

ស្បែកតោ

Bokator

Bokator (pronounced *bokatao*) is an ancient form of Khmer martial arts. It is believed that *bokator* was created in 257 CE by *Lok Kru Thom* (grand master) Sakikori, however many masters have contributed to this form of martial arts over time. In ancient Cambodia, *bokator* was practiced by *Neak Jambaang* (warriors) who fought in battlefields to advance their social status or for the entertainment of spectators.



Since its inception, *bokator* has embraced many techniques including *jombab* (Khmer wrestling), *kun dom bong* (fighting with long or short staffs), *kun dao* (fighting with long or short swords), and more. *Bokator* also incorporates ancient Khmer mantra, sacred words that help warriors to concentrate, discipline their minds, and gain more power. Three degrees of power exist in *bokator*: level 1 which is hard-soft, level 2 which is fast-slow, and level 3 which is rarely used since it requires multiple states of consciousness.



In Cambodia today, *bokator* is a national sport. In the United States, the Ancient Khmer Martial Arts Association of America aims to preserve and encourage the practice of *bokator* through teaching and sharing the knowledge of ancient Khmer martial arts with students.