

AFRICAN PEOPLE'S  
EDUCATION AND  
DEFENSE FUND,  
INC.

1245 18TH AVE. S.  
ST. PETERSBURG,  
FL 33705  
727-821-2437  
WWW.APEDF.ORG

## Our Mission

\* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

\* Defend the human and civil rights of African people.

# Healthy Connections

MAY 2010

## African Martial Arts

By Nubianem, <http://www.myspace.com/africanmartialarts>

The African martial arts are among the largest variety of martial arts on earth. In fact African martial arts are also the oldest and was practiced over 30,000 years ago in the Aquatic Civilization of the Sahara (Zingh Empire).

The oldest and longest practiced martial arts on earth today are Nuba wrestling and Hikuta (the martial arts used to protect the Pharaohs of Nubia and later Khemet). Hikuta is a lightening fast martial arts that applies force on particular pressure points that lead to immobilization. Nuba Wrestling is the ancient art found among today's Nuba (in Sudan) who still practice this as a test of initiation into manhood.

Various martial arts developed from the ancient wrestling and combination martial arts that began in the Sahara and Nubia. These arts spread to Southern Africa, Congo-Angola, West Africa and Eastern Africa. African martial arts come in various forms: Wrestling (Gidigbo Yoruba) Wrestling/boxing combination (Senegali,Laamb) Boxing/ open hand - boxing/slapping (Dambe) Acrobatic feet fighting (Angola capoeira, ) combination hand and feet (Pinge, Danmye, Mani, kicking and knocking) Head butting with knees, elbows (Ja Rock) There are also a wide variety of sword fighting, stick fighting and other weapons forms including 'knockout' powders and such chemicals used by those who practice the voodoo and Dahomey/Benin martial arts.

One of the most famous African martial arts is Capoeira, which comes from old Angolan martial arts such as Ngolo, the acrobatic martial art done by males for marriage rituals. Capoeira also comes from the Angolan art Kipura, which mimics the fighting style of roosters and animals like the leopard. Forms of Capoeira are also found in Mozambique, Congo and West Africa. Fighting arts similar to Capoeira are also found in the Americas in Brazil and point to a common origin in Africa. In every region where Africans were bought as slaves from Congo-Angola or West Africa, martial arts similar to Capoeira are found. For example, Susa is found in Surinam among the Njuka, Saramaka who both have their own heiroglyphic alphabets and whose boats look identical to boats with the curved hulls once used in the Mid Sahara and Egypt. Danmye is found in Martinique, the French-speaking island in the Caribbean. Knocking and Kicking is found in the southern US, in Mississippi and Louisiana. Mani is found is Cuba. Pinge is found in Haiti.

Ja Rock is a secret martial arts that is also of African origins. Research shows that this art was used by the bodyguards of kings in Africa as well as special 'commondo' units. Ja Rock is found among a segment of African Americans who form one of the most secretive secret societies in the US. Ja Rock is also practiced by some Black fraternities in the US, along with the form of African dancing called 'stepping,' which has its origins in Zulu military drilling/dancing movements.

## JOIN NOW!

All People's TyRon Lewis  
Community Gym  
1327 ML King Jr. St. So.  
St. Petersburg, FL  
727-824-5670

Monday - Friday 6 AM - 9 PM  
Saturday 8 AM - 4 PM

Volunteer • Donate • 727-821-2437 • [www.apedf.org](http://www.apedf.org)