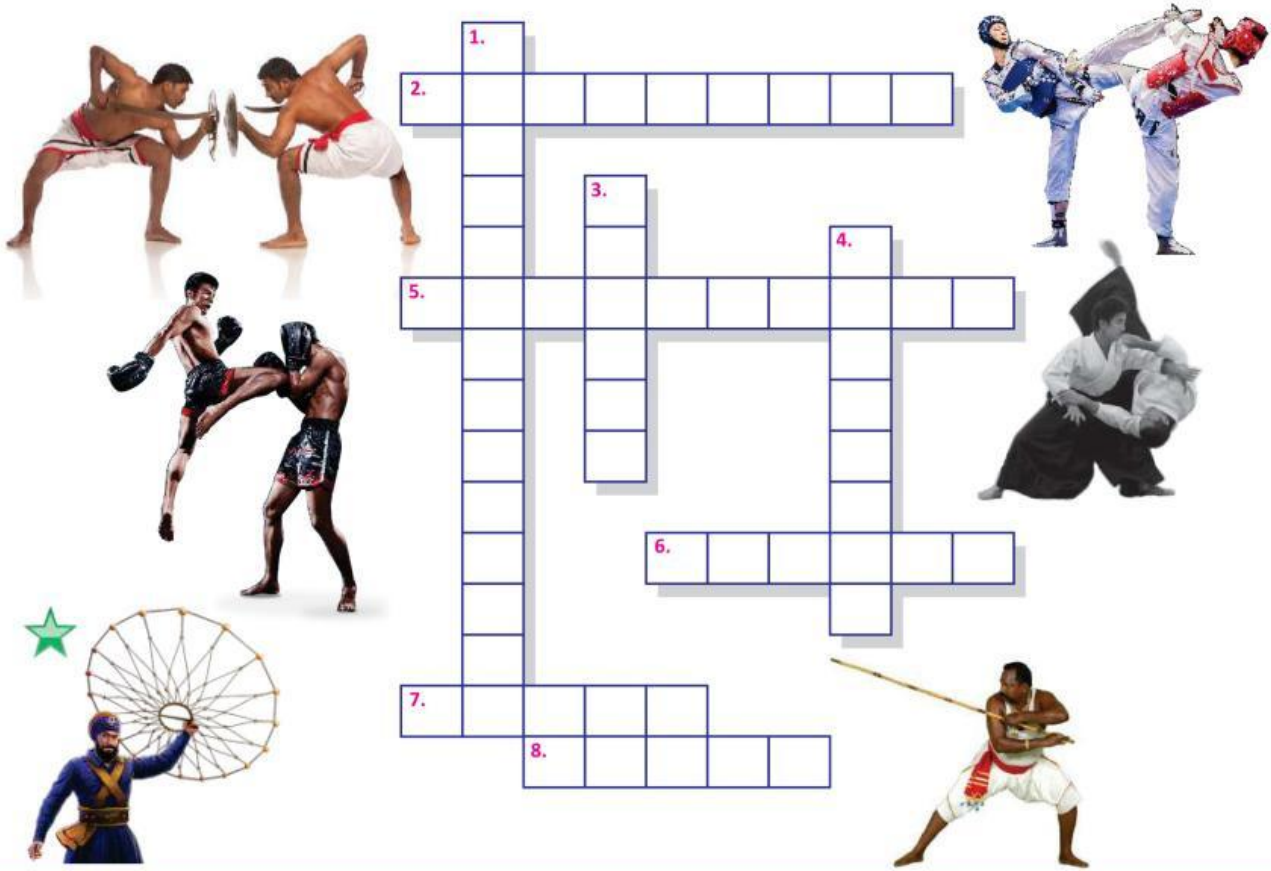


Martial arts originated as a means of self-defence and evolved as sports for physical and spiritual fitness. Read the clues and complete the crossword puzzle with the names of various martial art forms.



Across

2. this famous martial art belongs to South Korea
5. this combat sport involves kicking and punching
6. this martial art originated in Japan
7. this martial art originated in Punjab
8. a sport of unarmed combat derived from jujutsu

DOWN

1. this is the traditional martial art of Kerala
3. this Japanese martial art was developed by Morihei Ueshiba
4. this is the traditional martial art of Tamil Nadu