











Karate is a Japanese martial art.

















means empty hand. Karate uses basic three















+ + + hands and feet, thrusts, kicks and arm the

















When people practise karate they wear special clothing

















called a Gi, it is made up of a white suit and a coloured belt.



















get a different coloured belt you

have you

do

through

















a test.



Black belts have trained the longest and the hardest.



karate to keep me







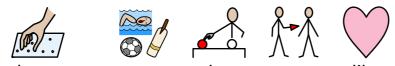
















Now choose a sport that you like

or practise











Write a paragraph about your sport.















What do you need to be able to do















Do you need any special clothes or equipment? What











do you like about your sport?

















Draw a picture of you doing your sport.

