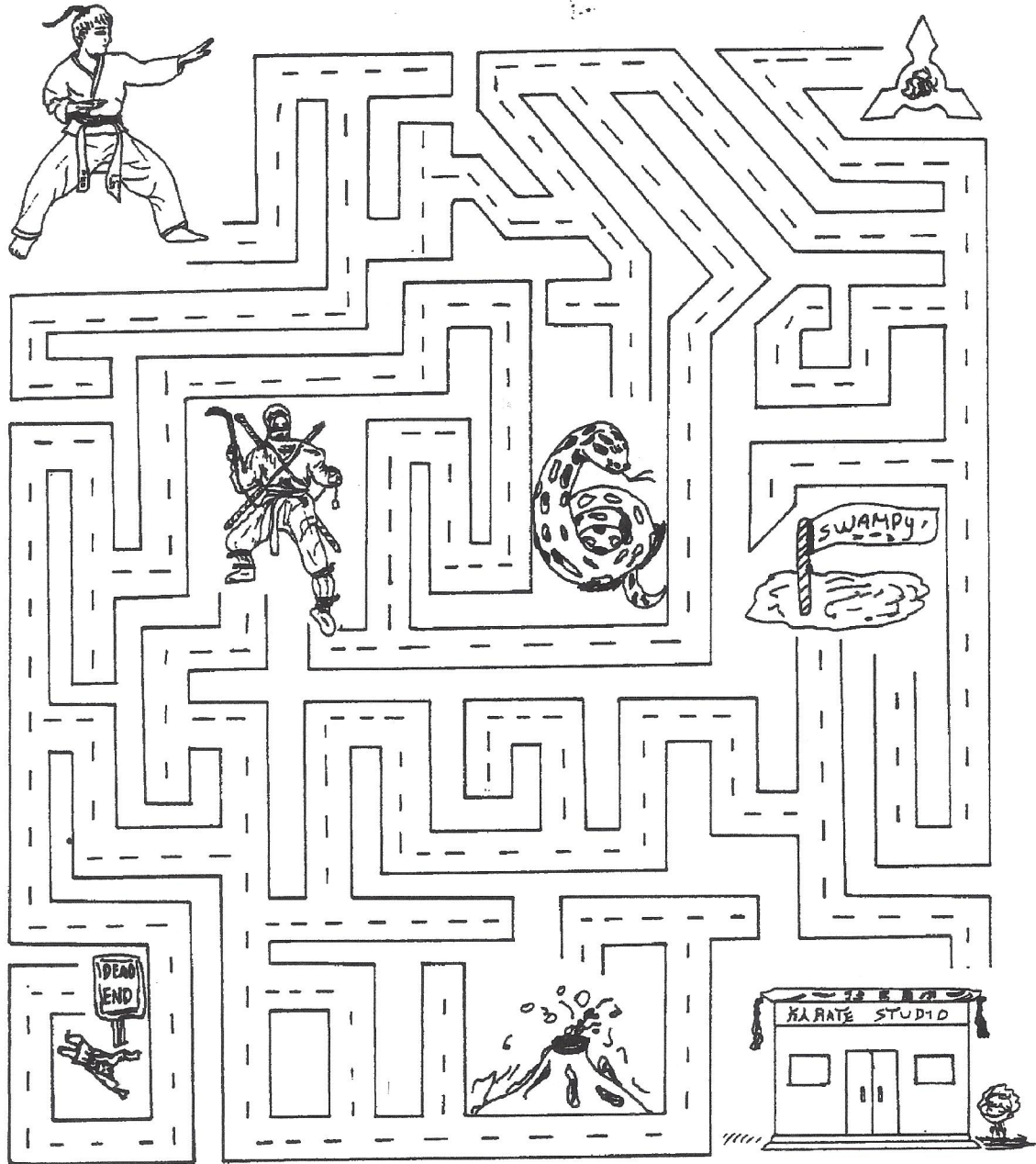


Martial Arts Fun Sheet #7

Can you help the karate student find the studio?



Name _____

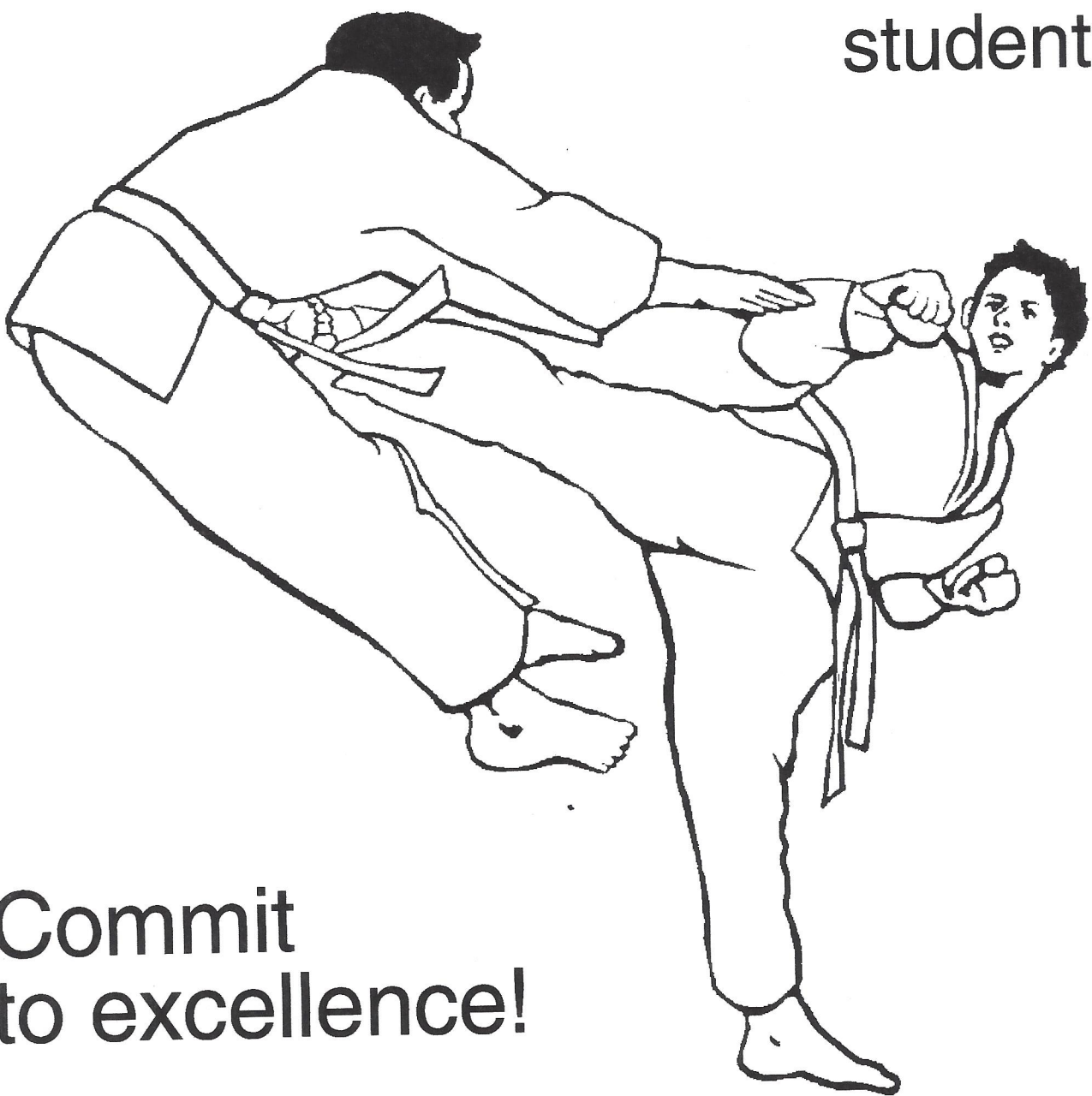
Color the students



The first step to success is goal setting!

Name _____

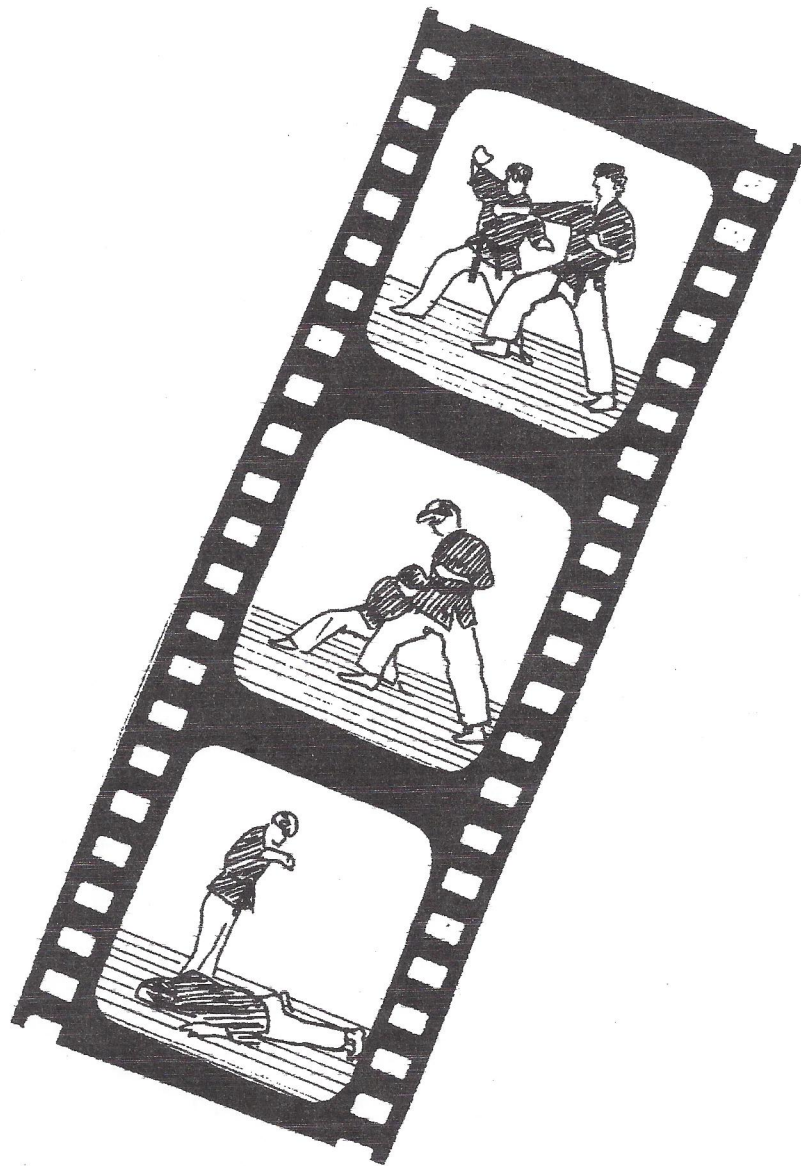
Color the students



Commit
to excellence!

Martial Arts Fun Sheet #2

Can you name five martial arts movies?



1. _____ 2. _____

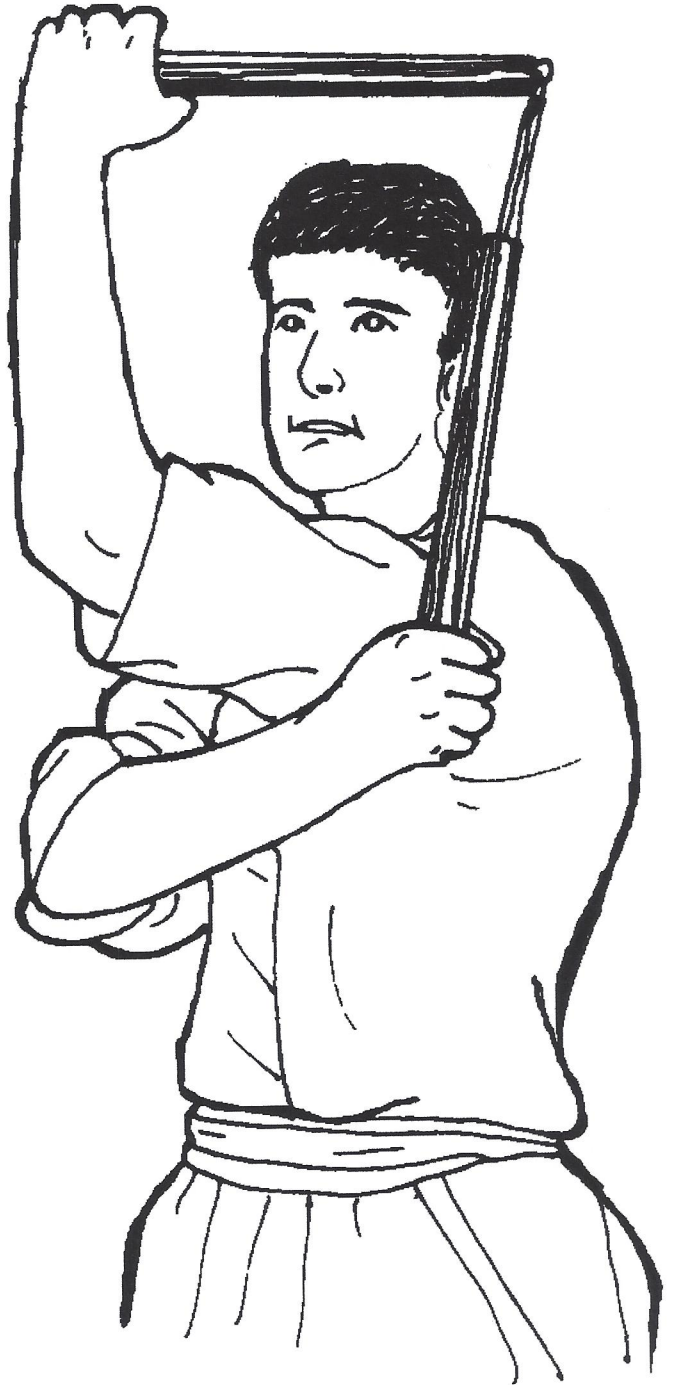
2. _____ 3. _____

5. _____

Name _____

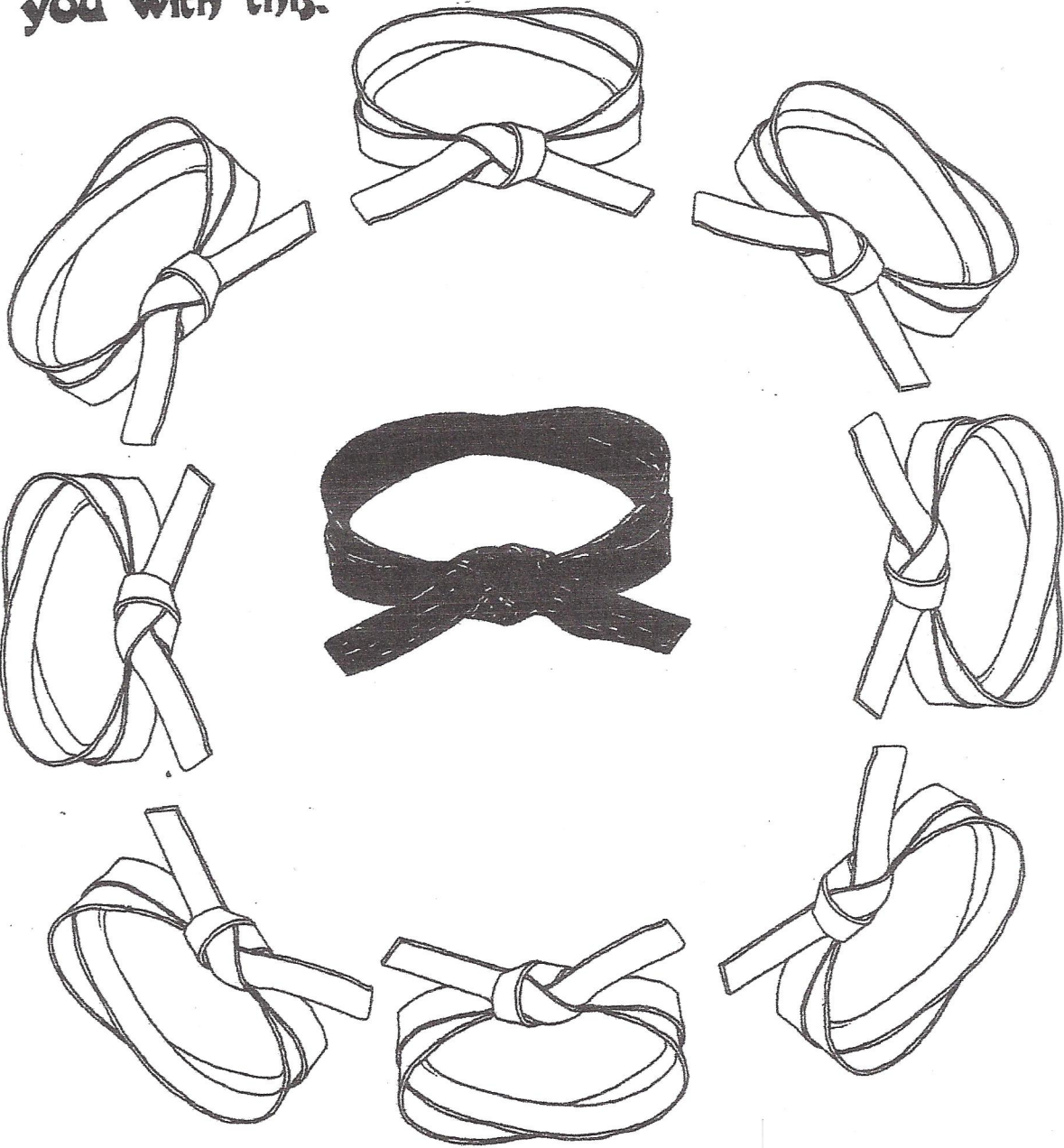
What is this called?

Color the picture



Martial Arts Fun Sheet #4

Color in the ranking system of your style of martial arts. Have your instructor help you with this.



find & circle 59: karate counts

K C O O R D I N A T I O N D F
 C G S P G N I H T A E R B E I
 A N P T O O F E R A B E O M N
 B I A V T N E M E V O M F R G
 T H R H T G N E R T S Q W A E
 H C R H U M A N B O D Y N N R
 G N I H C T E R T S F I Y U S
 I U N P T I B C L R M T F N G
 F P G R H L I S O A I I R N B
 X N O A O M F O T L T E I A E
 S P N C H O L S I N T N L L L
 S D K T D F G G E T I A B K L
 S S Y I N B A S A A N O E K I
 P H U C N C S P R C W P P D K
 R D E E P S W T E S K N E E S

Agility

Art form

Balance

Barefoot

Blocks

Breathing

Coordination

Elbows

Feet

Fight back

Fingers

Fitness

Floor

Hands

Human body

Knees

Movement

Patterns

Points

Practice

Punching

Rhythmic

Skill

Sparring

Speed

Sport

Stamina

Strength

Stretching

Training


Unarmed

Quick Tips

#070

Teaching – Worksheets

Karate Kids Word Find



CHSFQSSIA TSAEFTNOEHO OYHXSTSJIL
TSRESPECTFULLM WETEHVSTSONBSAFA
REETORECRTHIFCOXNXNHTIATAHXQRA
ELNDOHSRALNH OHGTOEFEHR SERAAGEE
YFOTWTADJTEE OIHOISTURGFAUFSNRH
IDGNINETSILLOIOFRVLSAENLBTAOIS
HIHBEVITAICERP PASTAAITONTTITLTD
ASISK SIRSEKATAFASRUTNNERIANEA
ACEDNOALRHEVITNETTACEITACENTST
CIEEHALIJEHEEFIHHOIAADEECQAMCA
HPJIINHEYE OETRIEROANSUDLVETERA
SLRLTOAISTQKTNCRWFTAESZOU DSES
TIAEORBEAESNWNUEH OHHLDETHLPWSA
RNALDSLEATESAITUTITFFRSEIDTOHO
XEYOFREADDTRSIKOTOEACNERNIOSS
NFHEINHEIIEIVSETELCROFRITSARBG
AXNTEHRFTVESTERAEA JKNOTSTERVNS
JVRNOHNTEUBNRUSEOHIETSJELBMUHA
SXWNCOTSEVESTSDUNDORRCSDBOOAET
CHMTCZREAZYEFERESNIEOHAQHAFHET
LFFFYEHRTRBOFRLWCEAOLHNFLFVOTT
JHLTPTNIATYOHARSSNLMTLOAOREVAR
FEDVIEHCSATNXHAEENEFDANXZNNYEF
SICFERUEENEHASNPTEERE OAJAELAHE
NFULHAIEHHNOYFRTROFFESOFRDHSEO
FOSORGC PAEHSETESNLOYALTG NLTVLJ
UNOEOSEOSTETODEEA EFSEKDERESOPT
DAHRTOH HOHYREOMRSNHNTITEHSEFT
HOEIRHRJANEZOAGASDNTRHEDMTSUE
CTSFD SHKNAREIOTE AIFFUTOOANNLA

- CAN YOU FIND? APPRECIATIVE FRIENDLY LISTENING
 RESPECTFUL SHARES ATTENTIVE GOOD MANNERS
 LOYAL SELF CONFIDENT SPIRIT ATTITUDE HELPFUL
 MOTIVATED SELF CONTROL TAKES RISKS DESIRE TO LEARN
 HUMBLE OBEDIENT SELF DISCIPLINE TENETS
 EFFORT INTEGRITY PERSEVERANCE SELF ESTEEM