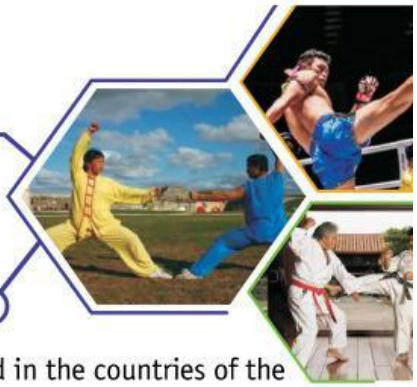


Chapter 45

Martial Arts

'Martial arts' is the term used to define any of the fighting sports that originated in the countries of the East (Eastern Asia). They may be learned for various reasons including combat skills, physical fitness, self-defence, sports etc.

Read the clues and write the names of these famous forms of martial arts :

The name of this art means 'skill or ability to do something'. It was created thousands of years ago by a Buddhist monk to help his students concentrate during meditation. In this martial art, the opponent is attacked for self-defense. It is _____.

1



It is the national sport of Thailand. This is a form of kick-boxing in which fighters are allowed to use fists, feet, shins, knees and elbows in their strikes. It is _____.

2



This is a Japanese martial art which uses bamboo sword and protective armour. It is a physically and mentally challenging activity that combines martial arts practices and values. It is _____.

3



The meaning of the name of this martial art is 'empty hand' in Japanese. It is one of the most popular martial arts in the world. It involves picking, striking and defensive blocking with arms and legs. It is _____.

4



This martial art was founded by Jigoro Kano. It is an Olympic sport in which the main goal is to throw one's opponent to the ground or make him submit through a joint lock or choke-hold. It is _____.

5



It was performed by the famous martial artist and actor Bruce Lee. It is a combat philosophy that incorporates traits and characteristics from many other fighting styles. It is _____.

6



LIVEWORKSHEETS