

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?

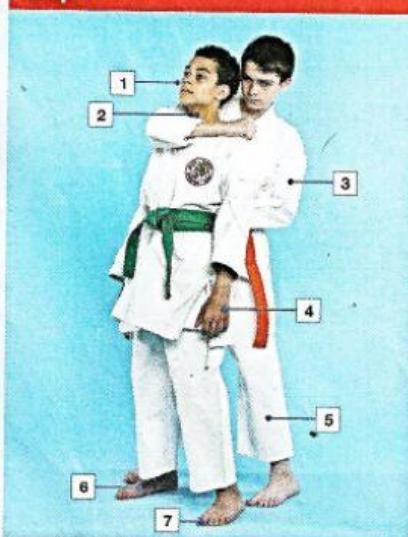
|            |         |          |         |        |         |
|------------|---------|----------|---------|--------|---------|
| — ankle    | — arm   | — back   | — chest | — ear  | — elbow |
| — eye      | 1 face  | — finger | — foot  | — hair | — hand  |
| — head     | — knee  | — leg    | — mouth | 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.

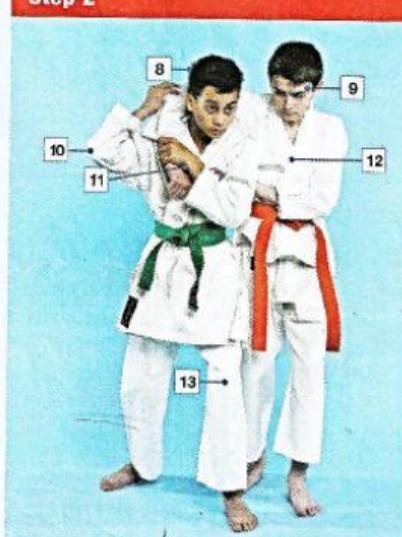
Karate is good for self-defense, and it's great exercise, but you must practice with a karate teacher in a "dojo" (a room for practicing karate, judo, etc.).

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.



**2** Correct the sentences.

**white**

1 Beginners wear a **green** 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

Bend your knees.

Negative

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: You must practice!  
Topic: Imperatives, must/must not



## 6 Write in your notebook.

## ***must/must not for rules***

**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.