

The Karate Dojo

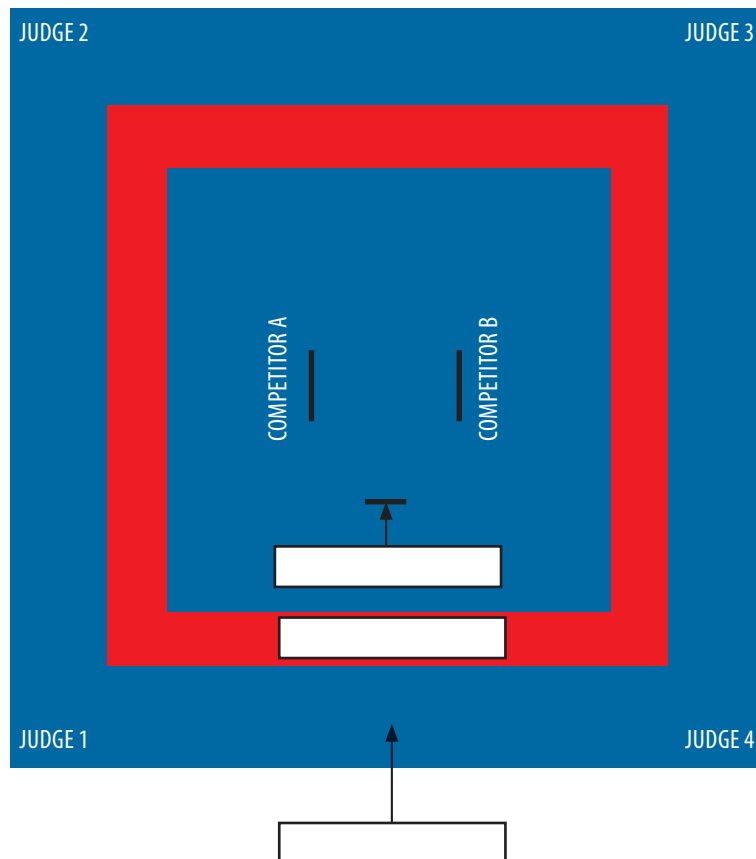
Follow the instructions to complete the activity.

NAME

DATE

Fill in the blanks in this diagram of a karate dojo.

- a. Boundary line
- b. Referee
- c. Safety area



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

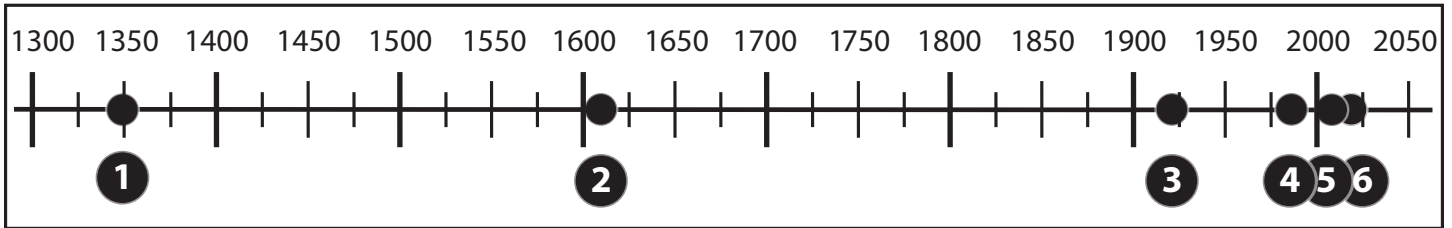


Use the information found in *Karate* to help you complete the following activity.

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.



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.



Gichin Funakoshi travels from Okinawa to Tokyo, Japan, to present karate-do to Tokyo's Ministry of Education.

Chinese martial arts practitioners move to Okinawa, a series of islands that now belong to Japan. The practitioners combine kung fu with fighting styles belonging to the people of Okinawa to create an early form of karate.

Indian Karate teacher K.V. Babu completes the world's longest karate kata, performing for 26 hours and 8 minutes.

Karate debuts as an Olympic sport in Tokyo, Japan, with both kata and kumite events. Ariel Torres Gutierrez wins a bronze medal for Team USA in the men's kata event.

Samurai from Japan invade Okinawa and forbid Okinawan citizens from carrying weapons. As a result, the people of Okinawa turn to the art of fighting in secret. This furthers the development of karate.

The Karate Kid is released. This movie increases karate's popularity across the United States.



Complete each statement on the left by selecting an answer from the right and writing its letter in the box beside the statement.

- | | | | |
|----|---|----------------------|-----------------|
| 1. | More than this many competitors traveled to Madrid to compete in the 2018 championships. | <input type="text"/> | A. 600 |
| 2. | The human body has more than this many muscles. | <input type="text"/> | B. 1955 |
| 3. | From 2014 to 2020, Sandra Sánchez won this many Karate1 Premier League medals in a row. | <input type="text"/> | C. 1979 |
| 4. | The first karate tournament in the United States took place in this year. | <input type="text"/> | D. 35 |
| 5. | Joe Lewis appeared in a number of martial arts movies, including <i>Jaguar Lives!</i> in this year. | <input type="text"/> | E. 1,200 |



Key Words Match-Up

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

NAME

DATE

KEY WORDS

disqualify	kumite
dojos	practitioners
flexibility	sensei
judo	splits
jujitsu	stability



%

1.

the ability to bend and stretch the body easily

2.

people that regularly participate in a certain activity

3.

a martial art in which players hit each other with their hands, feet, and elbows

4.

disallow from competing because of a violation of the rules

5.

stretching exercises in which the legs are straight out in opposite directions

6.

karate master and teacher

7.

martial arts studios

8.

a sparring competition between students of the same rank and often the same gender and size

9.

even distribution of weight, making it easier for someone to stay balanced and not fall

10.

a martial art in which throwing and grabbing are important



Quiz

Test your knowledge by answering these quiz questions.

NAME

DATE

1

What are the three key elements in karate?

2

What is a karate gi most commonly made of?

3

How long does a kumite last?

4

How long should an athlete hold a stretch?

5

What is a kata?

6

What must karate students learn before kicks and punches?

7

When were the Karate World Championships first held?

8

How many times did Sandra Sánchez win the European Karate Championships?

9

What does karate-do mean?

10

What do students do when entering and leaving a dojo?

