

## Fill in the Blank

Follow the instructions to complete the activity.

NAME

DATE

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.

