

Martial Artist

(1) Research and describe the differences between three types of martial arts available to learn in your area. Then, decide which might be the best for you, based on the skills you hope to learn.	Examples of martial arts include tai chi, kung fu, boxing, and capoeira, among many others. There are unarmed combat traditions in nearly every part of the world.
(2) Complete an introductory lesson in a martial art of your choice.	Martial arts dojos often offer free or reduced-price intro classes. You can also see if a local gym or community center offers classes.
(3) Complete twelve beginner lessons in a martial art of your choice.	Don't worry if you don't enjoy the first martial art you try. Feel free to keep exploring different traditions until you find one that meets your needs and feels fun!
(4) Take an introductory lesson in 2 or more other types of martial arts, <i>or</i> take a course of advanced lessons in a martial art you have studied.	Some of us believe variety is the spice of life; others prefer to pursue mastery of one area. Both approaches can be enjoyable, so take the course that appeals most to you.
(5) Participate in a competition or exhibition of a martial art.	Ask your instructors for advice on whether you are ready to put your new skills on display. Then, ask for information on local exhibitions and competitions in your martial art.