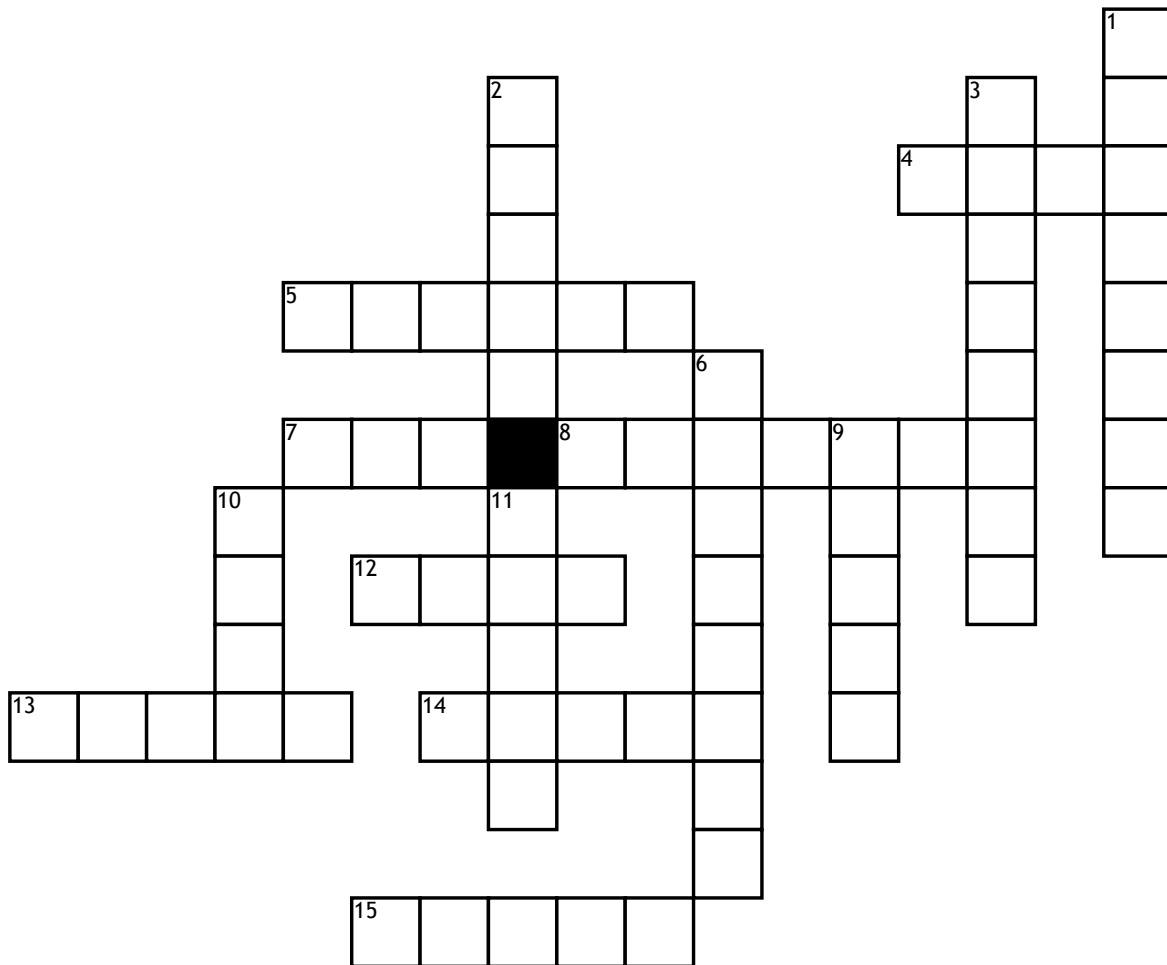


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# PKA Elite



## Across

- 4. If we warm up at start of a lesson we cool \_\_\_\_\_ at the end?
- 5. To change stance quicker than electricity?
- 7. What punch are doctors great at?
- 8. A movement that improves flexibility?
- 12. Peter pan's least favourite punch or kick?

13. A chimneys favourite technique?

14. Kickboxer's favourite drink?

15. To twist in a divot?

## Down

- 1. Noise phone makes when calling someone about a bout at the jewellery quarter?
- 2. They come in all colours but the darkest are the best.

3. A butchers favourite move?

6. Noise you would make if doing sit-ups on honeycomb?

9. To get good at kickboxing and ticket collecting you must?

10. What kick can you also have as an order, board or effect?

11. A Gardner's favourite kick whilst eating biscuits?