

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

1. The kick is one of the most spectacular karate moves.
2. As karate involves kicking and punching, many students wear hand and foot .
3. More than 75 forms of karate exist. , Shito-ryu, Wado-ryu, and Goju-ryu are the most popular.
4. Chuck Norris studied martial arts while serving in South with the United States Air Force.
5. On average, it takes about five years to achieve a belt in karate.
6. One banana has 16 percent of the fiber, 15 percent of the , and 11 percent of the potassium athletes need every day for good health.

