

Karate Quiz

How much do you know about Karate? Check out the "All About Karate" hand-out before trying this quiz!

1. Karate developed from classical Japanese martial arts. T or F
2. Karate means "empty hand" in Japanese. T or F
3. Karate involves only punching and kicking. T or F
4. Sparring is one form of Karate training. T or F
5. Karate is an Olympic sport. T or F
6. Karate can help to improve speed, power, and arm strength. T or F
7. Sparring is one type of Karate competition. T or F
8. Kata (form) competition winners are determined by judges. T or F

