



by **Guru Scott McQuiad**

Martial arts is the generic term used for combat systems of codified practices used in self-defense. The term martial arts derives from Latin being the 'Arts of Mars,' the Roman god of war and although this term has become heavily associated with the fighting arts of Eastern Asia, the phrase actually originated from Europe sometime during the 1950s. The term was used in regards to the combat systems of Europe back then. In a 1639 English fencing manual the term martial arts was used in reference specifically to the 'Science and Art' of swordplay.

The origins of martial arts are spread across Asia but many scholars believe the mother of all these fighting systems can be traced back to ancient Greece. In 648 BC the combative art known as Pankration was introduced into the Greek Olympic Games. This was a style of boxing and wrestling. Some historians believe that the art may have been practiced in Greece around the second millennium BC.

The term pankration means '*all powers*' and the Spartan warriors were taught to use this ancient art to kill on the battlefield. In Greek mythology it is believed that Hercules invented pankration and Alexander the Great was also noted as pankration fighter.









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