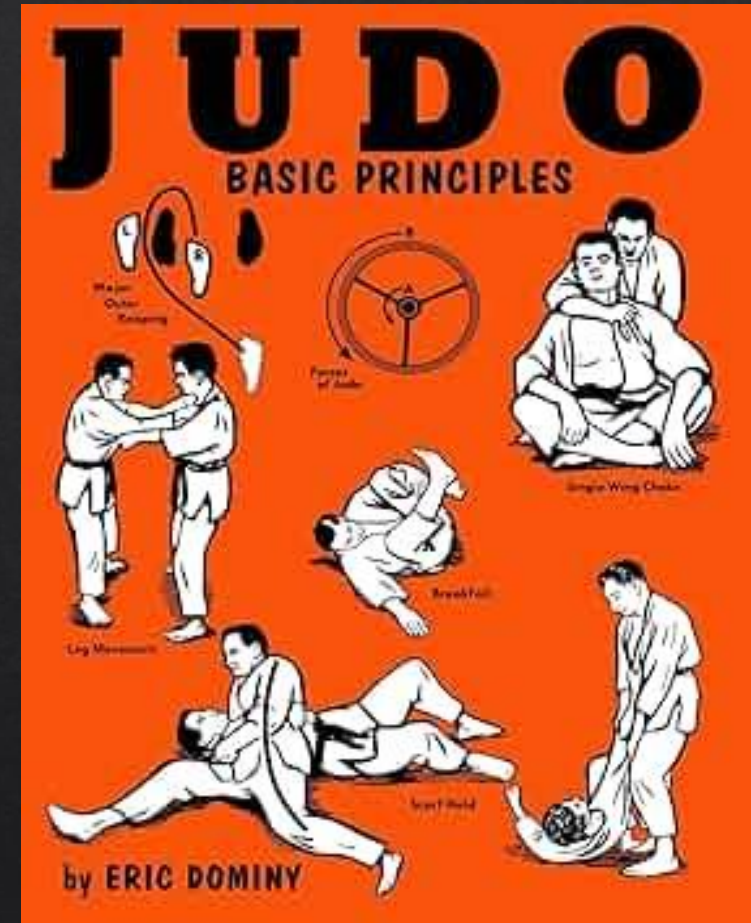


Principles of Judo

Maximum efficiency with minimal effort
(Maksimalna efikasnost uz minimalan napor).

Mutual welfare and benefit (Obostrana dobrobit i saradnja).

Using the opponent's force against them
(Korišćenje protivnikove snage protiv njega).



Thank you for your attention!