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mma news interviews results discussion and more for the ufc bellator one championship pfl and other mixed martial arts b events mma news results for the ultimate fighting championship ufc strikeforce more mixed martial arts b fights what is mma mixed martial arts mma is a full contact combat sport that allows a wide variety of fighting techniques and skills from a mixture of other combat sports to be used in competition mixed martial arts mma hybrid combat sport incorporating techniques from boxing wrestling judo jujitsu karate muay thai thai boxing and other disciplines although it was initially decried by critics as a brutal blood sport without rules mma gradually shed its no holds barred image and emerged as one of the world s fastest growing mixed martial arts mma is a full contact combat sport based on striking grappling and ground fighting incorporating techniques from various combat sports from around the world the first documented use of the term mixed martial arts was in a review of ufc 1 by television critic howard rosenberg in 1993 this page is

showing 57 martial arts schools studios dojos clubs found within 10 miles of cedar knolls most of these schools offer self defense classes for children men and women some may also offer after school karate for kids karate tae kwon do mixed martial arts mma brazilian jiu jitsu kick boxing are the top martial arts

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