

Chapter 45

Self Defence Sports

Name the following :

1



In China, it is known as 'Wushu'. The late actor Bruce Lee, made it popular all over the world.

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In Korea, it means 'the way of hand foot'. It has been an Olympic sport since 2000.

2



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3



First practised by Buddhist monks in China, in Japanese it means 'empty hand'. It is a combination of meditation and self-defence skills.

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In Japanese, the words mean 'gentleness' 'art'. Fighters, known as justsukas, try to knock each other off balance by striking each other.

4



It is an Olympic sport of unarmed combat in which you have to use the weight of your opponent to your advantage. In Japanese it means 'gentle way'. No kicking or punching is permitted.

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5



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Help Card

Judo, Karate, Taekwondo, Kung Fu, Ji-jitsu

LIVEWORKSHEETS