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Capoeira is a fast and versatile martial art that is historically focused on fighting when outnumbered or at a technological disadvantage. The style emphasizes using the lower body to kick, sweep and take down their aggressors, using the upper body to assist those movements and occasionally attack as well.

Capoeira - Wikipedia

en.wikipedia : wiki : Capoeira

K kd M (zzS K kd M) is a Japanese hybrid martial art. It is full-contact mixed combat sport with head Guard and g loves, throwing and grappling techniques are also allowed in the competition, including restraint, locks and strangle holds.It can be called a mixed martial art with protective gear to the head for brain damage.

Kudo Japanese MMA MMA with Meहुल Vora The Sensational Sensei

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