

Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Martial Arts*, name each martial art shown below.

## Martial Arts

Kung fu	Taekwondo
Judo	Karate
Tai chi	Hapkido



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.

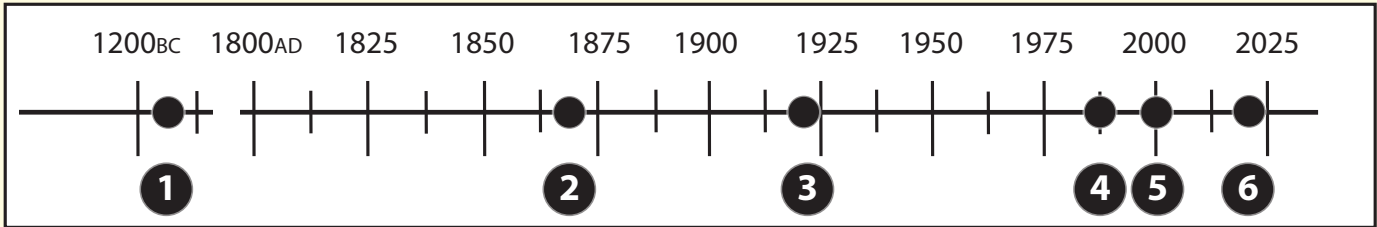
- |             |  |   |             |   |
|-------------|--|---|-------------|---|
| Statement 1 | <div style="border: 1px solid black; padding: 5px;">Kung fu is a type of Chinese martial art that was developed more than 3,000 years ago.</div>                         | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number | <div style="border: 1px solid black; width: 60px; height: 60px;"></div> |
| Statement 2 | <div style="border: 1px solid black; padding: 5px;">To break boards, an athlete must hit them with as much force as possible and focus the strike on a small area.</div> | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number | <div style="border: 1px solid black; width: 60px; height: 60px;"></div> |
| Statement 3 | <div style="border: 1px solid black; padding: 5px;">Developed in Korea, taekwondo means “the way of the foot and the fist.”</div>  | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number | <div style="border: 1px solid black; width: 60px; height: 60px;"></div> |
| Statement 4 | <div style="border: 1px solid black; padding: 5px;">The first Asian martial arts were developed in Korea, China, and Japan.</div>  | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number | <div style="border: 1px solid black; width: 60px; height: 60px;"></div> |
| Statement 5 | <div style="border: 1px solid black; padding: 5px;">It can take an athlete between one and five years to achieve black belt level in karate.</div>                       | <input type="checkbox"/> True<br><input type="checkbox"/> False | Page Number | <div style="border: 1px solid black; width: 60px; height: 60px;"></div> |



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Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with page 17 of the book.



The film *The Karate Kid* is released. This movie introduces martial arts to a new generation of children in the United States.

Taekwondo became an official Olympic sport at the games in Sydney, Australia.

The first martial arts films are made in China. These films are set in ancient China and influenced by the country's folklore.

Gichin Funakoshi is born. He is often credited as being the father of modern karate.

Karate is to be included for the first time as an Olympic sport at the Tokyo Olympic Games.

Boxing in China was practiced during the Zhou Dynasty, a time period between 1122 and 255 BC.



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Complete the statements by writing the correct number in the box.

1. In this year, Gichin Funakoshi put on the first public demonstration of karate in Japan.

**708BC**

2. California has about this many martial arts schools, or dojos.

**1917**

3. The first known wrestling match in the ancient Olympic Games took place in this year.

**2,630**

4. Bruce Lee died of an allergic reaction before his first U.S. film, *Enter the Dragon*, was released in this year.

**8**

5. Jackie Chan appeared in his first movie at this age.

**1973**



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.



# Key Words Match-Up

Write the words from the list below in the box above the correct definition for each word.

NAME

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## KEY WORDS

undefeated	swordsmanship	stress	stamina
poverty	pressure points	self-defense	sparring
agility	allergic reaction	arthritis	blood pressure
HIV/AIDS	discipline	combat	Buddhism



1.   
self-control and a serious attitude

2.   
mental or emotional strain

3.   
a practice match with another martial artist

4.   
techniques that help people defend themselves against an attack

5.   
being highly skilled and trained using a sword

6.   
fighting

7.   
able to move quickly with good balance

8.   
points on the body that are sensitive when pinched or pushed

9.   
never lost a match

10.   
a disease that makes it difficult for the body to fight off sickness

11.   
the force and speed of blood moving through the body

12.   
a disease that causes pain in the joints

13.   
the ability to be active for a long period

14.   
when the body is damaged by a reaction to a chemical

15.   
an Asian religion that is based on the teaching of Siddhartha Gautama

16.   
lack of money or possessions



Test your knowledge by answering these quiz questions.  
Check your answers on the quiz page in the book.

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**1** Who is often credited as being the father of modern karate?

**2** What are martial arts skills used for?

**3** Which religion is martial arts rooted in?

**4** How many dojos are in California?

**5** How many people in the world practice tai chi?

**6** What is the most important lesson that martial arts students learn?

**7** In what year was *The Karate Kid* released?

**8** When did the Olympics announce karate will be included at the Olympics for the first time?

**9** When was Jet Li born?

**10** How old was Bruce Lee when he began studying kung fu?

