

Use the information found in *Martial Arts* to help you complete the following activity.

1. Students who practice judo will improve their strength as well as their .
2. In taekwondo, a features competitors spinning their body so that their back is facing the target.
3. , or tai chi as it is more often called, combines slow movement, meditation, and deep breathing.
4. Martial arts are forms of that were developed over thousands of years in Asia.
5. Martial artists wear to protect their heads from injury during sparring and in competitions.

