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In the twenty first century combat sports have become more than just sports. A trend had shown how these combating techniques had transformed into sports and is still that way. But more recently, these sports are again being seen as not just sports but as a self defence system.

With the increase in crime and the recession these sports are reverting back to as combating techniques as a large part of third world still remain engulfed in poverty. With the increase in crimes, these sports have become more of a way of protection for their own and their loved one's lives.

There of course are a few favourite among the people for being deadlier and making the fighter stronger. Boxing has been the most common style of combat. Boxing fitness training actually helps you to increase your body strength and suppleness. It is a popular combat sport that teaches you to protect yourself from any attack or harm from a dangerous person. Boxing fitness training primarily helps you to remain physically active and fit besides teaching you to protect yourself.

Mixed martial arts is seen as blend of all these combating techniques taught in a unified style.MMA workouts includes teaching the learner all forms of fighting styles and learning to use them during fights. More than that MMA workout are designed to prepare the fighters body for intense stamina and strength. Martial arts classes are very popular as martial art is a form of combat sports. Its history goes back to the Greek empire. It is seen as a complete self defence sporting system. Martial arts classes help the student learn the ancient art for his/her spiritual, mental and physical development. This particular sport has become a favourite for its rather unique and exotic style of fighting.

Brazilian Jiu-jitsu classes have their niche audience as they are seen as a combat sport that works on the idea that a smaller man/woman can easily take down a stronger and bigger opponent. Brazilian Jiu-jitsu classes make the fighter aware of it own bodies inner strength by teaching him/her techniques of joint locks and chokeholds.

We are reverting back to a time when these sports do not merely remain as sports but become a lifestyle where we have made them a part of our daily routine. With the change in lifestyle and globalization of everything combating techniques and their appeal as a self defence mechanism has increased as well.

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