

True or False

Follow the instructions to complete the activity.

NAME

DATE

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

Statement 1

One of the first lessons in karate is that good balance gives karate punches extra power.

☐ True

☐ False

Page
Number

Statement 2

Close to 300 countries belong to the World Karate Federation.

☐ True

☐ False

Page
Number

Statement 3

Only one technique is used to protect different parts of the body.

☐ True

☐ False

Page
Number

Statement 4

A belt wraps around the student's waist once and is tied in a knot at the front.

☐ True

☐ False

Page
Number

Statement 5

Karate students learn good posture and balance as part of their training in stances.

☐ True

☐ False

Page
Number

