

True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Martial Arts*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1 Kung fu is a type of Chinese martial art that was developed more than 3,000 years ago. True False Page Number

Statement 2 To break boards, an athlete must hit them with as much force as possible and focus the strike on a small area. True False Page Number

Statement 3 Developed in Korea, taekwondo means “the way of the foot and the fist.” True False Page Number

Statement 4 The first Asian martial arts were developed in Korea, China, and Japan. True False Page Number

Statement 5 It can take an athlete between one and five years to achieve black belt level in karate. True False Page Number

