

All About Karate Scramble



Karate is a martial ___ (tra) that has developed from many different cultural _____ (fghtign) methods and classical Japanese martial arts.

"Karate" means "empty ___ (dhan)" in Japanese.

There are many different areas of Karate training. Karate training can include "kumite" which means _____ (psarrgin).

It is called a striking art because it involves _____ (kciingk), punching, elbow _____ (strkeis) , knee strikes, and open-handed techniques.

The sport of karate can help to improve fitness by increasing _____ (owerp), _____ (ibilityelfx), and _____ (galiityt).

(If you need some help, read the "all about karate" handout again!)