



GKRKARATE
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.

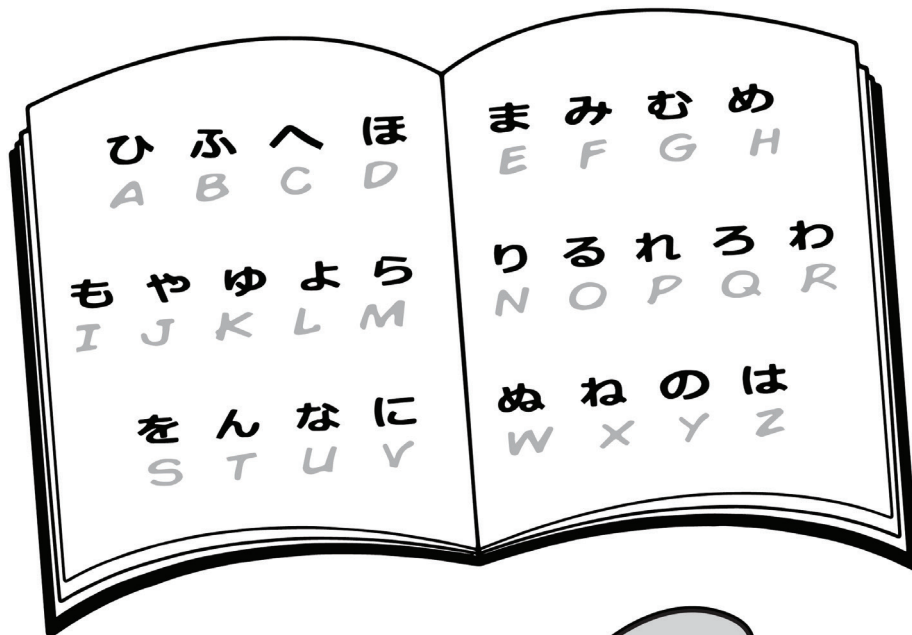
GKRKARATE

KIDS
ACTIVITY BOOK



CODE BREAKER

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



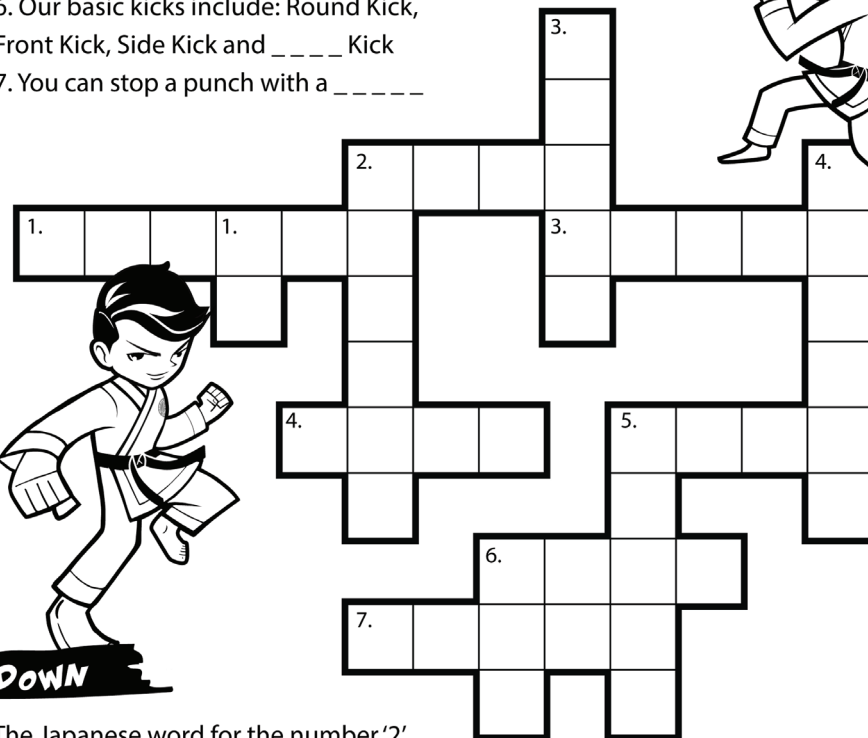
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ひ	ふ	よ	ひ	へ	ゆ
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ふ	ま	よ	ん	も	を
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ぬ	め	も	ん	ま	ふ
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
ん	め	ひ	ん	り	ま
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
む	ひ	に	ま	な	れ



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 _____



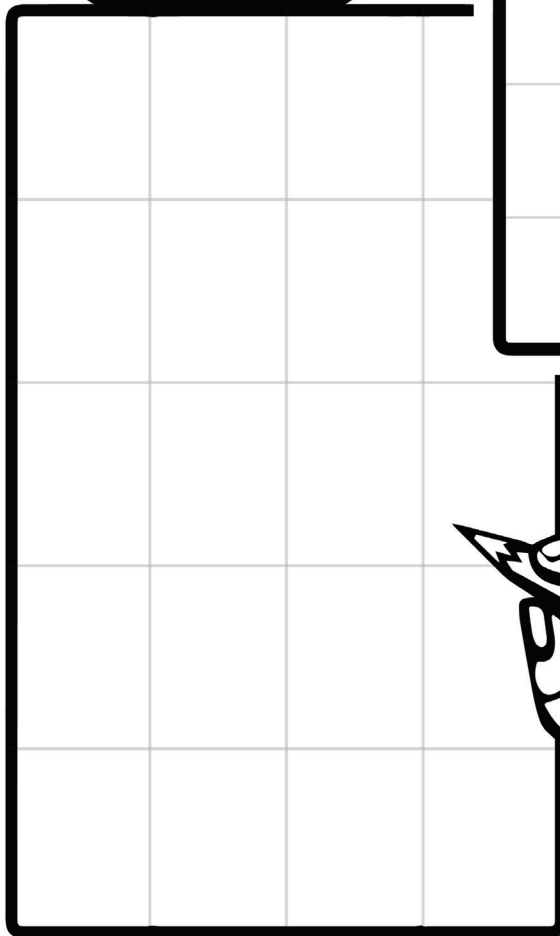
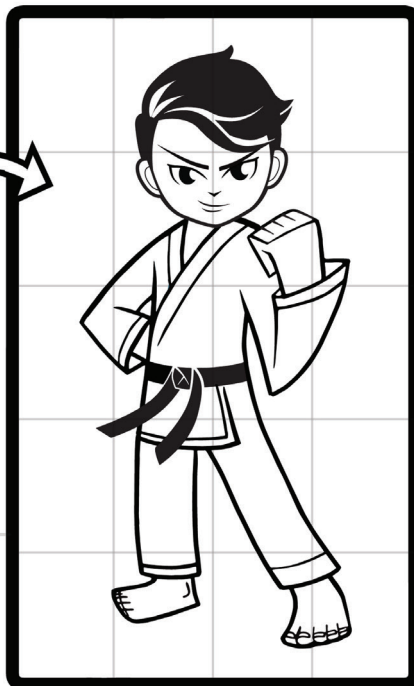
DOWN

- 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



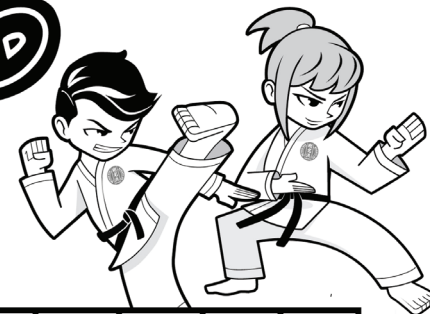
DRAWING CHALLENGE

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

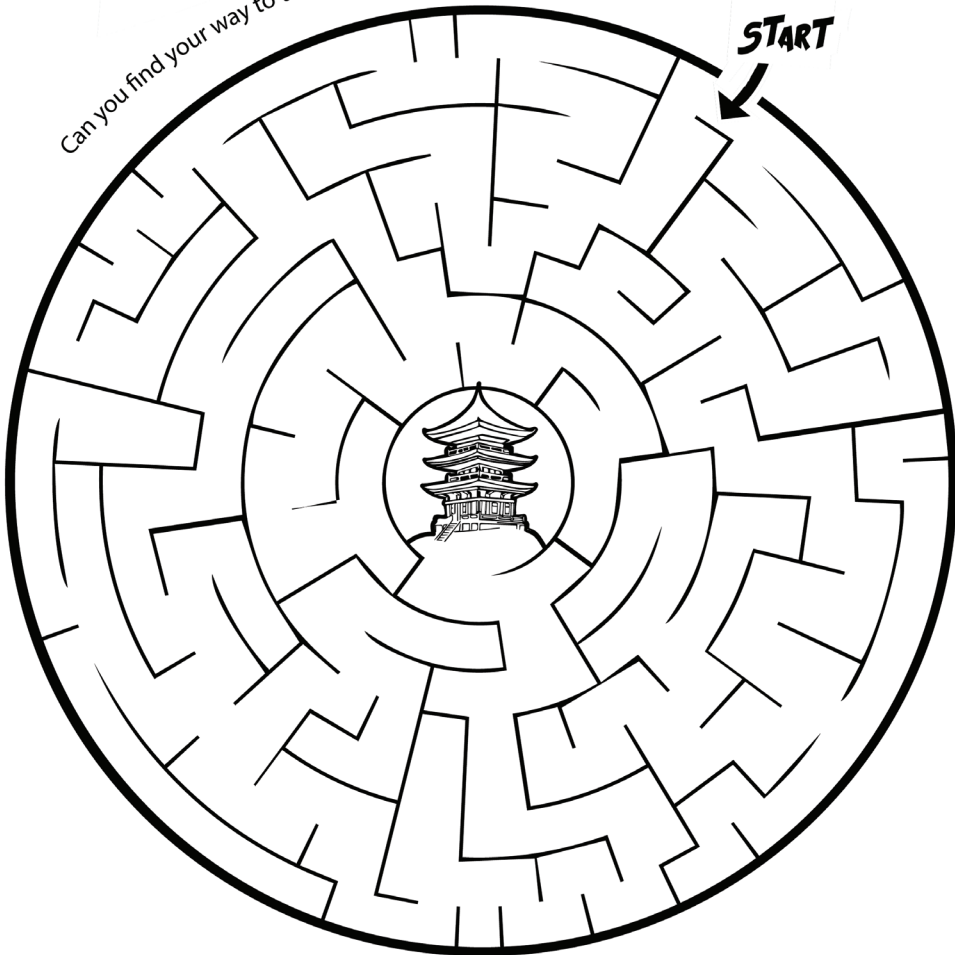
DOJO	BELT	SENSEI
KICK	KIAI	SEMPAI
STANCE	GI	KUMITE
PUNCH	BLOCK	KATA

MAZE RUNNER



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

START



SPOT THE DIFFERENCE

Can you spot the 5 differences between the pictures below?





剛冠流

空手道