



**GKR**KARATE  
KARATE FOR EVERYONE

***DID YOU KNOW?***

Children's school work and classroom behaviour can be greatly improved through karate's **disciplined** and **respectful** training environment.

**GKR**KARATE

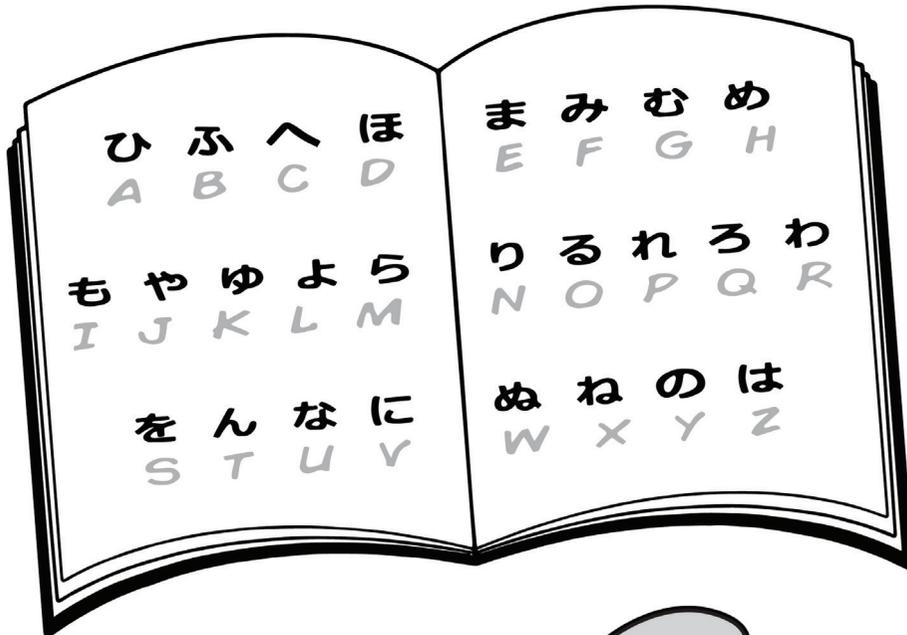
**KIDS**  
**ACTIVITY BOOK**





# CODE BREAKER

Can you solve the secret message at the bottom of the page by using the code below?



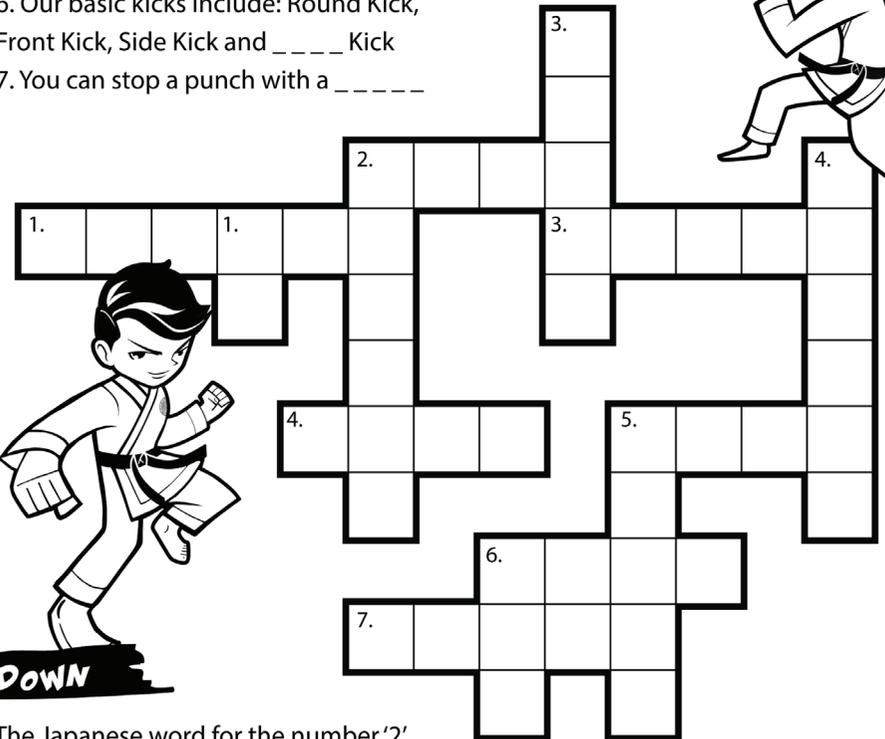
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ひ	ふ	よ	ひ	へ	ゆ					
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# CROSSWORD

## ACROSS

- When we stand ourselves in a special way it is called a \_\_\_\_\_
- This is a type of stance and also the name of a type of Japanese wrestling
- Beginners at Karate wear a \_\_\_\_\_ coloured belt
- This part of our uniform tells people how experienced we are
- The Japanese name for the patterns we practice is called \_\_\_\_\_
- Our basic kicks include: Round Kick, Front Kick, Side Kick and \_\_\_\_\_ Kick
- You can stop a punch with a \_\_\_\_\_

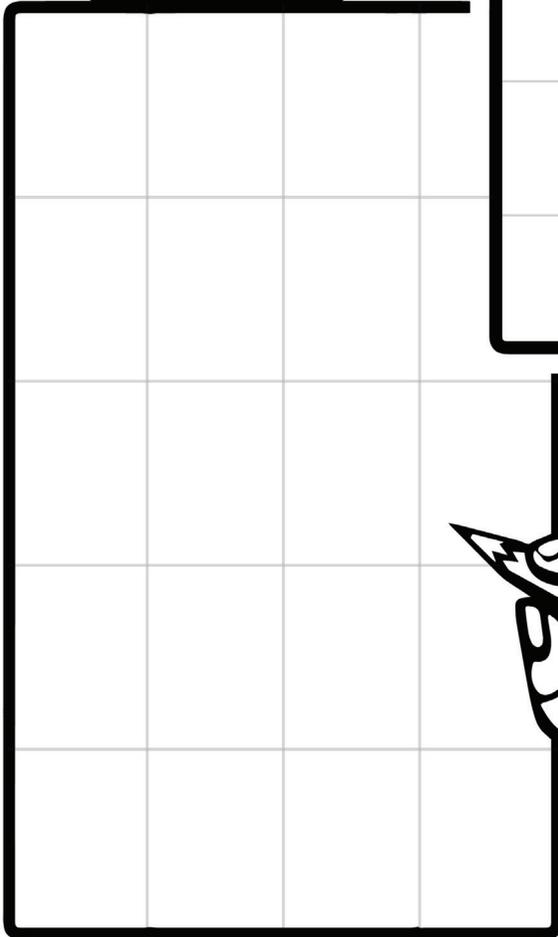


## DOWN

- The Japanese word for the number '2'
- The Japanese word for 'Teacher'
- The colour of the belt that comes just before Black Belt
- A Senior Student who helps the Sensei is called a \_\_\_\_\_ (Hint: it sounds like 'Sensei')
- The 3 main types of techniques that we practice are: Punches, Blocks and \_\_\_\_\_
- We do this when we enter the Dojo and also at the start and end of practicing Kata

# DRAWING CHALLENGE

Can you draw this picture using the grid below?



# FIND A WORD

Can you find all the Karate words hidden in the grid below?



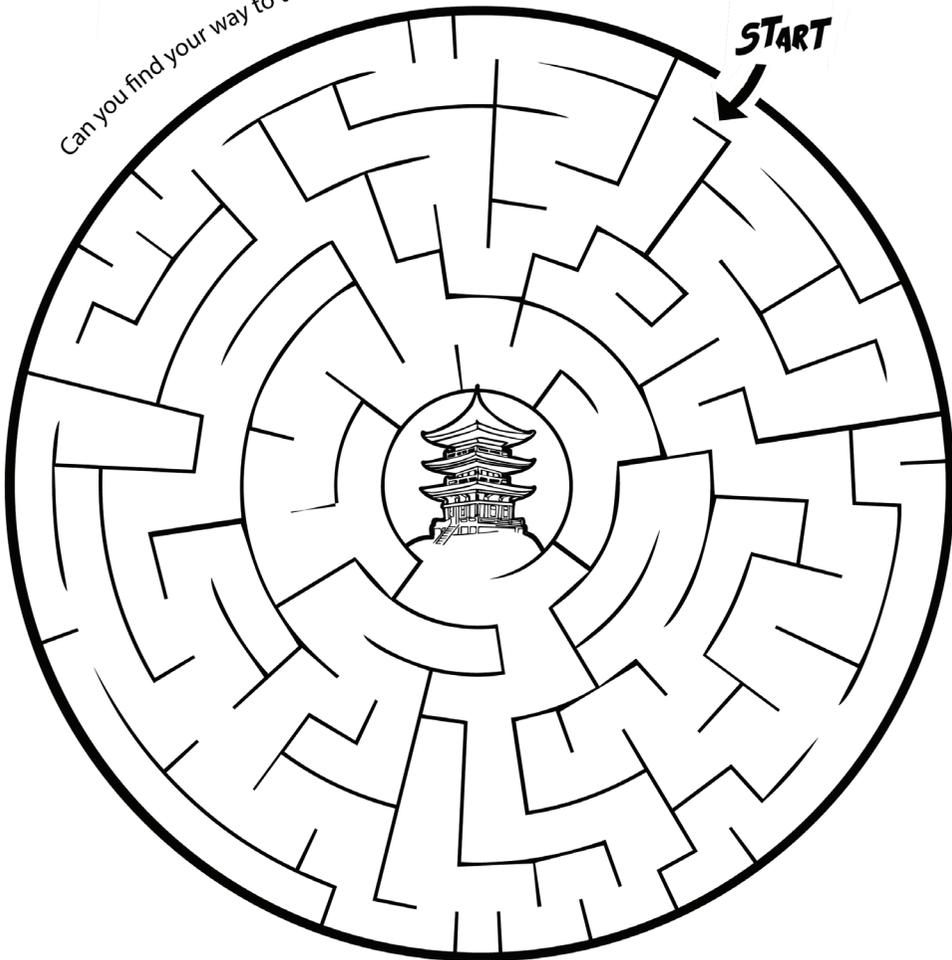
K	A	I	B	L	O	C	K	I	A
S	E	M	O	J	O	D	O	G	I
D	S	E	P	S	E	N	S	E	I
O	B	E	L	T	A	N	E	C	E
K	I	K	I	A	I	U	M	I	T
U	C	I	A	N	A	B	P	E	L
M	N	C	P	C	T	K	A	T	A
I	U	K	U	E	A	C	I	A	I
T	P	U	N	C	H	K	I	K	C
E	L	T	C	B	D	O	J	O	Q

DOJO      BELT      SENSEI  
 KICK      KIAI      SEMPAI  
 STANCE      GI      KUMITE  
 PUNCH      BLOCK      KATA

# MAZE RUNNER



Can you find your way to the Dojo in the middle of the maze?



# SPOT THE DIFFERENCE

Can you spot the 5 differences between the pictures below?





剛  
完  
流

寫  
字  
道