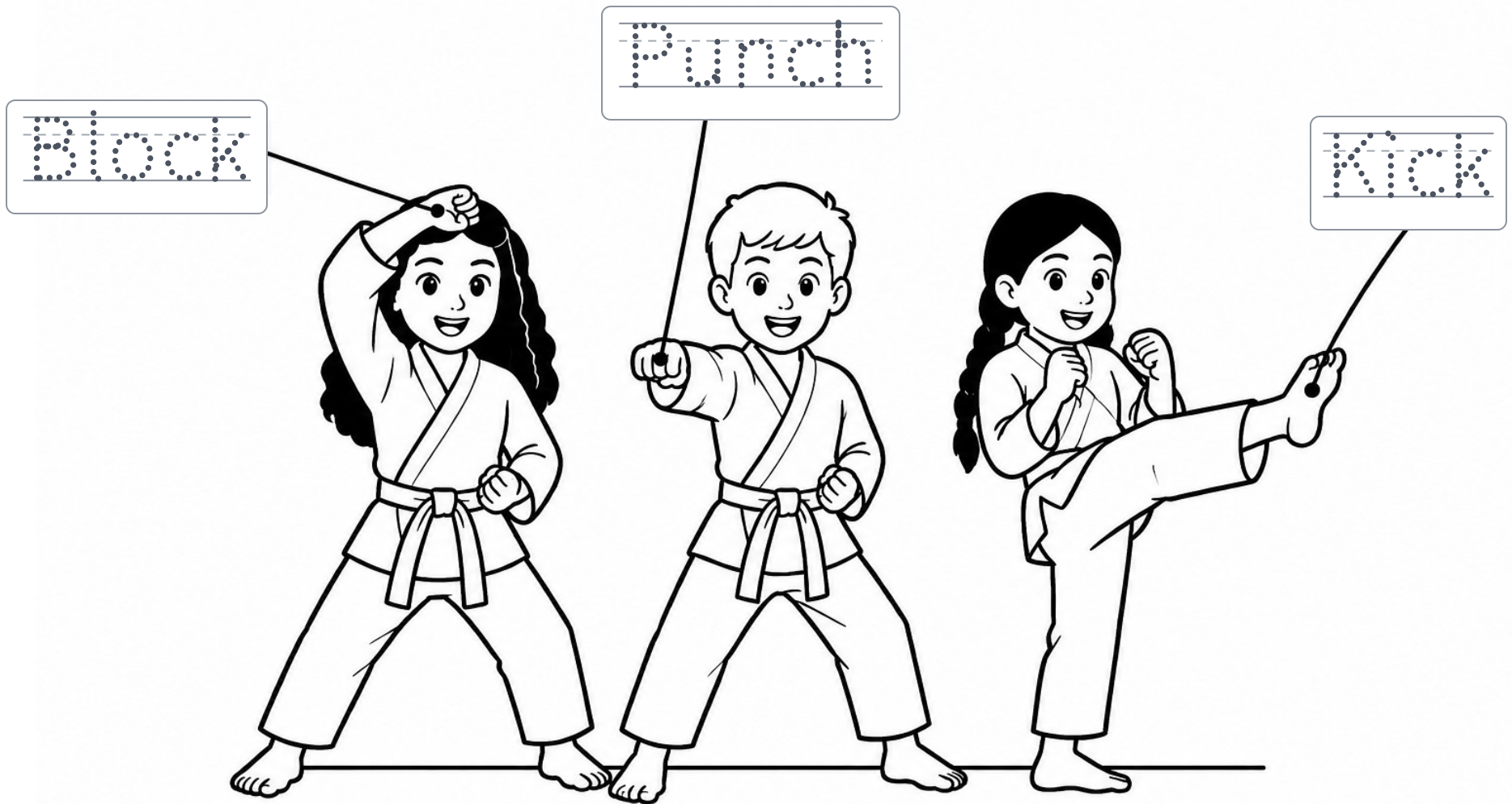


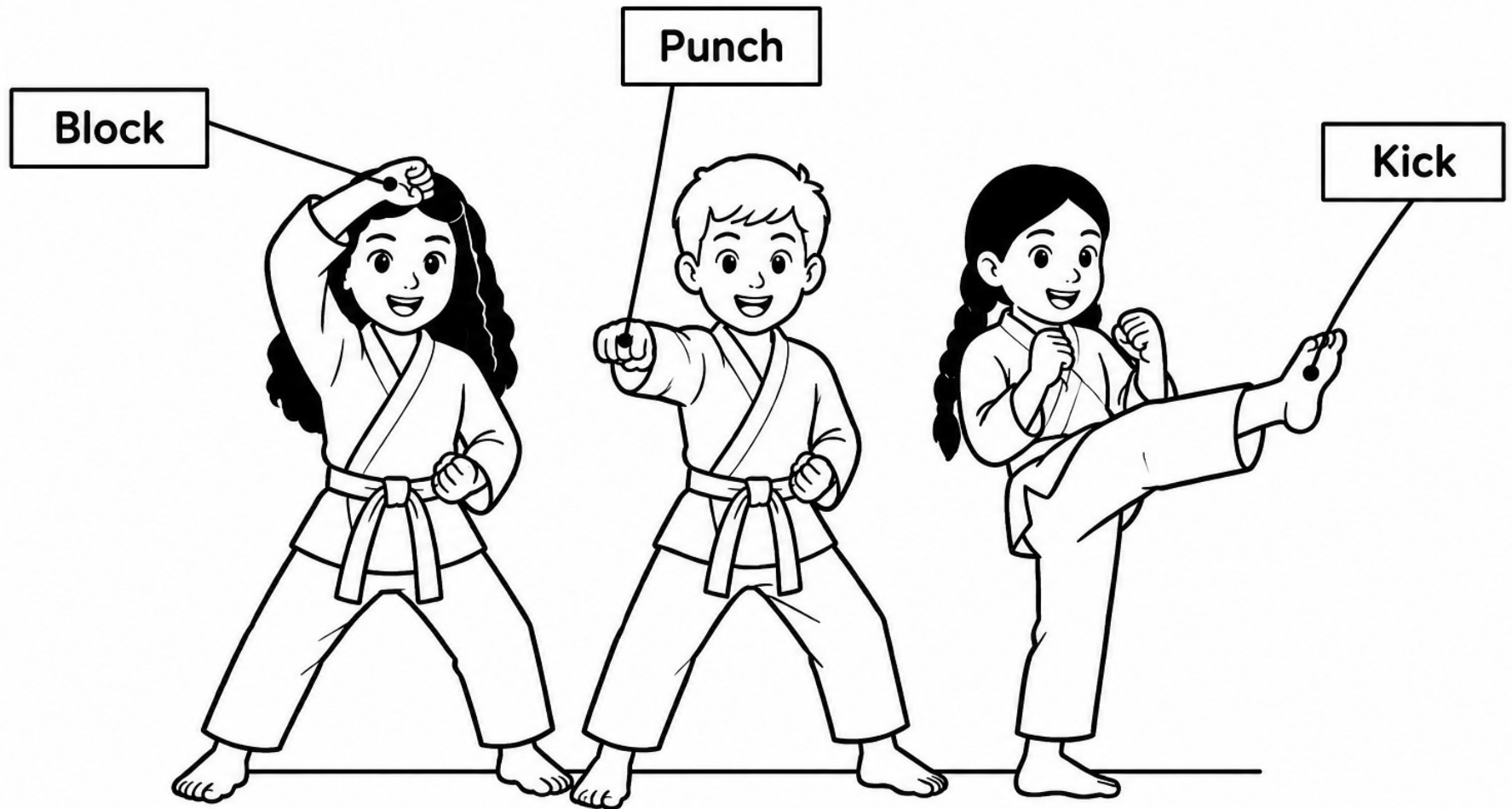
Trace the words. Then color the picture.

Name _____ Date _____

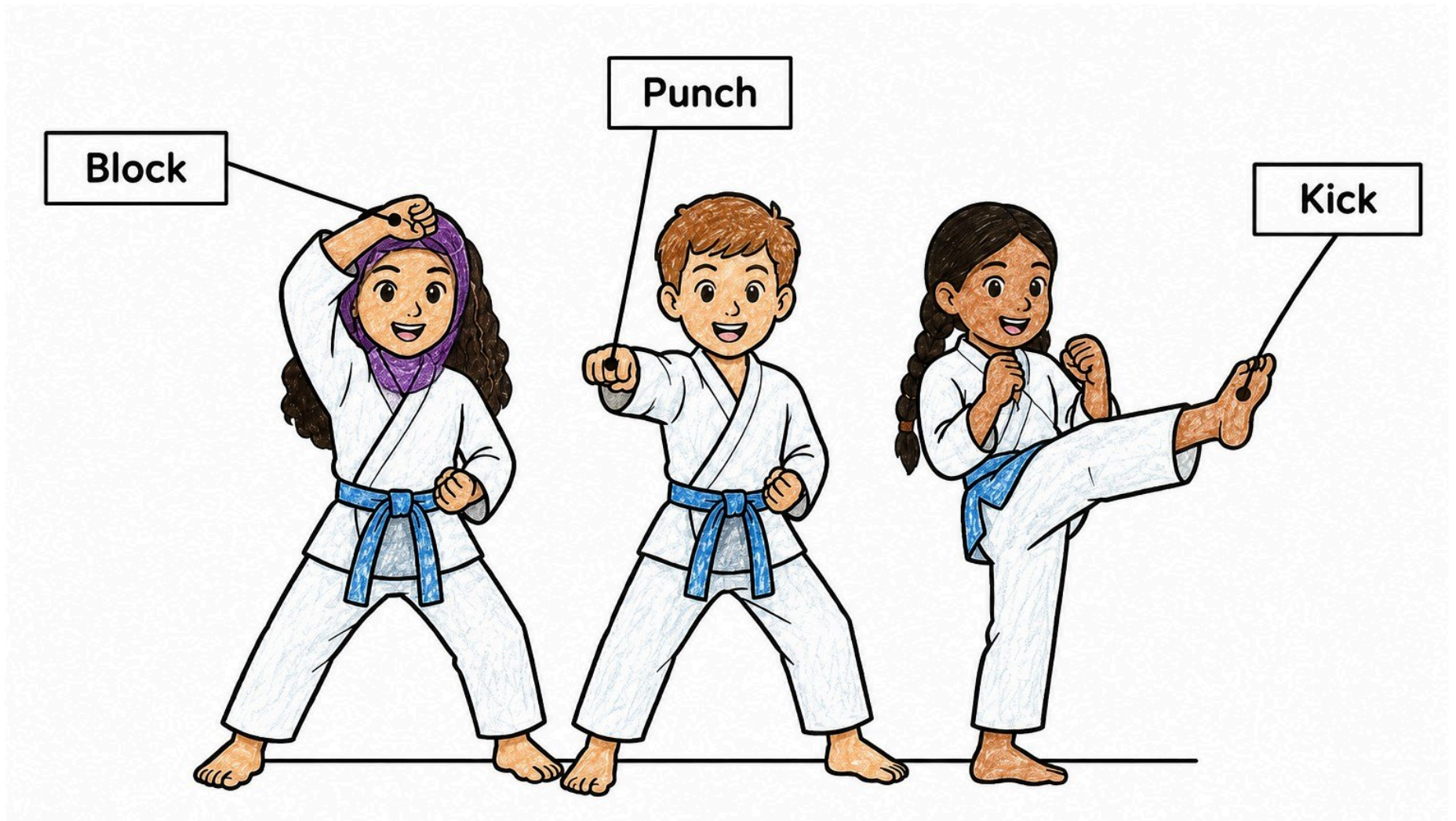
Three Basic Karate Moves



Three Basic Karate Moves



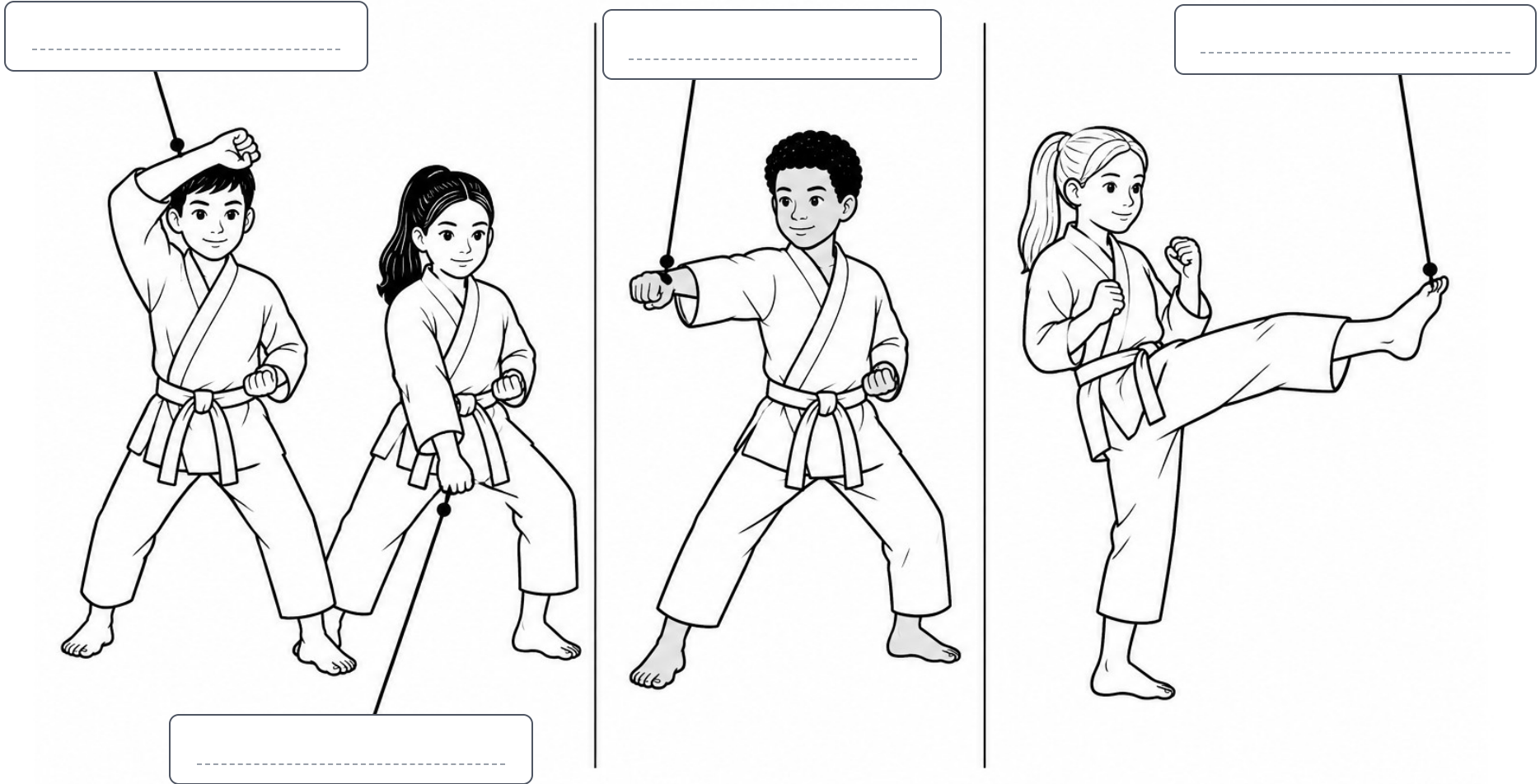
Three Basic Karate Moves



Write the missing words. Use the word bank.

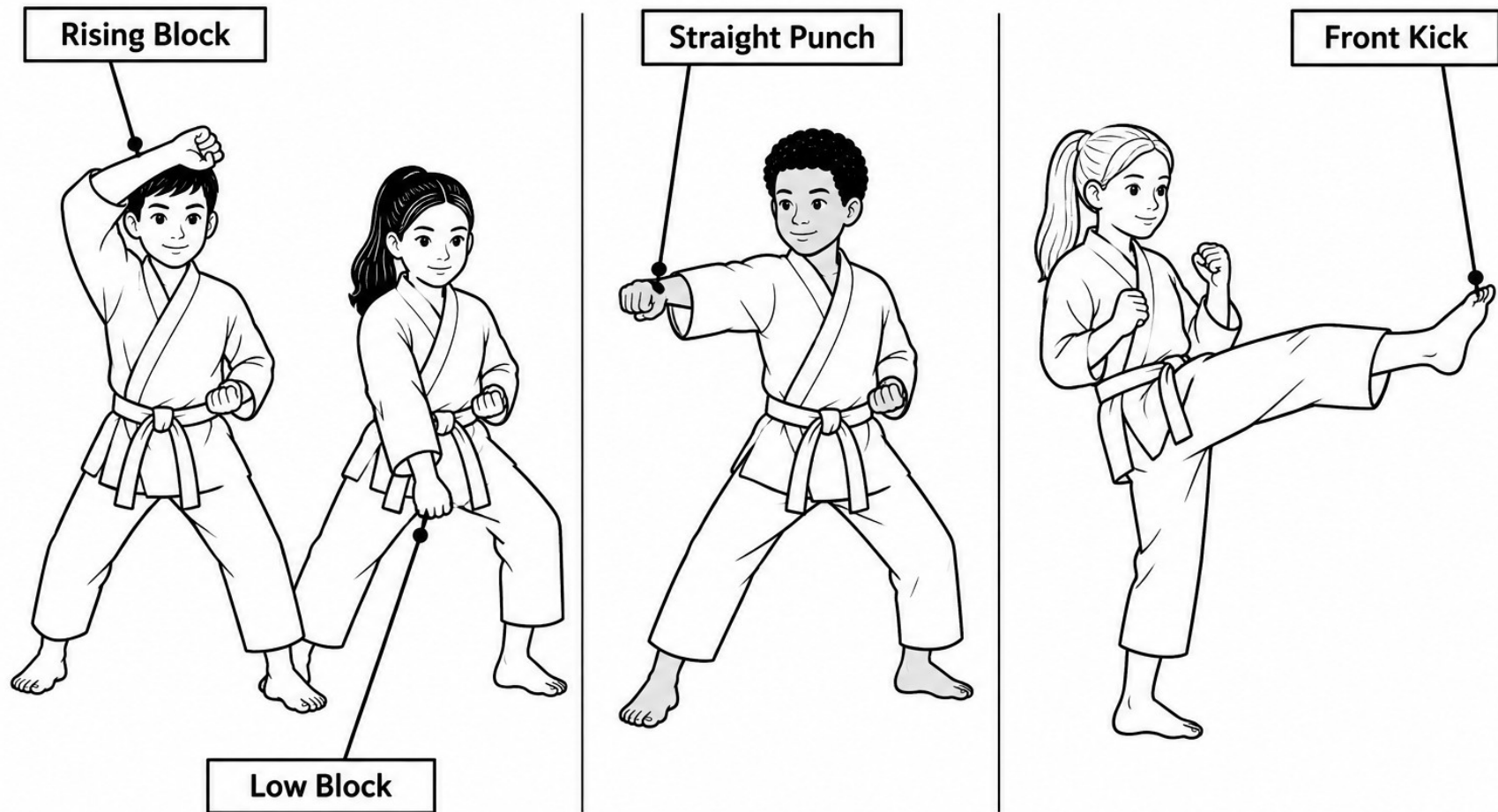
Name _____ Date _____

Foundational Karate Techniques

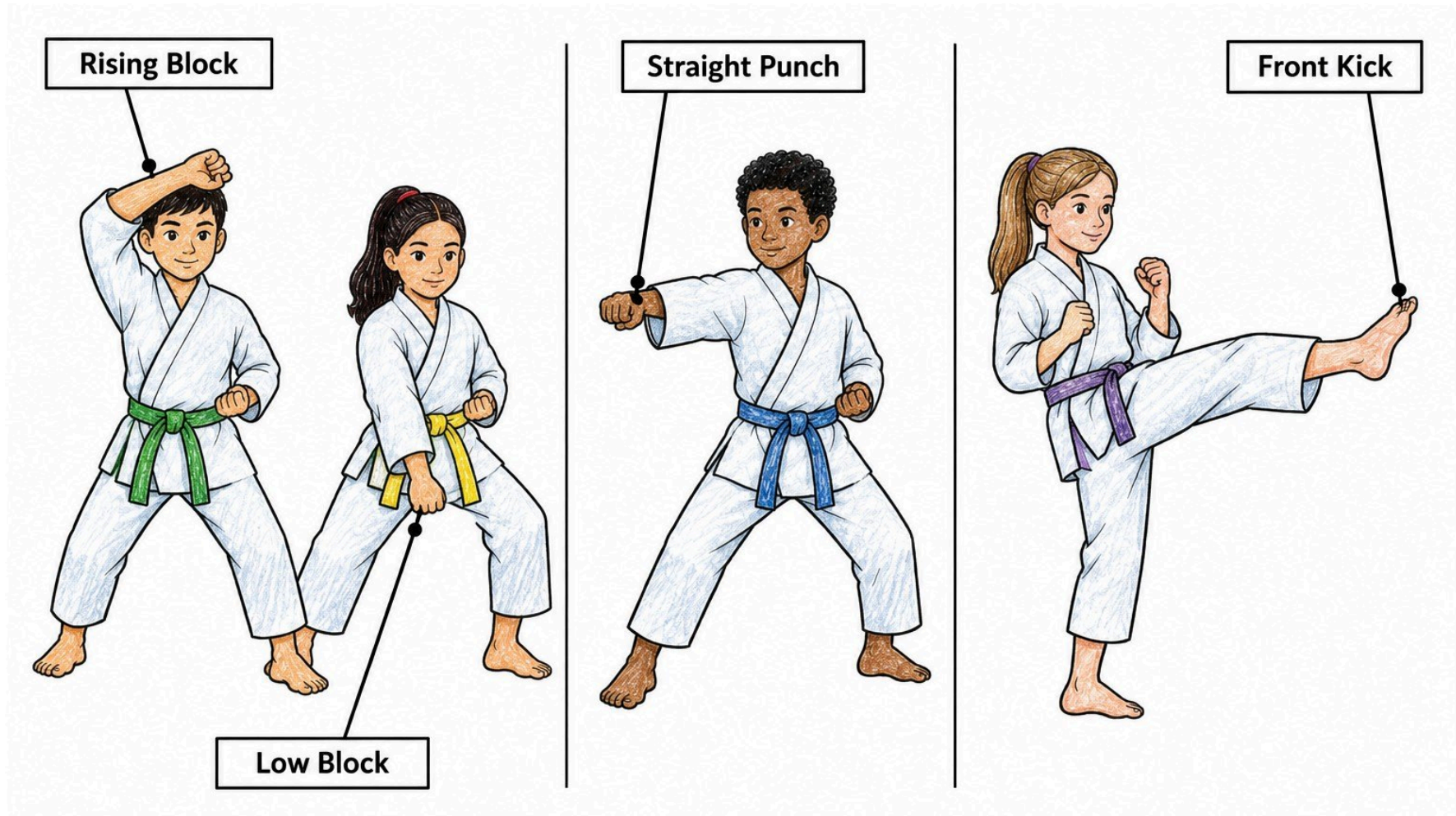


WORD BANK Rising Block • Straight Punch • Low Block • Front Kick

Foundational Karate Techniques



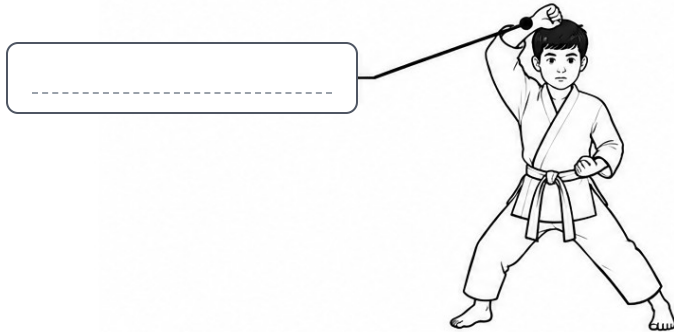
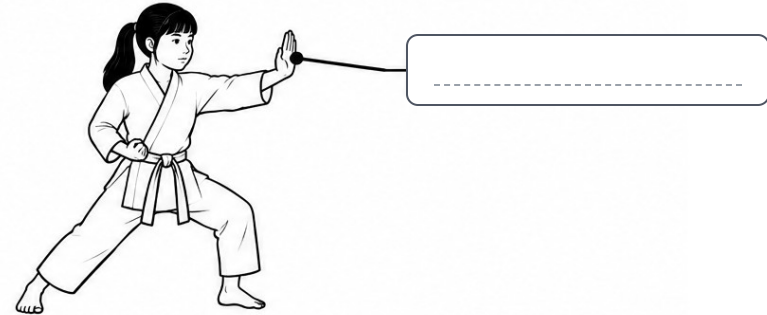
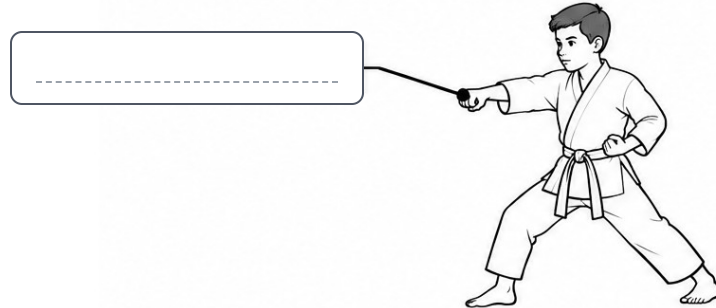
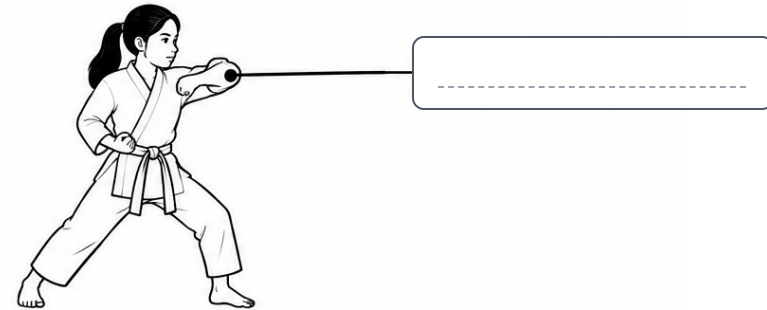
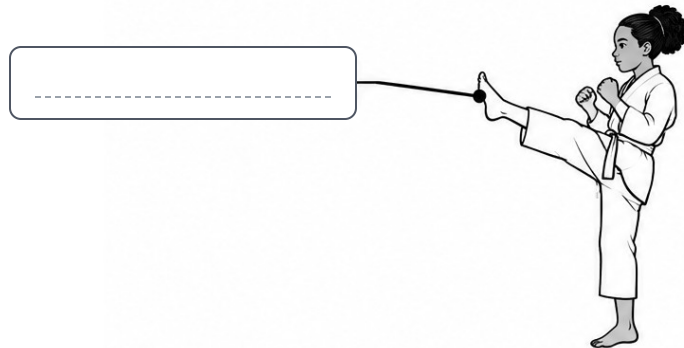
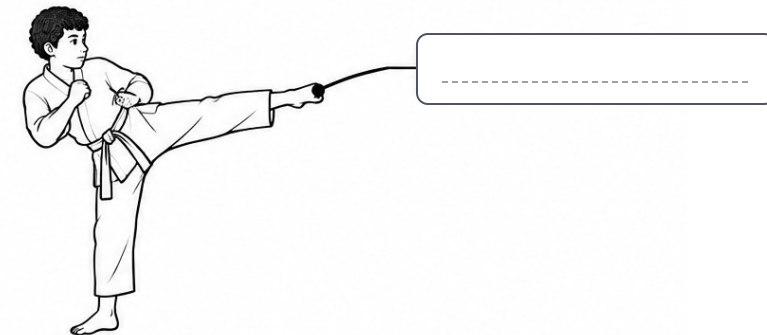
Foundational Karate Techniques



Write the missing words. Use the word bank.

Name _____ Date _____

Six Core Karate Techniques



WORD BANK Knife-Hand Block • Rising Block • Side Kick • Straight Punch • Front Kick • Elbow Strike

Six Core Karate Techniques

Rising Block



Knife-Hand Block



Straight Punch



Elbow Strike



Front Kick



Side Kick



Six Core Karate Techniques

Rising Block



Knife-Hand Block



Straight Punch



Elbow Strike



Front Kick



Side Kick

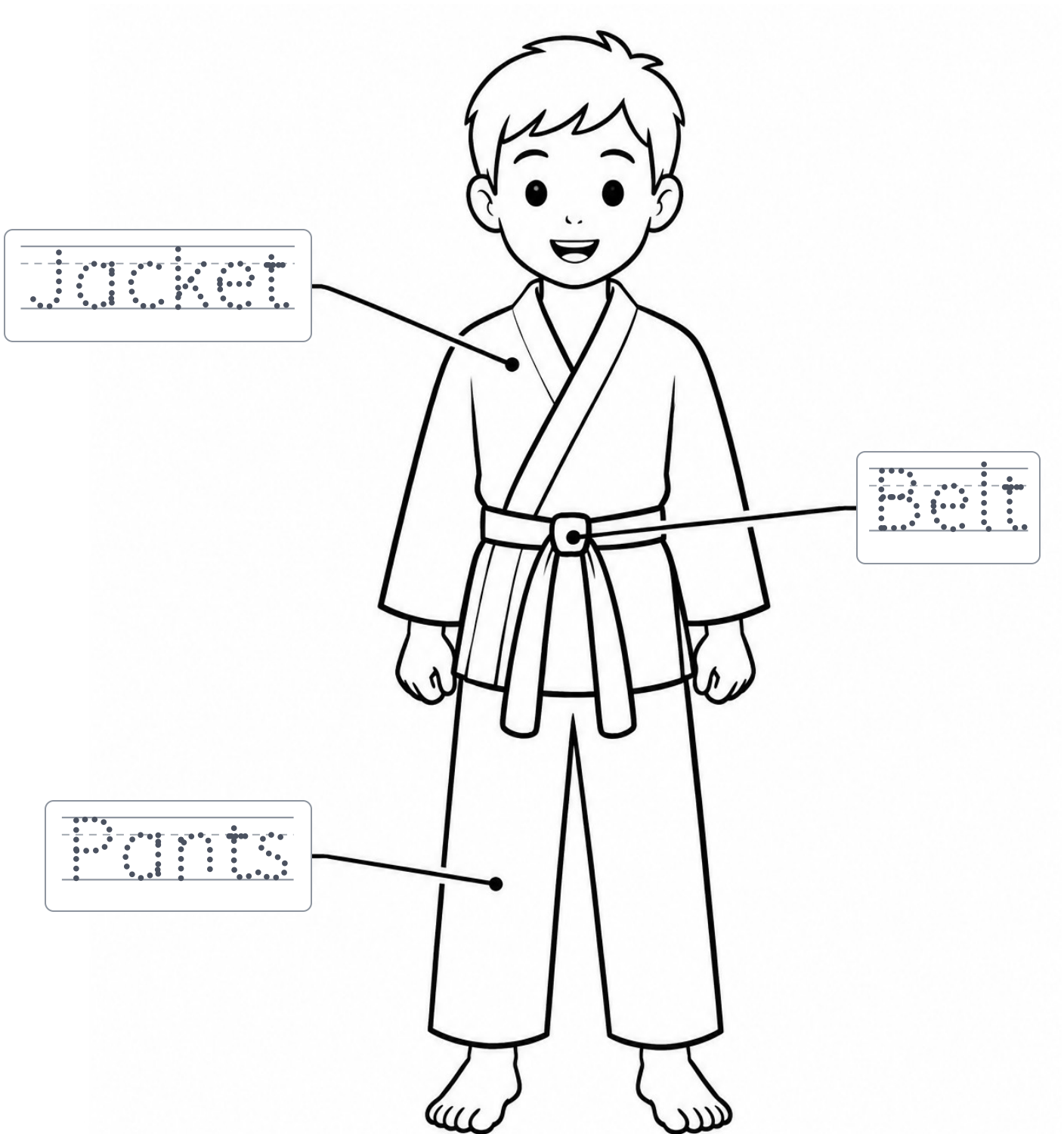


Trace the words. Then color
the picture.

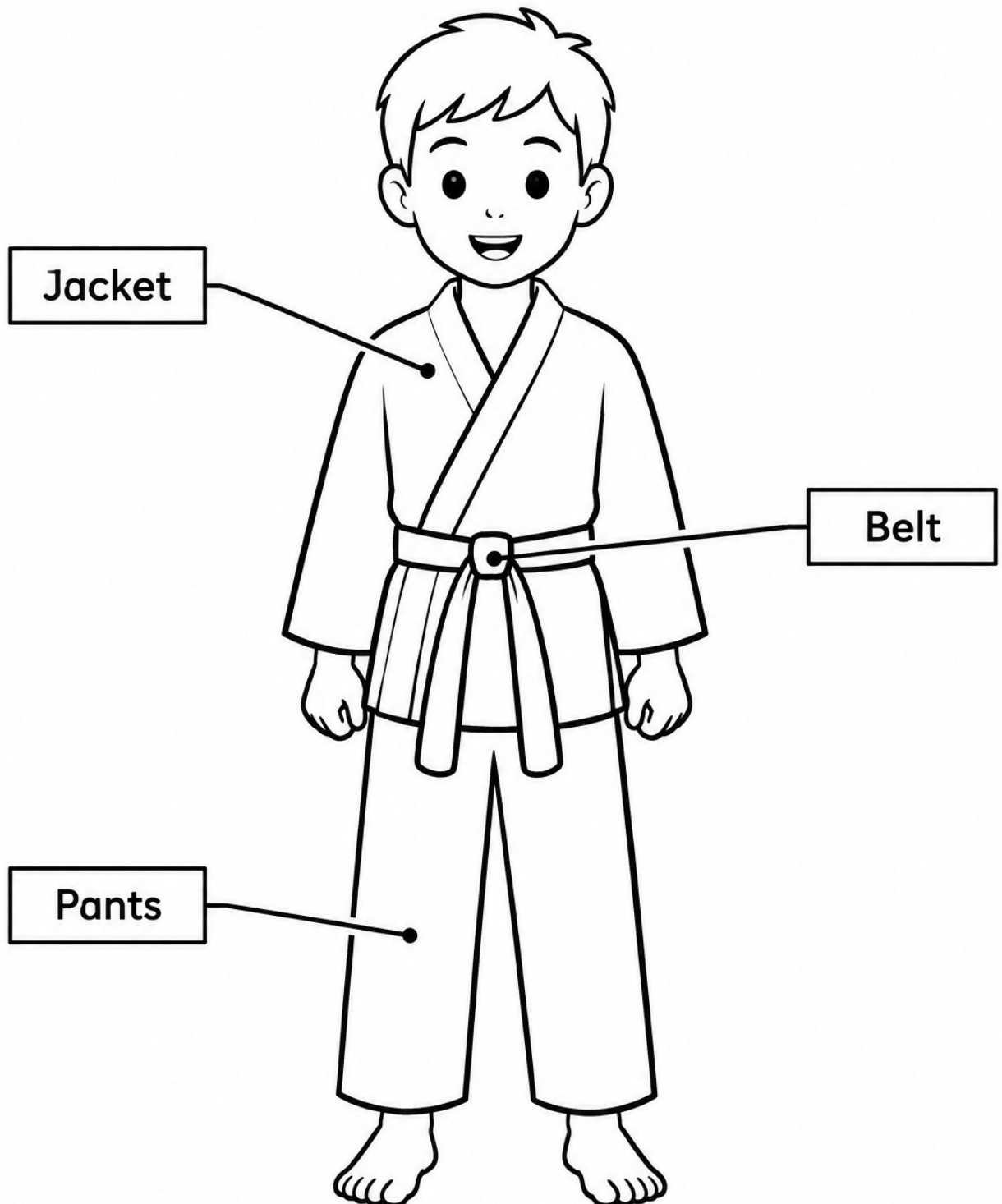
Name _____

Date _____

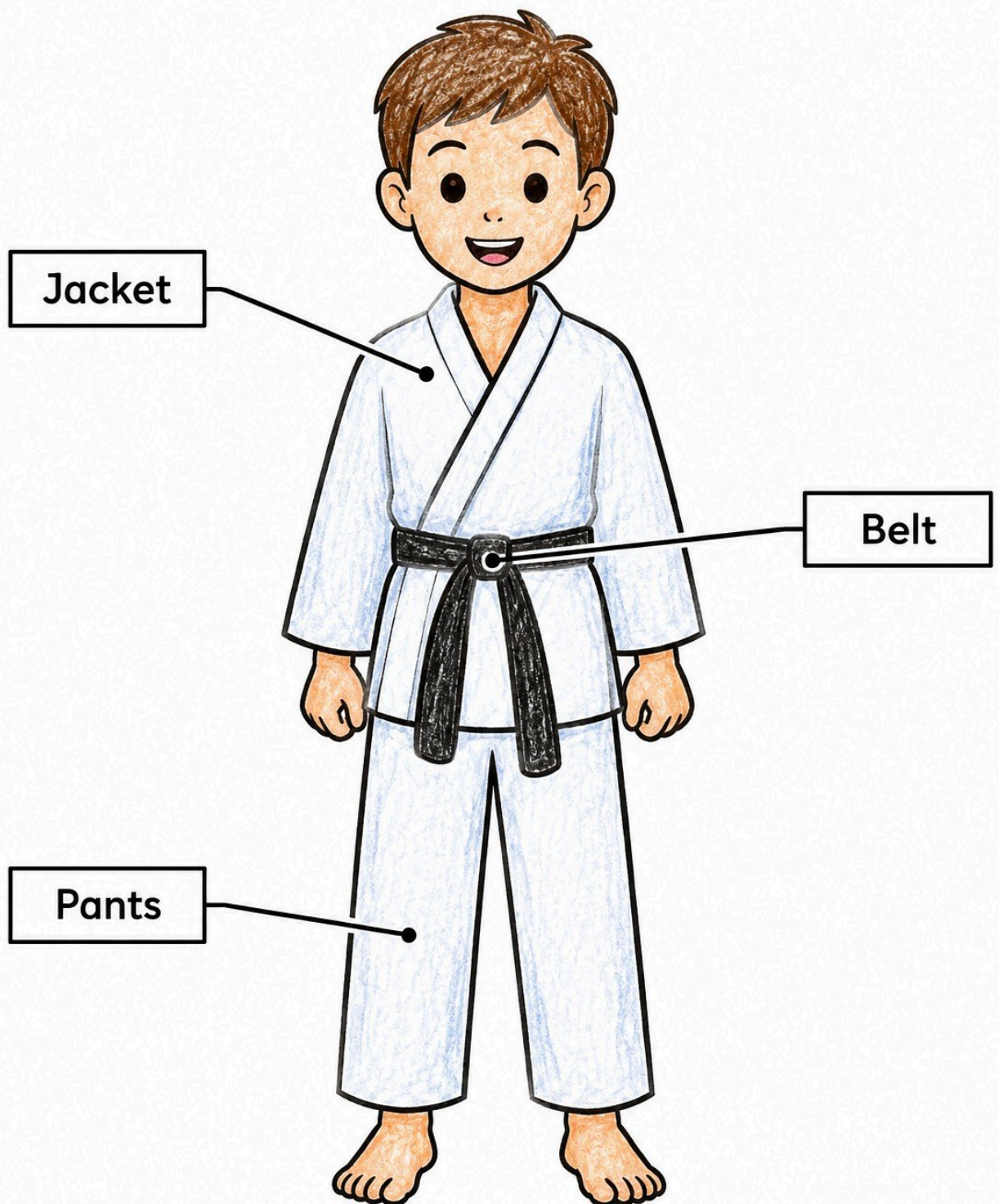
Parts of a Karate Uniform



Parts of a Karate Uniform



Parts of a Karate Uniform



Trace the words. Then color the picture.

Name _____ Date _____

Three Basic Karate Stances



Ready Stance

Front Stance

Horse Stance

Three Basic Karate Stances



Ready Stance

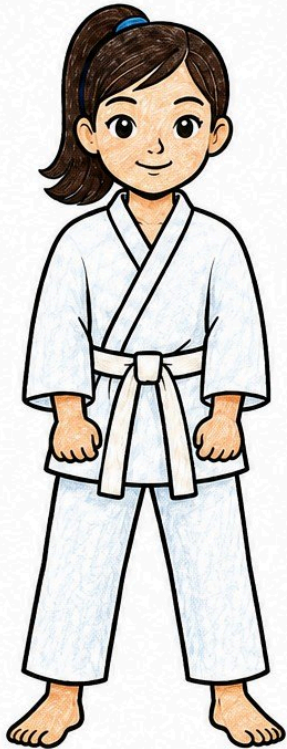


Front Stance



Horse Stance

Three Basic Karate Stances



Ready Stance



Front Stance

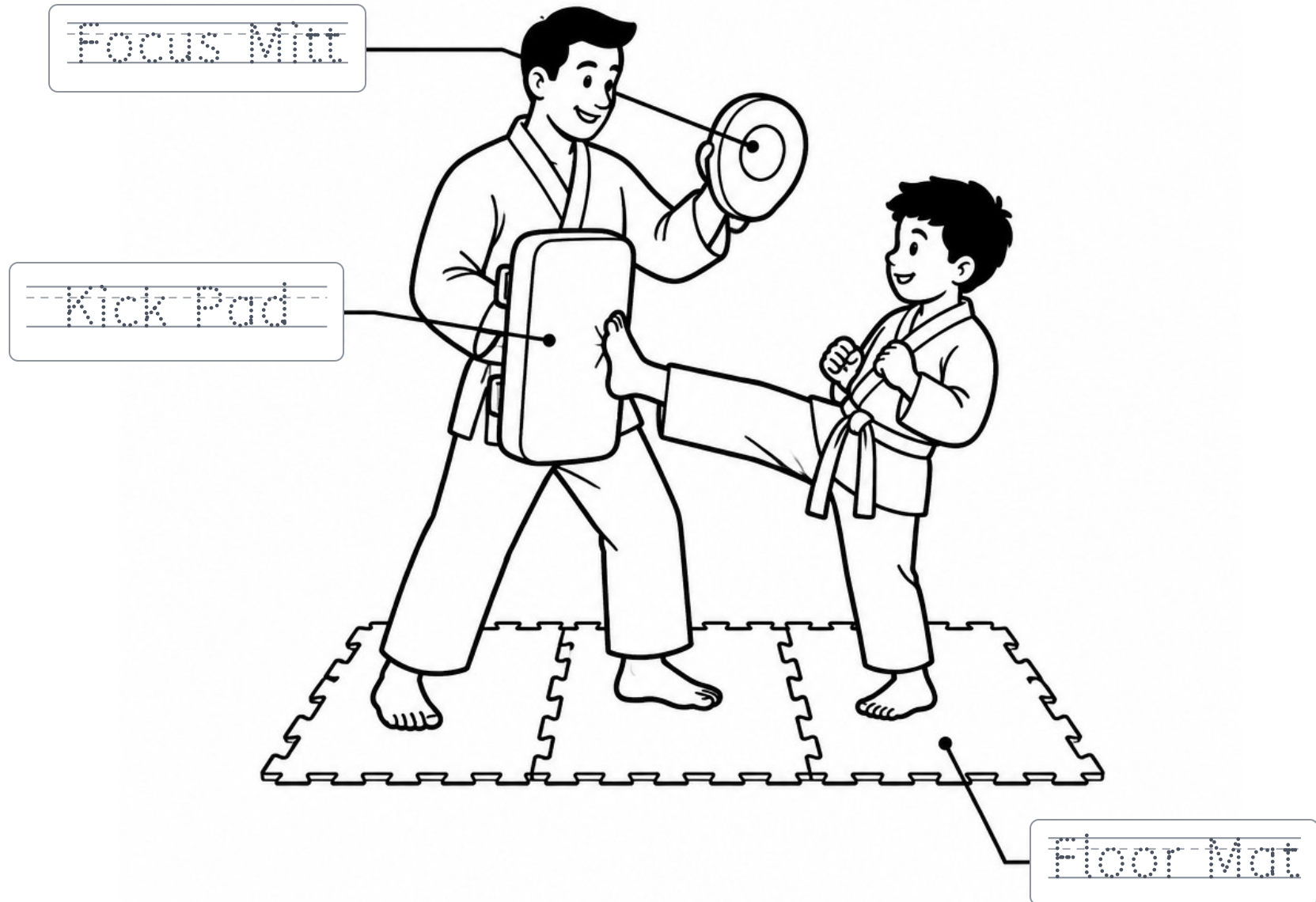


Horse Stance

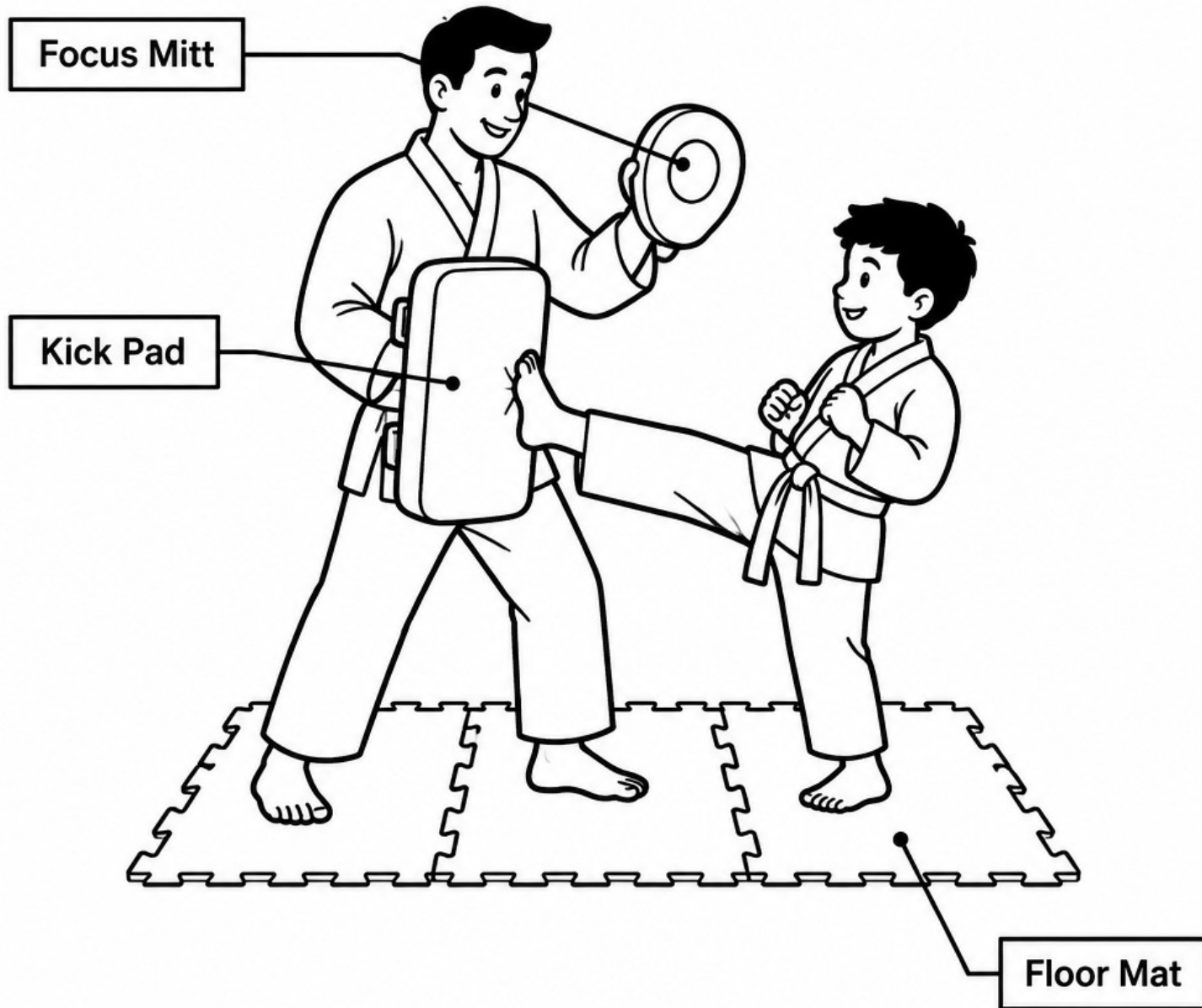
Trace the words. Then color the picture.

Name _____ Date _____

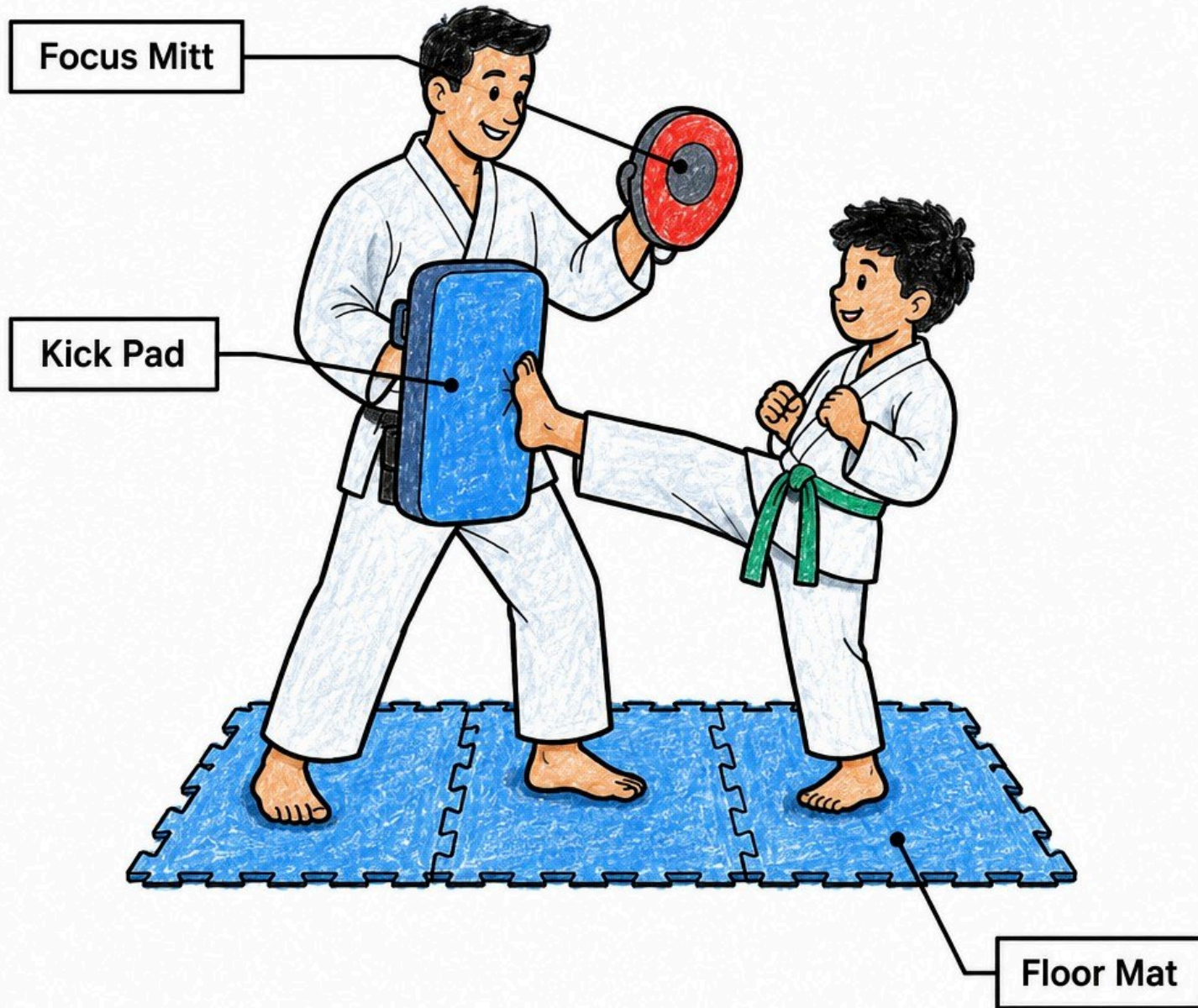
Safe Karate Training Pads



Safe Karate Training Pads



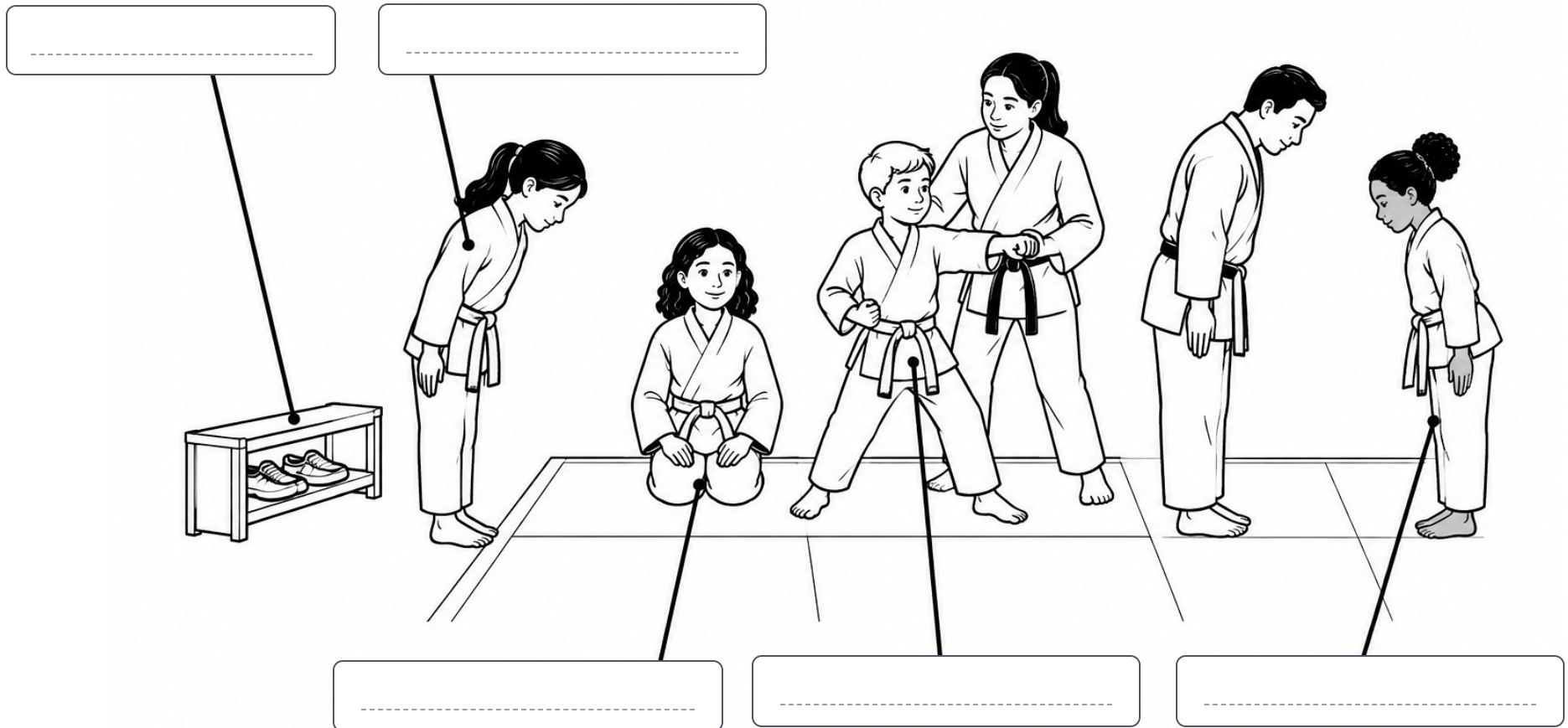
Safe Karate Training Pads



Write the missing words. Use the word bank.

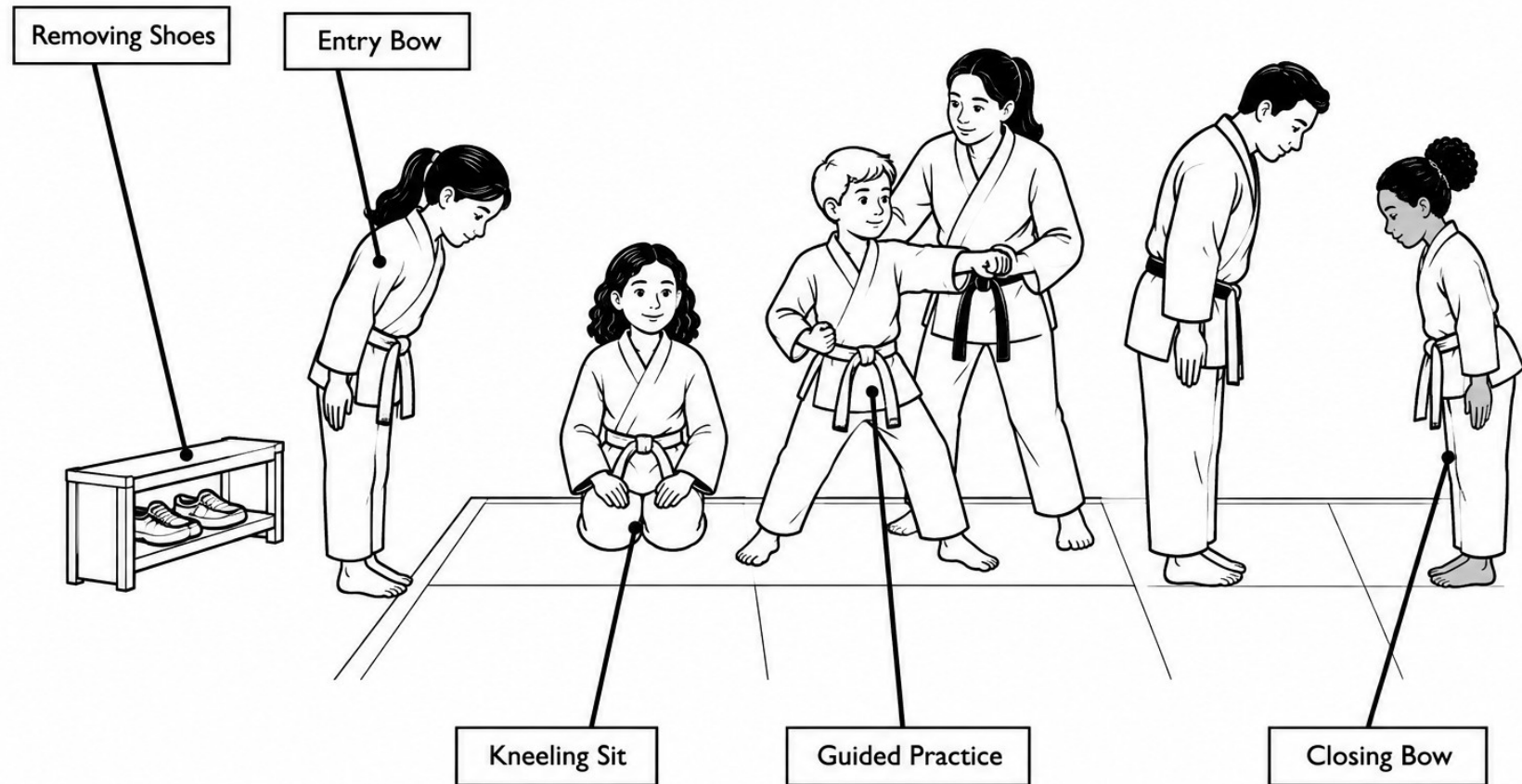
Name _____ Date _____

Respect and Routine in Karate

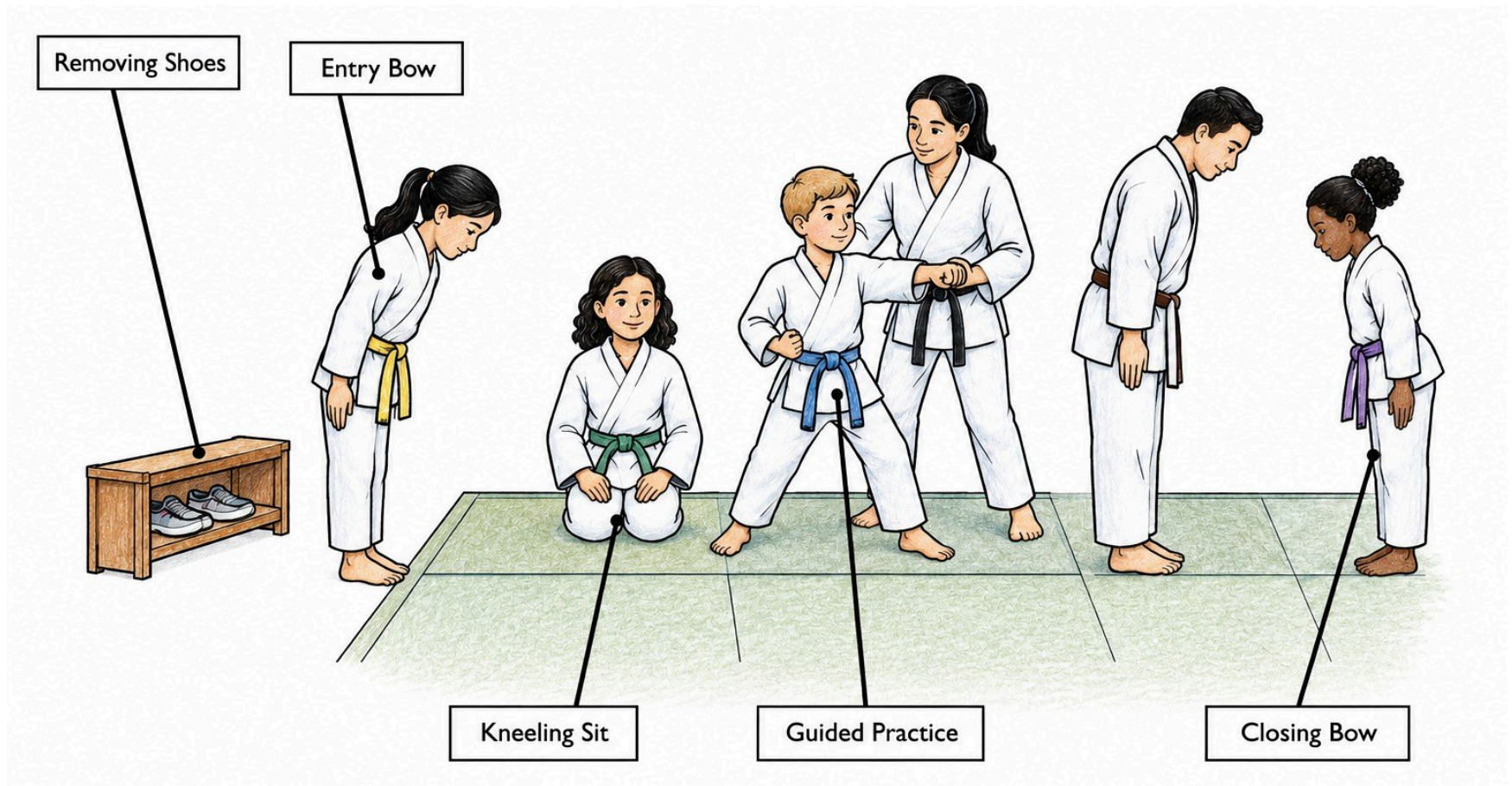


WORD BANK Entry Bow • Guided Practice • Closing Bow • Removing Shoes • Kneeling Sit

Respect and Routine in Karate



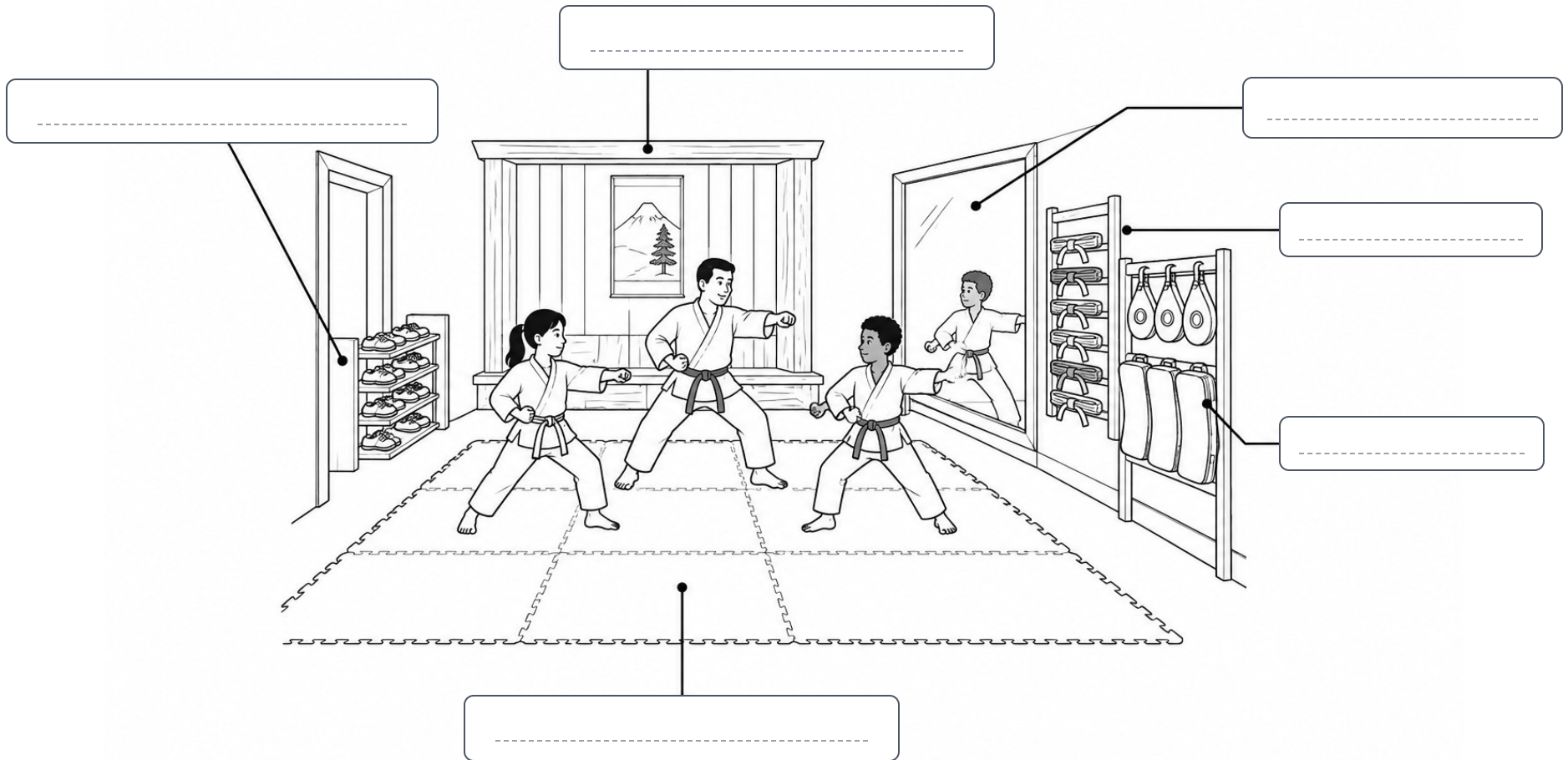
Respect and Routine in Karate



Write the missing words. Use the word bank.

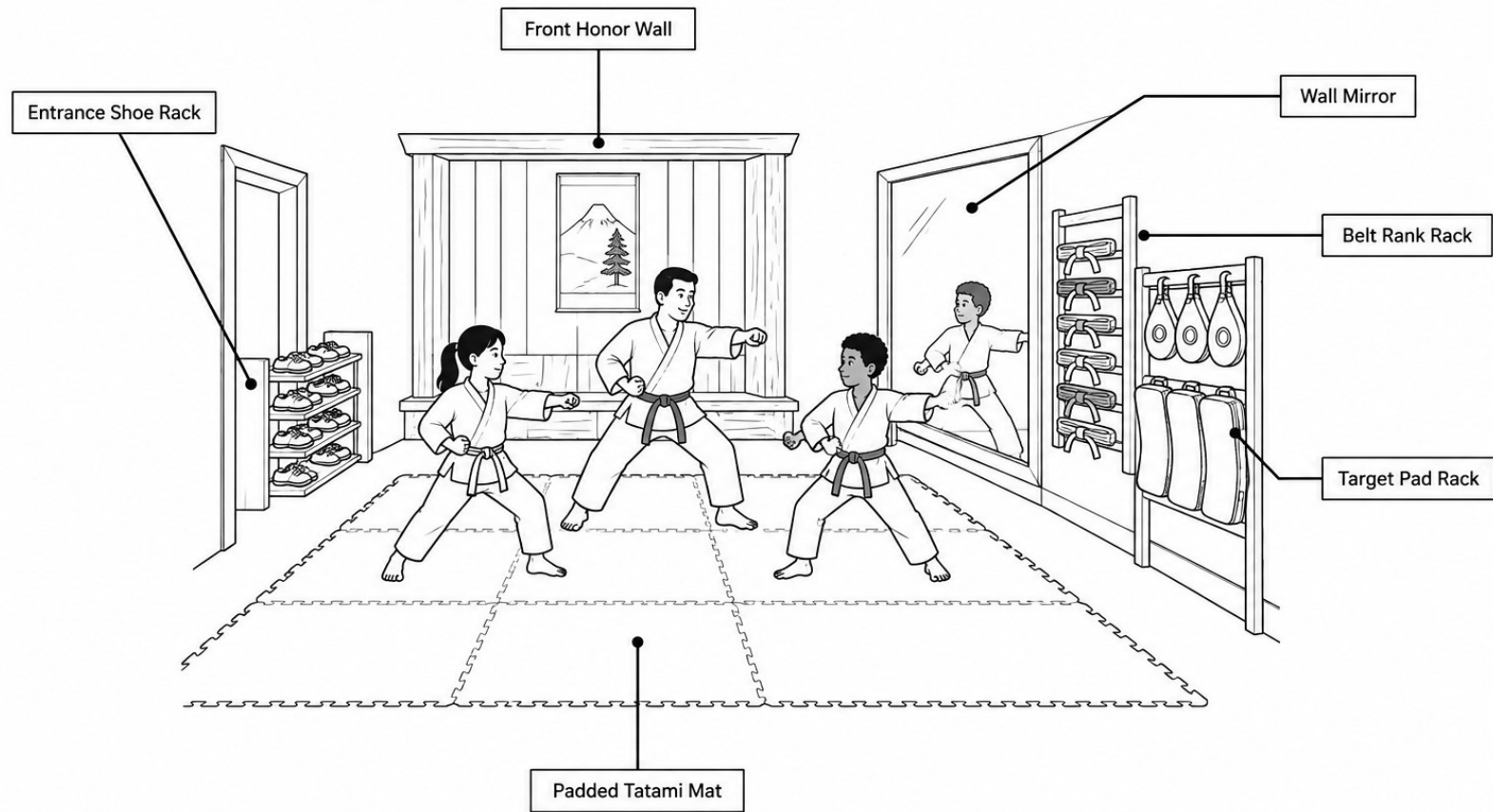
Name _____ Date _____

Inside the Karate Dojo



WORD BANK Padded Tatami Mat • Target Pad Rack • Front Honor Wall • Entrance Shoe Rack
• Wall Mirror • Belt Rank Rack

Inside the Karate Dojo



Inside the Karate Dojo

