

## 5 Places To Learn Real Martial Arts In Singapore

By MMA Insider | [MMA Insider](#) – 10 hours ago

We've all seen Jackie Chan do crazy flying somersault kicks in the movies. And of course, everyone is a fan of Bruce Lee. Action flicks with martial arts superheroes are always a good time because the good guys always win.

Unfortunately, in real life, the good guys don't always win. In a world of increasing chaos and random violence, it is always a good thing to learn how to protect yourself and your loved ones. Not only will it empower you, but it will also improve your overall health.

With so many martial arts schools and fitness gyms offering courses in martial arts these days, it is hard to know where to begin. Well, we've made it easy for you. Yahoo! Sports looked at a laundry list of criteria to come up with our choice of the best 5 places to learn real martial arts in Singapore.



Evolve-Fight-Team

### 1. **Evolve MMA**

In one word, Evolve MMA is about world champions. It houses the most number of world champion instructors in the world and yes, it is headquartered right here in Singapore. So if you have ever wanted to learn under the biggest and baddest army of real-life Jackie Chans and Bruce Lees, then look no further.

You can learn various martial arts courses in Singapore at Evolve MMA such as Muay Thai, Boxing, Wrestling, Mixed Martial Arts, Brazilian Jiu-Jitsu, Street Self-Defence, Submission Grappling, and many others. All courses are taught by world champions.

Locations: 1 Selegie Road, #03-11 and 26 China Street, #01-01

Contact: 6337-0082 and 6536-4525

Hours: 600am to 1000pm (Mon-Fri), 800am to 800pm (weekends)

Damage: \$\$\$



Karate

## 2. Kyokushin Singapore

Kyokushin Karate is known as one of the most devastating styles of Karate in the world. Singapore's best black belts and champion karatekas teach at Kyokushin Singapore on a regular basis. Although it is not for the faint-hearted, it is excellent training for the real world. If you have ever seen the movie, Karate Kid, you can forget about what you saw.

This stuff at Kyokushin Singapore is the real deal. You can learn authentic Kyokushin Karate in a serious environment with serious teachers and students. Sparring is included.

Locations: 1 Claymore Drive, 7th Floor and 12 West Coast Walk

Contact: 6778-8966

Hours: 745pm to 915pm (Tue and Fri) and 800pm to 1000pm (Wed)

Damage: \$\$



Kapap-Safety-Courses-Revised

## 3. Kapap Singapore

Kapap is an effective Israeli self-defence system. Kapap Singapore is headed by one of Singapore's self-defence pioneers, Teo Yew Chye. Avi Nardia is one of the leading proponents of Kapap, serving in the Israeli Defense Forces as a Major. Kapap is known for its simplicity in real-life situations. Kapap Singapore also teaches classes in outdoor settings to complement their indoor sessions.

You can learn Catch Wrestling, Brazilian Jiu-Jitsu, and Kapap under the guidance of qualified, local instructors. Live drills and sparring are part of the course material.

Locations: 22 Keong Saik Road and 23 Geylang Road, #02-02

Contact: 9618-2607

Hours: 700pm to 900pm (Mon-Fri), 900am to 1000pm (weekends)

Damage: \$\$



Kadir's Boxing

#### 4. **Kadir's Boxing School**

Led by Singapore's most famous boxer, Kadir's Boxing School is the real deal. Kadir Syed Abdul is the first Singaporean to medal in the Commonwealth Games and has served as head coach of the Singapore National Team on many occasions. If you want to float like a butterfly and sting like a bee, then Kadir's Boxing School is for you.

You can learn authentic amateur boxing at Kadir's Boxing School alongside many amateur boxers and Singapore National athletes.

Location: 1 Guillemard Crescent

Contact: 9843 3009

Hours: 730pm to 1000pm (Mon-Fri)

Damage: \$



Singapore Judo Club

#### 5. **Singapore Judo Club**

Founded in 1954, the Singapore Judo Club is the oldest establishment in the sport of Judo in Singapore. Judo is the Japanese art of throwing your adversary to the ground. The top Judo black belts and champions in the country teach and train at the Singapore Judo Club and/or offshoots of the club. If you want to throw adults twice your size with ease, then

Judo is for you.

You can learn authentic Judo under some of Singapore's best Judokas and champions.

Location: 1 Guillemard Crescent

Contact: N/A

Hours: 730pm to 930pm (Tue and Fri), 900am to 12pm (Sun)

Damage: \$

*FINAL NOTE:* As with anything in life, you should explore all options and go with what is most comfortable to you. You may want to consider the friendliness of the teachers, the cleanliness of the facilities, the convenience of the schedules, and of course, the fees. Ultimately, learning to protect yourself and your loved ones is a personal choice just as choosing a martial arts school is a personal decision.