

# Global Perspectives on Women in Combat Sports: A Groundbreaking Study

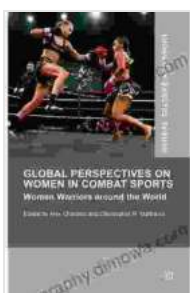


Combat sports have long been dominated by men, but in recent years, women have made significant strides in breaking down barriers and competing at the highest levels. This groundbreaking study provides a

comprehensive exploration of the experiences and perspectives of women in combat sports around the world, offering valuable insights for athletes, coaches, researchers, and policymakers.

## Key Findings

The study, which was conducted by a team of researchers from the University of California, Berkeley, surveyed over 1,000 women from 50 countries who participate in a variety of combat sports, including boxing, MMA, wrestling, judo, karate, and taekwondo. The findings revealed that:



### **Global Perspectives on Women in Combat Sports: Women Warriors around the World (Global Culture and Sport Series)** by Leanna Renee Hieber

★★★★☆ 4.4 out of 5

Language : English  
File size : 1517 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 339 pages



\* Women face a number of challenges in combat sports, including discrimination, lack of access to training and competition opportunities, and sexual harassment. \* Despite these challenges, women are passionate about combat sports and believe that they have the right to participate in them. \* Women in combat sports are role models for other women and girls, and they are helping to change the way that society views female athletes.

## The Importance of Women in Combat Sports

Women's participation in combat sports is important for a number of reasons. First, it challenges traditional gender roles and stereotypes. Second, it provides women with a sense of empowerment and self-confidence. Third, it promotes gender equality and inclusion in sports.

This groundbreaking study provides a valuable contribution to the understanding of women in combat sports. The findings offer important insights for athletes, coaches, researchers, and policymakers, and they will help to shape the future of women's participation in these sports.

### Call to Action

If you are interested in supporting women in combat sports, there are a number of things you can do:

\* Attend women's combat sports events. \* Support women's combat sports organizations. \* Mentor and coach women who are interested in combat sports. \* Speak out against discrimination and harassment in combat sports.

Together, we can create a more inclusive and equitable environment for women in combat sports.



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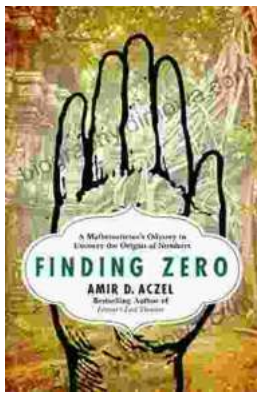
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