



THE "ART" OF FIGHTING

— W. Haden Blackman

The final lightsaber duel in *The Phantom Menace* is one of the most action-packed fight scenes ever filmed. During the duel, the Jedi and Darth Maul leap, slash, kick, somersault, flip, and punch as they battle their way through the Theed power generator. The Jedi and Maul (Liam Neeson, Ewan McGregor, and Ray Park) were trained in the martial arts — hand-to-hand combat that has been practiced for thousands of years.

There are hundreds of different styles of martial arts and most take years of practice and hard work to master. Some of the most popular forms began thousands of years ago in Korea, Japan, and China.

Nick Gillard, Episode I's stunt coordinator, studied many fighting styles and martial arts, including Kendo, a martial art that's sometimes called "the way of the sword." Since lightsabers are like swords, this style seemed a perfect choice.



Not all bad guys wear black — Jet Li in *Lethal Weapon 4*.



Kung
phooht!

MARTIAL ARTS STYLES

In addition to Wushu and Tae Kwon Do, other styles include:

AIKIDO (Japanese)

Started in the 1930s, it's sometimes called a "non-aggressive" style because it uses blocks, throws, and grabs instead of punches and kicks.

JUDO (Japanese)

Judo means "gentle way." Judo training stresses skill rather than strength. (It's also an Olympic event.)

JUJITSU (Japanese)

This "art of gentleness" does not use weapons. All movements must be smooth and graceful.

KARATE (Japanese)

Karate means, "empty hand" (no weapons). It was developed long ago for defense against armed warriors. Some strikes could pierce armor!