

## *Weight and See*

*The benefits of weight-training to weight-loss, muscle building and the world of martial arts*

*By Chad Hunter*

The term “weight lifting” conjures an image of a vein-popped, no-neck he-man grunting in the gym with massive biceps. However, he has no flexibility and no grace to his movements. The term “martial art” brings to mind an image of a jumping, kicking, punching and screaming person in white with colored belt and precise movements. However, he has no tone, no development and no muscles.

The two terms have diverse origins and have rarely found their way into the same mindset. Weight-lifting has been treated by many as only for the brutish and exaggerated. The martial arts have been treated as only for the small and lacking in strength. However, the two physical regimen need no longer exist separately and unequal. Weight training can aid in weight loss, build physical development and assist in martial arts.