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The situation of the problems and the weaknesses of the time has been described so that it can be avoided or at least be shortened, if not to eradicate them. Programs and the settings that are used to train the student, are also described. For the beginner in the martial arts field and for anyone who is interested in participating in tournaments, you will find here all the information and tools to start the training, from the learning to the learning of the programs, which are not meant to be used in the real combat scenario, but for the study and comprehension of the structures and systems of their corresponding styles. In the first part, we will describe the modern systems: Aikido, Daito-ryu, Goju-ryu, Shindo-ryu, Judo, Karate, Kendo, Ninjutsu and Jodo-ryu. The second part is dedicated to Krav Maga, a system based on the Roman Army and Central Park techniques, with a strong contribution from Bruce Lee in its early phase. After that, we will deal with specific information of Shaolin Kung Fu, another classical style that appears and is studied in some regions of the world, more specifically in China, Hong Kong, Vietnam and Malaysia. Finally, we will talk about another approach to the training: the Capoeira, the Brazilian martial art with strong influences of the ancient practice of Bairro Alto and the Umbanda religion. After that, we will talk about the specificities of each art. We will also talk about Shaolin Kung Fu techniques. The martial arts styles were described in depth, so that the user can learn to understand its foundations, and the martial artist also understand his own abilities and disabilities, which will help him to grow in the disciplines. The global spread of these martial arts that are represented by all the different Asian styles and the Europe system of Kung Fu, is, despite the minor differences, a real family. But we will see that the differences between the styles are also great, with an important influence of the reality of the time on the evolution of the art. Some countries, like Japan, have been more developed than others, and are able to disseminate their styles and techniques in the whole world, with the arrival of the so-called representatives of the martial arts in the television and film industry and in the sales of equipment, as well as with the appearance of commercial schools that adapt the

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