

Background

Discover the ultimate martial arts fitness app that's available on any modern phone or web-enabled device. Our comprehensive platform allows you to train from anywhere and compete with other players around the globe. Not only will it improve your fitness, but it's also a great way to bring families together for fun and reconnection.

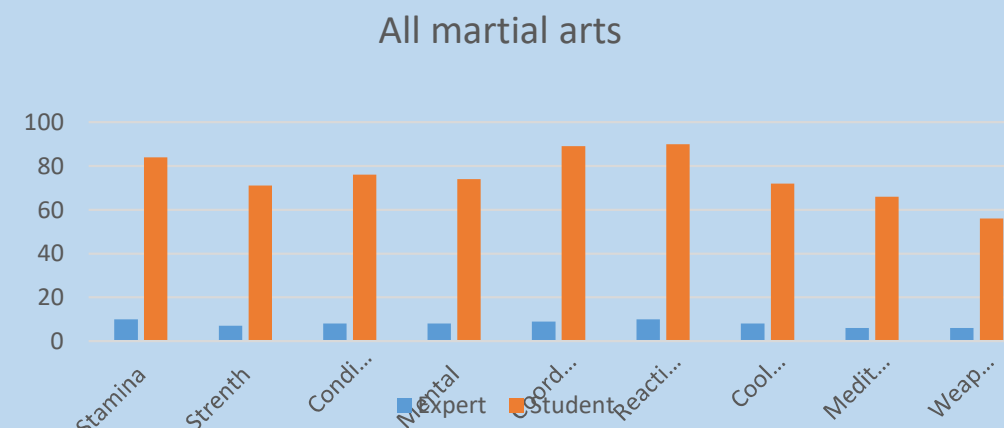
Challenges

Our app offers various levels of difficulty, each defined by points of toughness, to ensure that you can tailor your training to your own capabilities. In addition, we provide personalized advice to help you choose the best martial art for your individual needs. Plus, our app makes it easy to find and join the closest Dojo in your area, so you can start your training journey as soon as possible.

Fitness and Striking skills!!



Research of Martial Art styles



The analysis of data from various martial arts styles reveals significant areas for improvement in training programs. Students in Aikido, Judo, BJJ, kickboxing, Hong Fist, and Iaido desire more emphasis on strength and conditioning, meditation, weapons training, and cool-down periods. Incorporating these elements could enhance the overall training experience and improve physical abilities and performance.

What we offer

Our app caters to users of all fitness levels, from those just starting out with low fitness to those with medium and high fitness levels. Even if you're dealing with sickness or injury, our platform can still help you.

Skills Learned

Speed, increased lung capacity, flexibility, power, strength, holistic wellbeing, more confidence and fitness.

References

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