Introduction: Today, aggressive behavior is considered as one problem in adolescents and young adults especially in advanced industrial societies. Studying aggression and violence in sport is important for several reasons. The role of exercise and physical activity on mental health are overwhelming and impressive. The exercise in addition to being a valuable tool for maintaining physical fitness, related to mental health and prevent mental disorders.

Objectives: The overall aim of the research is examining the relationship between sports gymnastics and martial arts (karate) with aggression, and small aim is examining the relationship between aggression and Type of Exercise (karate - Gymnastics) in boys and girls.

Method and Materials: The society under study in this research is Young male and female athletes Ages 15-11 years in 1389 in Tehran. method was used Cluster random sampling. Using Cochran formula 254 male and female is used in Sport of gymnastics and martial arts (karate) and is used a questionnaire including demographic characteristics, and AGQ questionnaire. For analyzing were used from T-test for two independent groups.

Results: the results of T-test revealed that, there is no difference between of The level of aggression in both karate and gymnastics athletes. There is a correlation between sport and aggression only in aggressive behavior.

Conclusion: There is no significant difference between aggression among athletes. The relationship between aggression and the type of exercise isn't different in men and women. The only significant difference is in the aggressive behavior in girls.