

**RYUS OF THE WORLD
365 STYLES**

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Compendium of Martial Arts Styles - October 1994

Description and Founder if known

Aikido	A Japanese style known as "the way of harmony" encompassing circular movements. Ueshiba Morihei.
Aikikendo	Combines aikido, karate and jujutsu techniques and is used primarily in Japan. Momoji Sudoh.
Aio Ryu	Old martial art using the techniques of handling a lancy (Yari) combined with Jujutsu.
American Kenpo Karate	Ed Parker
American Tae Kwon Do	Also known as Rhee Kwon Jhoon Rhee
Anzawa Ryu	Style of fighting using the naginata (long handled halberd), used by foot soldiers and women.
Araki Ryu	A style of Kendo begun in the 17th-century by Mataemon Minamoto Hidetsuna.
Arnis	Philippine style. Modern Kali. Techniques done empty handed or with sticks and blades.
Ba Gua Quan	A form of Chinese boxing practiced alone but with an application to fighting.
Ba-ji Quan	Chinese style of combat using violent punching and strong shoulder strokes.
Ba-jutsu	The art of horsemanship associated with archery
Bagalombang Dua-blas	A style ofPentjak-Silat
Baji	A style of Wushu
Bak-singChoy Li Fut	A form of Kung Fu
Bando	Burmese style of kicking and boxing.
Baru Silat	A style of Pentjak-Silat
Bersilat	Malaysian style using dance like series of movements patterned after animal movements
Bhakti Negara	A style of Pentjak-Silat
Blue Dragon Fist	Founded in 1963 in China by Lum Chi Ping
Bojutsu	Okinawan system of combat using the Bo.
Budo	A twentieth century name of martial arts in general with emphasis on their peaceful aspects.
Budoja Indonesia Matar	A style of Pentjak-Silat
Bugei	Warrior art including laws governing behavior of Samurai encompassing all Jutsu techniques.
Capoeira	An African style brought to Brazil, using rapid kicks delivered by diving into a cartwheel-like stance
Ch'a Ch'uan	A form of Kung Fu
Ch'o Chia	Northern Chinese style of Kung Fu
Cha Quan Wushu	Chinese style related to the internal method of the Shaolin-si from Ming dynasty.
Cha-yon Ryu	Eclectic American style combining tae kwon do, hapkido, Shao-lin kung fu and Shito-ryu. Kum Pyung Soo.
Champaka Putih	A style of Pentjak-Silat
Chang moo kwan	Taekyon style and a Tae Kwon Do predecessor. In Yoon Byung.
Chang Yung Kwan	Korean martial arts founded in 1970. Jung Sool Park
Chi do kwan	Taekyon style and a Tae Kwon Do predecessor. Yon Kue Pyang.
Chin-na / Cheena-a di	Chinese style that involves seizing and damaging the vital points of the body.
Chinese GoJu	Karate using Kung Fu, Tae Kwon Do and Aiki-Jutsu styles founded in 1971
Chito-Ryu	Japanese system of karate
Chow-Gar	Southern Chinese style of Kung Fu
Choy-Li-Fut	Cantonese style of Kung Fu
Chuan Fa	Fist Way. The term used to denote Chinese Boxing along with Chuan Shu
Chuan Shu	Fist Way The term used to denote Chinese Boxing along with Chuan Fa.
Chujo Ryu	A sword-fighting system begun around 1400 AD by Chujo Nagahide.

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Chung do kwan	Taekyon style and a Tae Kwon Do predecessor. Won Kook Lee.
Chuo-jiao-quan	A Chinese martial art emphasizing attacks with the legs.
Clan Kai Sai Kung Fu	A style of Kung Fu. Christopher Casey.
Combat Karate	A style independent of style or religion enabling Christians to advance in the martial arts. Rod Crowder.
Como Breton	Cornish Wrestling (England)
Cuong Nha	Vietnamese style of karate.
Danzen Ryu Jiu-Jitsu	Hawaiian Style Jiu-Jitsu also know as Kodankan Kiu-Jitsu. Professor Okazaki.
Delima	A style of Pentjak -Silat
Di Tang	A style of Wushu
Diado Ryu	Martial art blending Ken-jutsu, Kyudo, So-jutsu and musket-firing. Goto Tamaueemon Tadayoshi
Dumog	Philippine Wrestling
Eka Sentosa Setiti	A style of Pentjak-Silat
Emmei Ryu	A system of swordsmanship. Miyamoto Musashi. Also called Nito Ryu.
Ende	A style of Pentjak-Silat
Erlang Men	A Chinese martial art belonging to the internal styles of Shaloin-si tradition.
Escrima	A Philippine style using a short light stick. Synonym for kali, arnis and silat.
Estocada	Stick or empty-handed martial arts in the Tagalos province of the Philippines.
Fan Zi	A style of Wushu
Fan-Tzu	A style of Chinese Kung Fu
Fong Ngan	A style of Chinese Kung Fu
Fraille	Another name for Estocada.
Franzi Quan	A form of Wushu using rapid successions of hand or foot techniques.
Fu-Chiao Pai	A style of Chinese Kung Fu
Fudoshin Ryu Kobojitsu	Karl W Marx
Gan Ryu	A Ken-jutsu style circa 1600 AD. Sasaki Kojiro.
Gassan Ryu	A system in which universal wisdom was sought by practicing with the naginata (long handled halberd)
Gekken	Common name for Kendo
Glimae	Icelandic wrestling
Go-Ti	Chinese wrestling style
Goho	The "hard" style of Shorinji Kempo
Goju-ryu	Japanese popular style with Chinese and Okinawan influence blending force with softness. Chojun Miyagi
Goshin Jutsu	A form of Ju Jutsu
Goshin-Do	A form of self-defense study based on practical judo.
Gosoky Ryu	Street style karate. Fast and Hard.
Gosoku Ryu Karate	Tak Kubota
Gracie Jiu-jitsu	A Brazilian style of jiu-jitsu
Guardian Kempo	A Christian system utilizing street effective techniques. Scot Conway.
Gulat	Indonesian wrestling
Hakko-Ryu	A style of Ju Jutsu with emphasis on the application of oriental medicine. Okuyama Yoshiji.
Hakkoryu Ju-Jitsu	Mas Oyama
Hao Pai Wushu	A style of Kung Fu derived from the postures of the heron
Hapkido	Korean style encompassing the techniques of Hwarang and Taekyon, locks, holds & throws. Yong Shui Choi.
Harinau Silat	A style of Pentjak -Silat
Hasegawa Ryu	A Ken-jutsu style from 16th-century. Hasegawa Soki.

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Hikida Ryu	A style of Kendo using a heavy wooden bokken for training Hikida Bungoro.
Hisarout	An Israeli style of self-defense to cope with modern day needs.
Hogo Jutsu	A style of close-quarter combat using various techniques to overpower an opponent
Hojo Jutsu	Art of tying up. Methods of binding an adversary
Hoki Ryu Kyu Jutsu	One of the oldest systems of archery as used in warfare. Zensho Masatsugu.
Hoko-in-Ryu	An ancient martial art specializing in the use of the lance in hand-to-hand combat.
Hokusai-ryu Ju-jutsu	An ancient system of hand-to-hand combat.
Hokushin Itto Ryu	A style of Kendo focusing more on the spiritual than the combat aspects.
Hong Quan	A Chinese style of martial art with focus on the internals
Hop Gar	A style of Chinese Kung Fu
Hou Ch'uan	A style of Chinese Kung Fu
Hozan Ryu	A style of Kendo
Hozo-in-Ryu	A system of swordsmanship. Hozo-in Ei.
Hsing-I	A Chinese style which uses 12 animal forms with five basic actions.
Hua-quan	A Chinese martial art (Wushu) with accent on suppleness and swiftness of movement.
Hung-Ch'uan	A style of Chinese Kung Fu
Hung-Chia	A style of Chinese Kung Fu
Hung-gar Kung-fu	A style of Kung Fu using animal movements, staff and nunchaku.
Hwarang Do	Silla Dynasty martial and healing art Warrior system with a strong code of ethics. Won Kwang Bopsa
Iaido	Japanese style known as "art of the flashing blade" in which actual sword is used.
Iaijutsu	Japanese swordsmanship. The practical techniques of sword drawing, deploying and re-sheathing.
Ichiden Ryu	A style of sword-fighting created in the 19th-century.
Ikaku Ryu	A Japanese martial art using the jutte (short iron truncheon) and keibo (short truncheon).
In Kajukenbo	Antonio Ramos
Ishin Ryu	A school of karate based on blend of Wado Ryu and Kyokushinkai. David Donovan.
Isshin-ryu	An Okinawan style, "one heart method". A combination of Goju-ryu and Shorin-ryu. Tatsuo Shimabuku
Itto Ryu	Ken-jutsu style using just one sword with both hands from circa 1600 AD. Ittosai Kagehisa.
Jeet Kune Do	Consists of various martial arts styles known as "way of the intercepting fist". Bruce Lee
Ji/Jee do kwan	Taekyon style and a Tae Kwon Do predecessor. Gae Byang Yun.
Jigen Ryu	Ancient art of cutting with the sword. Aggressive style of kenjutsu
Jikishin Kage-ryu Ken-jutsu	A style of sword-fighting using wooden shinai or bokken to train Bushi. Yamada Heizaemon
Jikishin-ryu	A Ju-jutsu system using no lethal judo techniques in unarmed combat. Terada Kan-emon.
Jiu-Jutsu	A Japanese fighting style that consists of various locks, holds, throws, and pressure points
Jobajutsu	Japanese style of horsemanship
Jodo	The Japanese art of stick fighting in which the Jo is used (approximately 4 feet long)
JoJuishitsu Ryu	Type of Takenouchi.
Jojutsu	Combat use of Jo blending spear and sword techniques. Muso Gunnosuke
Jokuk	A style of Pentjak -Silat

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Judo	A Japanese style known as the "Gentle way" or the art of throwing founded by Jigaro Kano.
Juho	The soft system used in Shorinji Kempo
Jujutsu	Same as Jiu Jutsu.
Juken-jutsu	A marital art using the musket and bayonet with focus on thrusting techniques.
Jukendo	Japanese style of bayonet combat.
Kage-ryu Ken-jutsu	A style of sword-fighting. Aizu Iko.
Kajukenbo	Eclectic Hawaiian style based upon karate, judo, jujutsu, kenpo and boxing (first letters of each make the name)
Kalaripayat	The path of the field of battle. Ancient Indian art using armed and unarmed techniques
Kali	Philippine martial art teaching weapons before hand and foot techniques. Main weapon is two 30" short sticks
Kaminshin Ryu	Godly Heart Style. A blend of Chinese, Korean and Japanese styles founded by Albert Church in early 1950's
Kara-Bo Kenpo	American style based upon kung-fu but brutal and instant.
Karate	Japanese Martial Art using strikes and kicks. Okinawan predecessor also used weapons. Empty/China Hand.
Karena Matjang	A style of Pentjak-Silat
Katori Shinto Ryu	A style of Ken-jutsu blending principles of Zen with the sword. Iizasa Choisai.
Ke-Chia	A style of Chinese Kung Fu
Keibo-Soho	Japanese police system using the short wooden club.
Keichu Do	Karate based system where Christian character is developed in the students. Karl Marx.
Keichu Boshin Kitsu Ryu	Karl W Marx
Kempo	Way of the fist. A Chinese martial art (ch'uan-fa) using no weapons. Greatly influenced Okinawan styles.
Ken no Michi	A style of Kendo
Kendari Silat	A style of Pentjak-Silat
Kendo	Japanese style known as "way of the sword" in which bamboo staff and real sword is used.
Kenjutsu	Warrior art of the sword practiced by the Bushi and Samurai.
Kenshikan Karate	Karate style similar to Shito-ryu with focus placed on kata and their applications.
Khyshin-ryu	An ancient Japanese style of defence against the lance and halberd.
Kiaijutsu	Combat form based upon employment of the voice
Kick Boxing	Any combat sport which employs full contact techniques. Usually seen with Thai Boxing.
Kirisuto Nomichi Do	Christ-centered system based upon the foundation of Isshinryu karate. David Epps.
Kirisuto Shinsei Ji Ei B	The Way of Christ. Blend of hard and soft styles with a strong Biblical foundation. Ron Tottingham
Kiro-Ryu	A style of Ju Jutsu
Kito-Ryu	A style of Ju Jutsu teaching Ken-jutsu, Bo-jutsu and Iai-jutsu. Ibaragi Sensai.
Ko-budo	A collective name that applies to the martial disciplines which use unconventional weapons.
Kobayashi Ryu	Okinawan system of Shorin Ryu
Kobu-jutsu	Outgrowth of Okinawa karate employing weapons: nunchaku, bo, sai, kama, timbei, and eku. Tetsuomi Hoshi
Kogusoku-jutsu	The art of fencing with a short staff or other short weapon. Takenouchi Hisamori.

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Koryu Kata	Style of Ju Jutsu practiced from 1603 through 1867
Koshi Mawari	Ancient form of Ju Jutsu
Koshiki Karate	Japanese Karate done with protective armor in contest
Kosho Ryu Kempo	James Mitose
Kowami Ju-jutsu	A style of tough fighting and intensive exercises, based on pure strength. Ichikawa Mondaiyu.
Krabi-Krabong	Armed system of Thailand using swords and shields, with some kick-boxing.
Kubotai Kobo-Jitsu	Tak Kubota
Kuk Sool Won	A Korean style that combines karate-type kicks and hand techniques with Judo-like throws.
Kuki-shin Ryu	A secret martial art practiced by the Yamabushi (esoteric Buddhist sect in Japan).
Kumango Silat	A style of Pentjak-Silat
Kumdo	Korean sword art.
Kumi-tachi Ken-jutsu	A style of sword fighting focusing on spiritual disciplines more than fighting. Chiba Shusaku.
Kundao	Indonesia fighting styles based upon Chinese Wushu, Bersilat and Penchaksilat
Kung-Fu	Wu-Shu. A generic term for hundreds of Chinese martial arts. Literally means "skill" or "ability."
Kung-Ki-Ch'uan	A style of Chinese Kung Fu
Kuntow	A style of Kung Fu indigenous to the Milay-Indonesian archipelago.
Kuo-Ch'uan	A style of Chinese Kung Fu
Kushin Ryu	A style of Ju-jutsu similar to Kito Ryu. Inugami Nagakatsu.
Kyokushin Karate	Japanese karate with focus on self-sacrifice, martial spirit (brutal drive) and Zen philosophy. Masutatsu Oyama.
Kyu Jitsu	The martial art of archery.
Kyudo	Japanese "the way of the bow" involving character development. Archery
Kyuk-Ki-Do	An American martial art combining judo, karate, wrestling, and bare-handed fighting systems. Ken Min
Lameco Escrima	Edgar Sulite
Langka-Tiga-Silat	A style of Pentjak-Silat
Ligar	A style of Chinese Kung Fu
Lima Lama	American martial art of Polynesian descent employing aikido, boxing, and kung fu. Tino Tuilosega.
Lintow	A style of Pentjak-Silat
Liu Ho Ch'uan	A style of Chinese Kung Fu
Liu-Ho-Pa-Fa	A style of Chinese Kung Fu
Liuhe Bafa Wushu.	Style of Chinese boxing focusing on the internals.
Lo-Han-Ch'uan	A style of Chinese Kung Fu
Long-hau WQuan Wush	A style of Chinese boxing.
Maniwa-nen Ryu	Blend of Jujutsu and Kenjutsu advocating an art of peaceful combat to preserve life rather than to take it
Matsubayashi-Ryu	A style of Shorin Ryu
Matsumara Ryu	A style of Shorin Ryu
Mersilat	Malaysian fighting system.
Mi-T'sung-I	A style of Chinese Kung Fu
Mien-Ch'uan	A style of Chinese Kung Fu
Mizuno Shinto Ryu	A style of lai-Jutsu blending swordpaly and unarmed combat Kobayashi Koemon Toshinari.
Moo duk kwan	Taekyon style and a Tae Kwon Do predecessor. Hwang Kee.

Description and Founder if known

Mu Tau	Eclectic Greek style derived from pankration modified to handle unrestrained modern combat. Jim Arvanitis.
Muay Thai	Thailand style that uses brutal efficiency and unparalleled power.
Mugai Ryu	A Ken-jutsu style with fighting based on the principles of Yin and Yang. Tsuji Getten Sakemochi.
Muso Jikiden-ryu	Style of lai-jutsu using a sword with a shorter blade and longer blade. Hojo Hayashizaki Jinsuke Shigenobu.
Mustika Kwitang	A style of Pentjak-Silat
Muteki Ryu	A style of Jujutsu advocating a blend of force (Go) and initiative (Sen).
Muto Ryu	A Ken-jutsu style from 16th-century. Hasegawa Soki.
Nagao Ryu	A style of Tai-jutsu built around a variety of weapons in real combat Nagao Kenmotsu
Naginata-Jutsu	Japanese style using a spear.
Naha-te	One of three principle martial arts on Okinawa centered in the town of Naha
Nakamura Ryu	A style of lai-jutsu where techniques are performed only in a standing position. Nakamura Taisaburo.
Nam Moo Kwan	Hapkido style founding in 1942 in Korea
Nambu-do	Modern form of Karate based on harmony with nature focusing on breathing techniques. Nambu Yoshinao
Nan Ch'uan	A style of Wushu
Nei-Chai	A style of Chinese Kung Fu
Nikaido Ryu	A Ken-jutsu style circa 1600 AD. Matsuyama Mondo.
Ninjutsu	A Japanese style that consists of various techniques of espionage and stealth.
Nippon Kenpo	Amalgamation of judo, karate and aikido using kicks, strikes, throws and reverse holds. Mumeomi Sawayama.
Nippon Ketsugo Ryu Ju	An American style of Jujitsu combining Karate, Judo, Taiho Jutsu and Aiki Jutsu. Larry Hilton
Nippon Shiho Karana Ryu	A blend of close styles using karate and jujutsu. Built around Biblical character principles. Clement Riedner
Nippon Shorinji Kempo	Style blending karate, Aikido and Judo created by Nakano Michiomi after World War II in Japan
Ogasawara Ryu	A style of Kyudo with a strong link to tradition and etiquette. Yabusame
Oguri Ryu	A style of Ju-jitsu adapting methods of fighting in armor to those in street clothes. Oguri Niemon.
Oh do kwan	Taekyon style and a Tae Kwon Do predecessor. Nam Tae Hi and Choi Hong Hi.
Oishi Shinkage Ryu	A style of Kendo using a long shinai held in one hand advocating force rather than suppleness O Susumu.
Okinawa Te	Okinawa hand, a collective term for schools of Okinawan karate.
Ono-ha Itto Ryu	A branch of the Itto Ryu style. Focus on one cut that would end the contest. Ono Tadaaki.
Pai Lum Kung Fu	A style of Kung Fu Also known as Pai Te Lung Ch'Chau Sh'Yang. Pai Yu Fong.
Pakau	A Chinese boxing style "like a lady dancing, and in a fight, like a tiger" Tung Hai-ch'uan.
Pamur	A style of Pentjak -Silat
Pankration	A Pre-Christian Greek style of boxing and wrestling complete with prearranged practice forms
Paraiman	A style of Pentjak-Silat
Patai Silat	A style of Pentjak-Silat
Pauh Silat	A style of Pentjak-Silat
Pentjak Silat	A Malaysia and Indonesian style of empty-hand fighting focused on subtlety and lightness.

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Perisai Diri	A style of Pentjak-Silat
Persatrian Hati	A style of Pentjak-Silat
Pi-Kua	A style of Chinese Kung Fu
Poc-Khek	A style of Chinese Kung Fu
Porbikaua	A style of Pentjak-Silat
Prisai Sakti	A style of Pentjak-Silat
Pukulan	Indonesian style similar to karate.
Putimandi Silat	A style of Pentjak -Silat
Qwan-ki-do	Way of the fist and the energy. Vietnamese style similar to karate but more acrobatic and spectacular
Randai	A style of Pentjak-Silat
Re-efi A Reh-ehsee	An African style using close devastating blows.
Sambo	Russian style of jacket wrestling (also called jonbo or cambo)
San-Hwang Pao-Ch'ui	A style of Chinese Kung Fu
San-Jitsu	First martial art from Guam. Uses free flowing motion and its brutality. A style of Jiu-Jitsu. Frank Sanchez.
Sandang Silat	A style of Pentjak -Silat
Sappo	Methods of attacking weak areas of the body. A type of Ju Jutsu.
Savate	A form of French foot fighting
Seigi Bushido Ryu	Christian style blending Tae Kwon Do, Kenpo Karate, Aikido, Judo and Jujitsu founded by Kent Haralson
Seikidojo	Karate style in Japan using full contact
Sekiguchi Ryu	17th Century Ju Jutsu excelling in honesty and objectivity Sekiguchi Jushin.
Serak	A style of Pukulan (Indonesian Martial Art)
Setia Hati Terate	A style of Pentjak-Silat
Shau Wan Ch'uan	A style of Chinese Kung Fu
Shibukawa Ryu	A style of Ju-jitsu and Bo-jutsu. Sekiguchi Hachirozaemon
Shin no Shindo Ryu	A style of Ju Jutsu practiced from 1600 through 1867
Shinai Gelko	Forerunner of Kendo using the bamboo practice sword.
Shinden Fudo Ryu	Traditional school of the yari (lance or halberd). 15th-century of Japan Izumo no Kanja Yoshiteru
Shinden Munen Ryu	A school of Keno created towards the end of the 19th-century.
Shindo Iten Ryu	Modern school of Aikido, created by the disciples of Ueshiba Morihei
Shindo Shizen-ryu Karate	A style of karate placing great emphasis on spiritual development and kata training. Konishi Yasuhiro
Shindo Yoshin Ryu	Type of Ju Jutsu
Shindon Rokugo-ryu Ai	A strictly defensive style of protective combat based on Aikido. Noguchi Senryuken
Shingen Ryu	A style of Kenjutsu
Shinkage Ryu	Ancient school of sword fighting using both the techniques of unarmed combat and the sword.
Shintaido	Aesthetic, religious, eclectic system combining karate, judo, jujutsu, kendo, and bojutsu. Hiroyuki Aoki.
Shinto Ryu	A style of sword-fighting. Iizasa Choisai.
Shito-Ryu	Japanese style, Okinawan influence, includes various weapons techniques, using power plays. Kenwa Mabuni.
Shobayashi-Ryu	Style of Shorin Ryu
Shoot Boxing	Martial sport from Japan incorporating striking, kicking, throwing and grappling. Off-shoot of Kick Boxing
Shoot Fighting	Shame of "Shoot Boxing" except without time limitations or rounds.
Shorei-Ryu	An Okinawan style based on movements of the crane, snake, tiger and leopard. Choki Motubu.

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Shorin-ryu	An Okinawan style that is characterized by hard and soft, slow and fast movements. Strong focus on kata.
Shorinji Kempo	Combination of religion, martial art and Zen meditation. Balance of calm and action. Nippon Shorinji Kempo
Shotokan	The most popular style of Japanese karate founded by Gichin Funakoshi. Symbolized by the tiger
Shuai Chiao	A style of Chinese Kung Fu
Shui Li Fu	A style of Chinese Wushu. Blend of internal and external methods and weapons.
Shukokai	Japanese karate based upon Shito Ryu.
Shuri Te	Okinawan karate based on teachings of Sokon Matsumura. Predecessor of Shorin Ryu
Shuriken Do	A Japanese style based upon throwing techniques of the shuriken (star), hatchet and knife.
Silat	A Malaysian art using trips, throws and strikes.
Silat Menangkabau	A style of Pentjak-Silat
Silat Putra	A style of Pentjak-Silat
Sinawali	A form of Arnis.
Sisemba	A style of Pentjak-Silat
Siu-Lum	A style of Chinese Kung Fu
Small Circle Jiu-Jitsu	Jiu-Jitsu using small circle theory joint manipulation maximizing leverage with minimum motion. Wally Jay
Song/Sang moo kwan	Taekyon style and a Tae Kwon Do predecessor Byung Chik Ro
Soo Bahk Do	A hard style Korean art dating from the 8th century AD.
Soshuishi Ryu Ju-Jitsu	Albert Church
Sosuichi Ryu	School of pure water. A style of Ju-jutsu. Fugatami Misanori Han-no-Suke.
Sterlak Silat	A style of Pentjak-Silat
Subak	A Koryo Dynasty Korean martial art practiced as a skill to improve health, as a sport and for combat
Sulat	A style of Pentjak-Silat
Sumo	A stylized form of Japanese wrestling
Sundra Silat	A style of Pentjak-Silat
T'an-T'ui	A style of Chinese Kung Fu
Ta-Cheng Ch'uan	A style of Chinese Kung Fu
Tae Kwon Do	Formed in 1955 by a merger of a variety of Korean kwans. The "Hand and Foot Way" General Choi Hong Hi.
Taekyon	Ancient Korean kicking art. Predecessor of Hapkido, Tang Soo Do and Tae Kwon Do.
Tai Chi Chuan	The "Great Ultimate Fist", a form of internal Chinese martial art focusing on soft and flowing forms.
Tai-jitsu	Very ancient art of fighting considered the predecessor of Ju-jutsu.
Taido	Eclectic Japanese system based upon the changing of the body axis on ground and in air Seiken Shukumine.
Taiho-Jutsu	Japanese police system based upon judo, jujutsu, kendo, aikido, karate and bojutsu
Takagi Ryu	A style of the martial arts featuring a technique called "three sticks" used in defense against the sword.
Takenouchi	A style of Ju Jutsu practiced in the 16th century using short weapons. Takenouchi Hisamori.
Talahib Fighting Arts	Mark Wiley
Tanaka Goshin-jutsu	Style of Ju-jutsu with no kicking techniques. Tanako Tatsuo.
Tang Lang Quan Pai	Praying Mantis Fist Style of Wushu using external methods and weapons

Description and Founder if known

Tang Shou Dao	An alternative name for Chinese Boxing.
Tang Soo Do	A Korean style meaning "way of Tang hand," with roots in Soo Bahk Do combining hard and soft styles.
Taoyin	Considered the forerunner of T'ai-Chi-Ch'uan
Tapak Sutji	A style of Pentjak-Silat
Tapu Silat	A style of Pentjak-Silat
Tegumi	Okinawan wrestling style.
Tenjin-Shiryō-Ryu	Ju Jutsu using vital points, immobilization and strangle holds methods. Iso Mataemon.
Thai Boxing	Thai boxers use boxing gloves and fight in a ring using full power to the whole body. Also Muay Thai.
Thaing	System of Burmese martial arts using armed and unarmed self-defense moves.
Thanh Long	School of the Green Dragon. A Vietnamese martial art.
Ti- Tang	A style of Chinese Kung Fu
Tiger-Dragon Kung Fu	A style of Kung Fu. Mike Crain
Tjampur	A style of Pentjak-Silat
Tjatji	A style of Pentjak-Silat
Tji	A style of Pentjak-Silat
Tjianour	A style of Pentjak-Silat
Tjikalong	A style of Pentjak-Silat
Tjimande	A style of Pentjak-Silat
Tjingkrik	A style of Pentjak -Silat
Tjuaringin	A style of Pentjak-Silat
Todo Ryu	A style of Ken-jutsu from early 17th-century. Jisai Michiie.
Togakure Ryu	A style of Ninjutsu. Daisuke Nishina.
Tokushu Keibo Soho	Japanese police combat art using a special collapsible tubular truncheon made of metal alloy.
Tong-bei-Quan	A Wushu style popular in China using very rapid, precise kicks and punches.
Tora Karano Ryu	Eclectic marriage of Kenpo Karate, Arnis and Kobudo with a Christian Philosophy Phil Lewis.
Toshu-kakuto	A close-combat style used in the Japanese army resembling Taiho-jutsu.
Toyama Ryu	A style of Iaido with techniques performed in eight standing postures. Nakamura Taisaburo.
Tridharma	A style of Pentjak-Silat
Tu-Sheng-Men	A style of Chinese Kung Fu
Tung Bi	A style of Wushu
Tunggai Nati	A style of Pentjak-Silat
Uechi-Ryu	An Okinawan style emphasizing strong body conditioning using straight-line movements. Kanbum Uechi.
Ukidokan Kick Boxing	Benny Urquidez
Undukayiam Silat	A style of Pentjak-Silat
Vajramushti	Ancient type of wrestling and fighting originating in India with religious foundations
Vee Jitsu Ryu	Florendo Visiacion
Vovinam Viet Vo Dao	Vietnamese style martial art blending wrestling, force, suppleness and judo. Nguyen Loc.
Wa-jutsu	Science of Concord. Synthesis of Judo, Aikido and Karate with esoteric overtones. Jacques Quero
Wado Ryu	Japanese Karate, School of Way of Harmony. Strong focus on softness. Otsuka Hidenori.
Wah Kuen	A style of Chinese Kung Fu

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Description and Founder if known

Washin Ryu Karate	Hidy Ochiai
Wing Chun	A Chinese style stressing simplicity and a straight forward no-nonsense approach. Ng Mui.
Wu Shu	Official term for marital arts adopted by the People's Republic of China. Also known as kung fu and cong fou
Wudang Pai	Internal school style of Wushu using a sword.
Wun Hop Kuen Do Kara	Soft style karate. Al Dacascos
Xiang-xing Quan	Chinese school of combat with includes many styles imitating the movements of animals.
Xing Yi	A style of Wushu
Xingyi Quan	A Chinese Wushu school of boxing in which all movements imitate animals. Internal methods.
Yabusame Kyudo	Traditional art of military training in the way of the bow and horse.
Yagyū Ryu	School of swordsmanship and Ju-jutsu Yagyū Muneyoshi.
Yamato Ryu	Traditional school of the way of the bow. Morikawa Kozan.
Yaw Yan	Philippine art founded in 1970 using spectacular kicks patterned after arnis movements. Napoleon Fernandez.
Yawara	A precursor to Ju Jutsu
Yihe Quan	Chinese Wushu style. Harmonious and coordinated boxing.
Yoshin Ryu	Willow school of Ju Jutsu Akiyama Shinobu.
Yun moo kwan	Taekyon style and a Tae Kwon Do predecessor. Sup Chun Sang.
Zhongguo Quan	Chinese Fist. General term describing arts that have movements to develop mind and body
Zuyanmen	Chinese school of boxing (Wushu) focusing on internal methods.