

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

1. How were the people who created karate able to practice without anyone knowing?
 - Ⓐ They told people they were dancing.
 - Ⓑ They practiced in the woods where no one could see them.
 - Ⓒ They practiced only at night.
 - Ⓓ They practiced in secret clubs.
2. Which of the following sentences states a fact?
 - Ⓐ Karate is the best form of exercise.
 - Ⓑ Shouting makes you breathe out very hard.
 - Ⓒ Everyone who learns karate wants to be a master.
 - Ⓓ The teacher is the wisest person in the room.
3. Why did the author write *Karate*?
 - Ⓐ to inform the reader that karate should be learned only by adults
 - Ⓑ to entertain the reader with stories of famous karate masters
 - Ⓒ to persuade the reader that karate is challenging and not for everybody
 - Ⓓ to inform the reader that karate is a fun way to build good habits
4. What happens during the first step of learning karate?
 - Ⓐ Students learn to slow down and think about each move before they do it.
 - Ⓑ Students use a combination of punches, kicks, blocks, and stances.
 - Ⓒ Students pretend to fight off attackers and learn to defend themselves.
 - Ⓓ Students learn to breathe correctly and develop a strong posture.

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5. What is the effect of students practicing hard and improving their habits?
 - Ⓐ They are given a trophy.
 - Ⓑ They are given a new belt.
 - Ⓒ They are given a new robe.
 - Ⓓ They are allowed to teach the class.

6. What is this book mostly about?
 - Ⓐ the history of karate
 - Ⓑ the three main steps to learn karate
 - Ⓒ what karate is and how it helps people
 - Ⓓ why karate is popular throughout the world

7. Which of the following sentences states an opinion?
 - Ⓐ Students learn to respect their teacher, their classmates, and the rules of the classroom.
 - Ⓑ Some students hope to become karate masters, and everyone has a lot of fun trying to get there.
 - Ⓒ Students have to wear the right clothes before they start to train.
 - Ⓓ In karate, there is a special way to breathe so that students can do their best.

8. *A school for training in karate* is called _____.
 - Ⓐ a kata
 - Ⓑ a sensei
 - Ⓒ a dojo
 - Ⓓ a kihon

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9. What happens in the last step of learning karate?
- Ⓐ Students learn to control their breath.
 - Ⓑ Students practice their moves in a routine.
 - Ⓒ Students pair up and practice moves on an opponent.
 - Ⓓ Students learns to slow down and think about each move.

10. To be **disciplined** means _____.

- Ⓐ to be able to continue working toward a difficult goal
- Ⓑ to protect oneself from harm or attack
- Ⓒ to learn something very quickly
- Ⓓ to know a lot about something

11. **Extended Response:** In what ways does karate help people improve their habits?

Quick Check Answer Sheet

Karate

Main Comprehension Skill: Fact or Opinion

1. Ⓐ *Cause and Effect*
2. Ⓑ *Fact or Opinion*
3. Ⓓ *Author's Purpose*
4. Ⓓ *Sequence Events*
5. Ⓑ *Cause and Effect*
6. Ⓒ *Main Idea and Details*
7. Ⓑ *Fact or Opinion*
8. Ⓒ *Vocabulary*
9. Ⓒ *Sequence Events*
10. Ⓐ *Vocabulary*
11. Answers will vary but should include that karate helps people build strength, follow rules, become disciplined, and develop self-control.