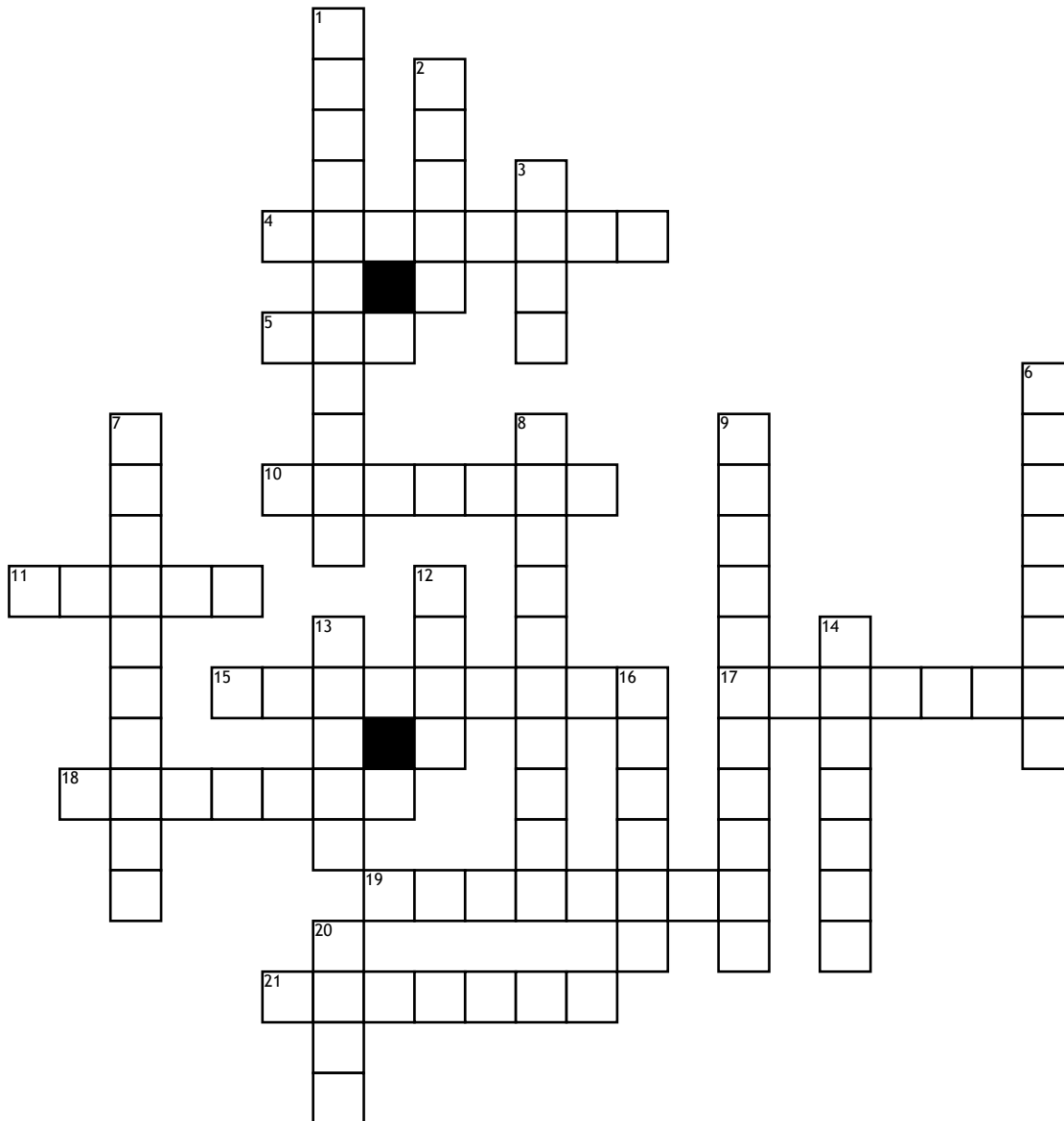


Martial Arts



Across

4. Some people call it the Superman punch
 5. A punch with your front hand
 10. You need this to keep your movements precise and efficient
 11. Another word for concentration
 15. You do these to become more flexible
 17. Everyone's favourite exercise
 18. You need a good level of this to be successful at martial arts

19. An upwards punch

21. A punch with your rear hand while blocking with the front hand

Down

1. A series of moves, punches and kicks
 2. A set of rules to live your life by
 3. A punch across your body
 6. A punch using the back of your hand
 7. You need this to succeed in martial arts

8. A kick that connects using the top of your foot

9. Doing lots of stretching will give you more _____.

12. A sequence which helps you learn the moves in martial arts.

13. A punch with your rear hand

14. A test to see if you have achieved a new belt

16. The way you should stand in martial arts

20. Piece of clothing which shows your skill level