

How many parts of the body can you write in your notebook?

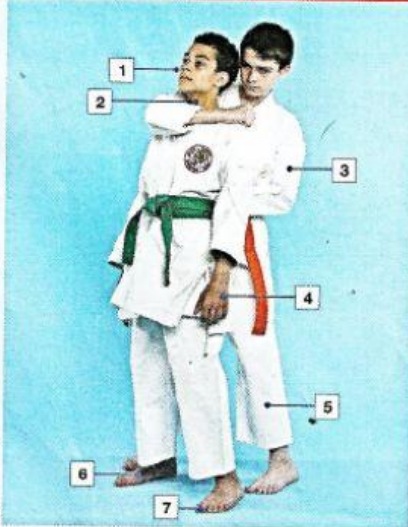
1 Match the numbers in the photo to the words. Which words do not have a number?

__ ankle	__ arm	__ back	__ chest	__ ear	__ elbow
__ eye	1 face	__ finger	__ foot	__ hair	__ hand
__ head	__ knee	__ leg	__ mouth	2 neck	__ nose
__ shoulder	__ teeth	__ thumb	__ toe	__ waist	
__ wrist					

What is karate?

Karate is a Japanese martial art. Beginners wear a white belt. Then comes yellow, orange, green, brown, and black for very advanced karate students.

Step 1



Relax and **bend** your knees. You must stand with both feet on the floor. **Don't** stand on your toes and **don't bend** your back.

Step 2

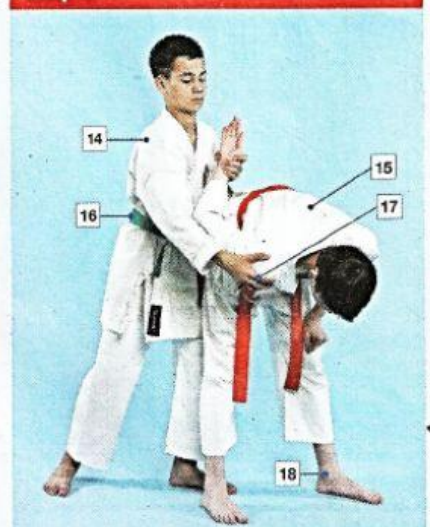


Now **hold** the other person's wrist with your left hand. **Push** his or her right elbow up with your right hand. **Step back** with your left foot.

How to escape if someone holds you around the neck

Someone is standing behind you. He or she is holding your neck with his or her right arm. What must you do? Look at Steps 1-3 below.

Step 3



Stand up and **lift** the person's arm behind his or her back with your left hand. **Put** your right hand on his or her right shoulder. Now you are in control. **Don't push** his or her arm too hard—you must not hurt him or her.



Date: _____
Topic: **You must practice!**
Imperatives, must/must not



2 Correct the sentences.

- 1 Beginners wear a ~~green~~ ^{**white**} belt.
- 2 A "dojo" is a karate teacher.
- 3 For Step 1, stand on your toes.
- 4 For Step 3, lift the person's arm in from of him or her.

3 The boy with the green belt is doing one thing wrong in Step 2. What is he doing wrong? Write in your notebook.

4 Write in your notebook.

Imperatives	
Affirmative	Negative
Bend your knees.	Don't bend your back.

5 Complete the instructions with imperatives.

- 1 **Don't sit** down. **Stand** up.
- 2 B_____ your knees. D_____ s_____ on your toes.
- 3 H_____ his wrist and I _____ your arm.
- 4 S_____ back with your left foot.
- 5 D_____ b_____ your back.
- 6 P_____ your hand on her shoulder.
- 7 D_____ p_____ her arm too hard.



Date:

Topic:

You must practice!
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6 Write in your notebook.

must/must not for rules

Affirmative

Negative

You **must** practice.

You **must not** hurt him.

7 Complete the rules for the dojo.

- 1 *You must not* be late for your class.
- 2 _____ listen to the teacher's instructions.
- 3 _____ take drinks or snacks into the dojo.
- 4 _____ practice without a teacher.
- 5 _____ wear shoes in the dojo.
- 6 _____ wash your karate suit every week.