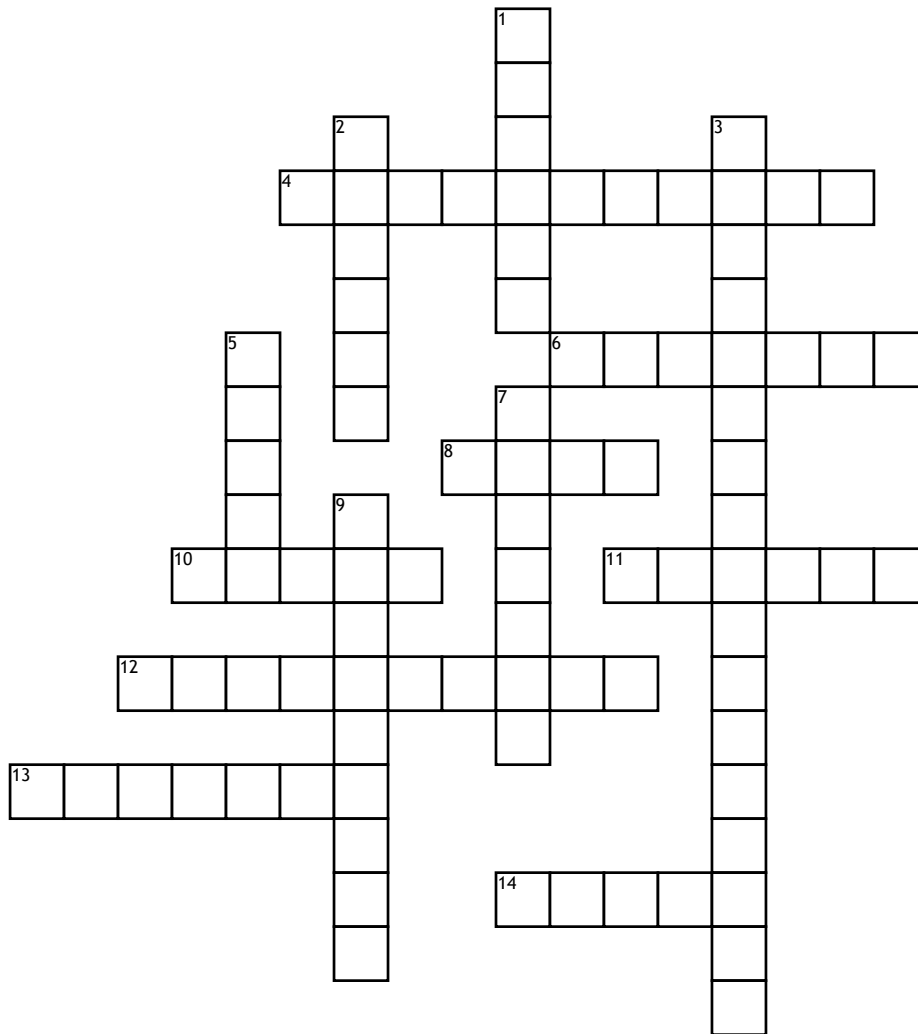


# Kicks and Punches



## Across

4. various sports or skills, mainly of Japanese origin, that originated as forms of self-defence or attack, such as judo, karate, and kendo.

6. a Japanese system of unarmed combat and physical training

8. a sport of unarmed combat derived from jujitsu and intended to train the body and mind.

10. relating to Asia or its people, customs, or languages.

11. a primarily unarmed Chinese martial art resembling karate.

12. "The way of the intercepting fist" in Cantonese.

13. a Korean martial art characterized by kicking and circular movements.

14. a violent confrontation or struggle.

## Down

1. a Japanese form of self-defence and martial art that uses locks, holds, throws, and the opponent's movements.

2. it was formalized in Okinawa in the 17th century and popularized via Japan after about 1920.

3. self-defence martial art and combat sport based on grappling, ground fighting and submission holds.

5. strike or propel forcibly with the foot.

7. strike with the fist.

9. a modern Korean martial art similar to karate.

## Word Bank

Kung fu

Fight

Jujitsu

Punches

Brazilian Jiu-Jitsu

Martial arts

Judo

Tae Kwon Do

Kicks

Hapkido

Aikido

Karate

Asian

Jeet Kune Do