

# KARATE KIDS

HOLLY STERLING

## Activity Sheet 1.

Can you name the blocks?



\_\_UTO U\_E

S\_TO \_KE

G\_D\_N B\_\_AI

A\_E \_KE



Unscramble these Karate Kicks.

OKOY ERIG

IRRUSH EGOI

RIG EEMA

GAWAIHI ERSM



Find these **KARATE KIDS** words.

I	A	O	S	U	K	O	M	Y	A	O	M
S	A	K	D	O	H	N	I	D	K	O	A
S	T	I	J	A	A	S	J	O	K	U	Y
H	N	U	K	I	T	E	I	J	F	A	A
U	M	E	D	H	A	N	A	O	M	O	I
T	O	Y	O	J	K	S	I	E	O	H	U
O	A	E	I	H	O	E	T	H	U	S	D
J	T	A	M	A	Y	I	A	U	K	E	J
E	M	P	I	H	O	E	M	E	S	A	I
S	E	N	A	F	K	J	M	T	O	S	O
A	N	A	E	Y	O	A	J	N	I	F	Y

SENSEI

MAYA

FINJA

HANA

NUKITE

DOJO

KIAI

YOI

YAME

KATA

EMPI

UKE

SHUTO

YOKO

MOKUSO





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Fill the empty spaces in  
the dojo and colour in.

Activity  
Sheet 2.





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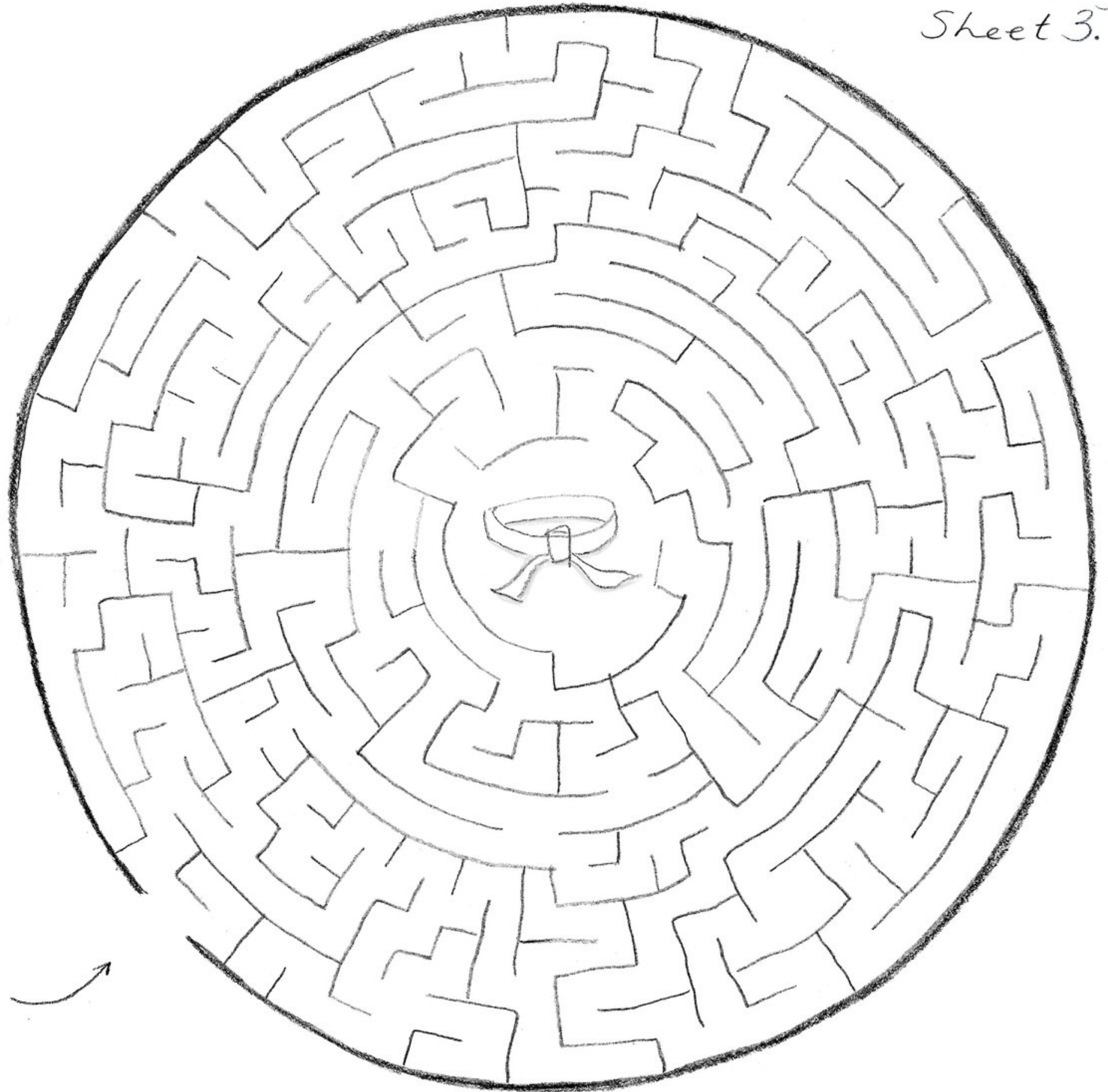
Activity  
Sheet 3.

Can you help Maya  
get ready for karate class?

She has her gi (karate suit)  
but needs help finding  
her obi (karate belt).



Start  
here





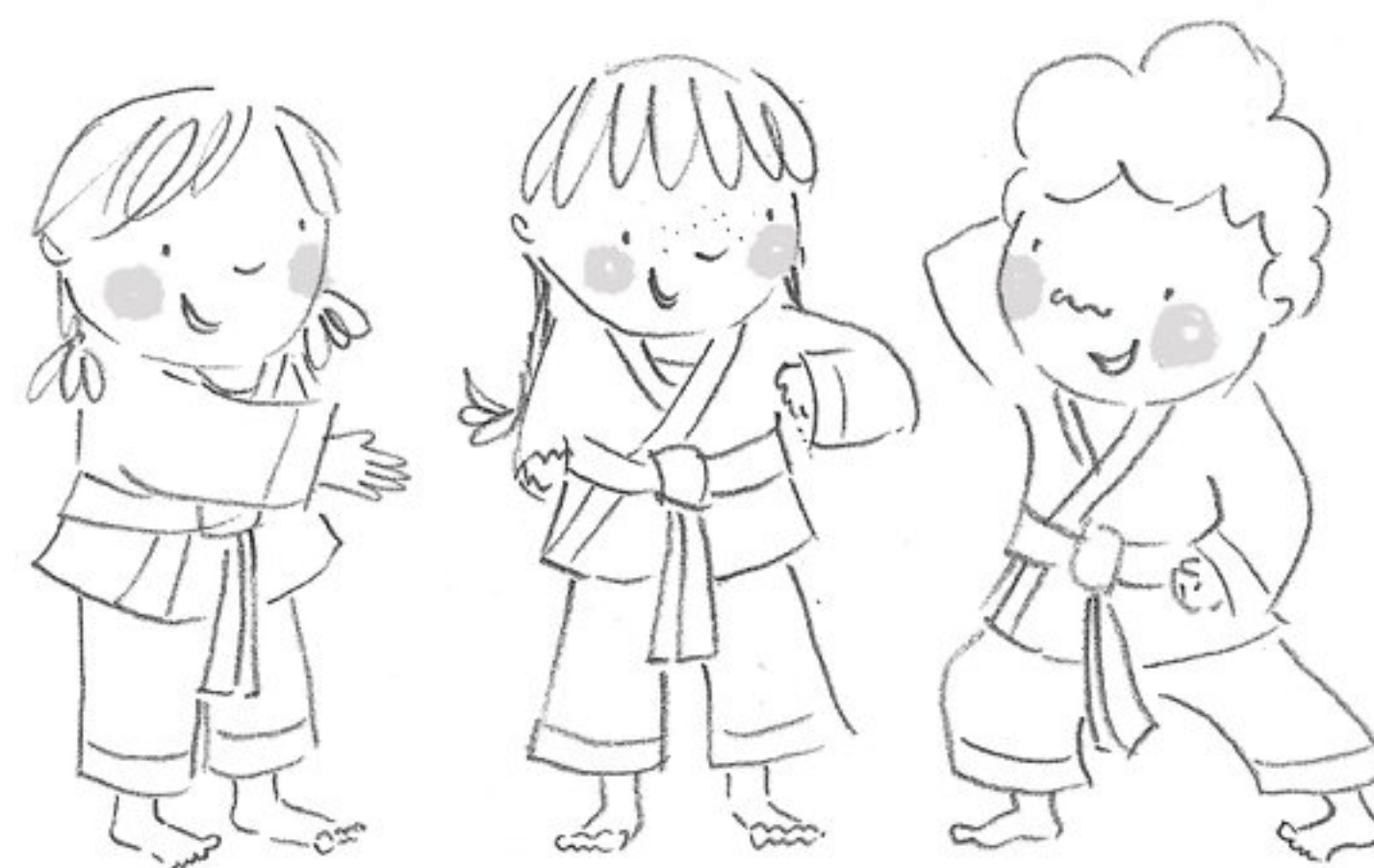
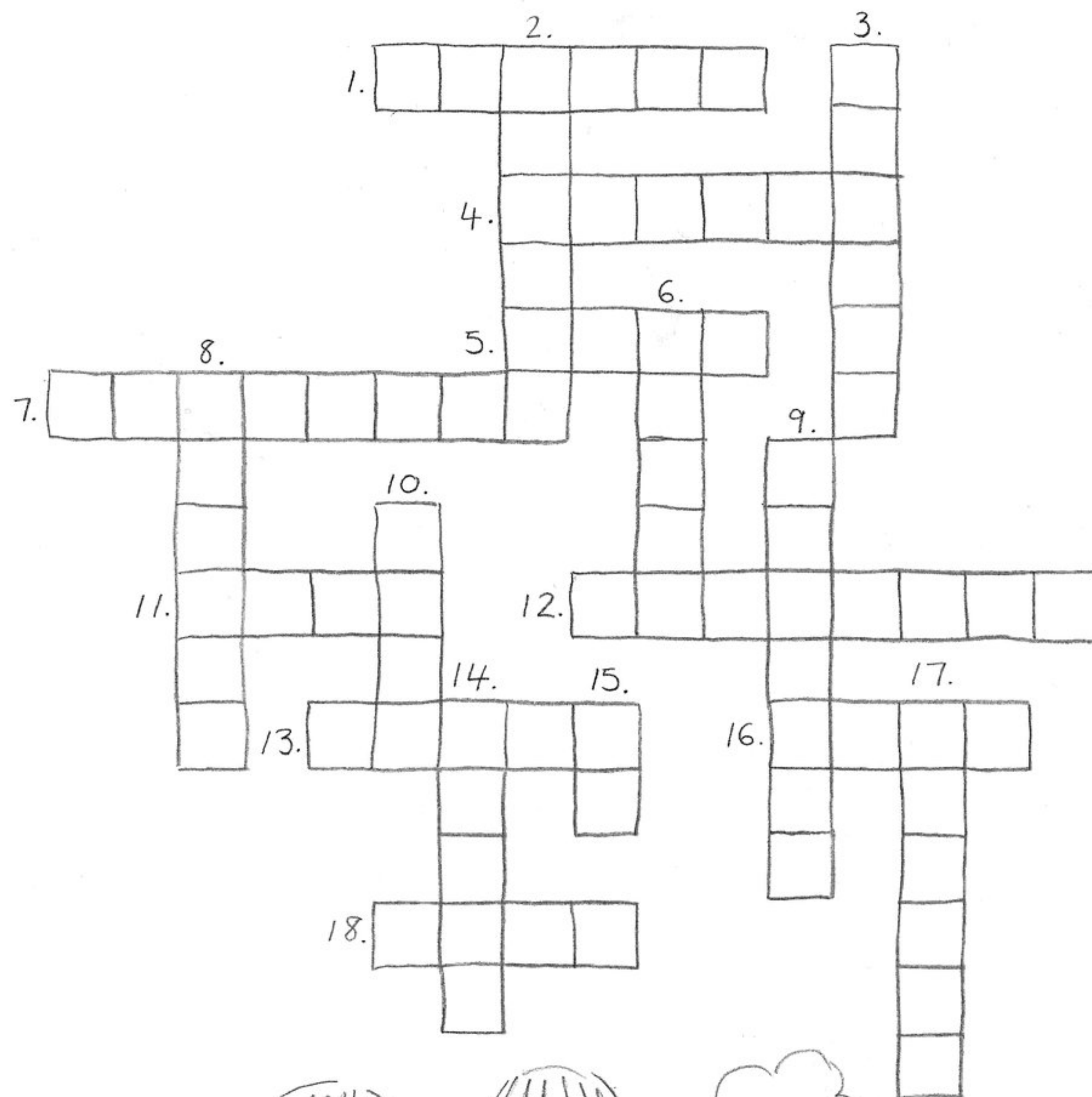
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## Activity Sheet 4.

Use the clues below to fill in the gaps.

1. English word for "AGE."
2. Japanese word for your karate teacher.
3. Japanese word for rising block.
4. Japanese word for spear hand.
5. Japanese word for elbow strike.
6. English word for "ZUKI".
7. Japanese word for side kick.
8. Japanese word for partner work / sparring.
9. Japanese word for outside block.
10. Japanese word for your karate shout.
11. Japanese word for the number one.
12. Japanese word for knife hand block.
13. Japanese word for your basic techniques.
14. Shodan, Nidan, Sandan, Yondan, Godan.
15. Japanese word for the number two.
16. Japanese word for strike.
17. Your opposite / pulling hand.
18. Japanese word for your set routines/forms.





# KARATE KIDS

## Draw with Holly

Activity  
Sheet 5.



**1.**  
Draw a long 'U' shape for the head, and some tiny little ears either side.



**2.**  
Add some dots for eyes and a little curve for the nose.



**3.**  
Draw an upside down triangle for the 'gi' (karate suit) collar.



**4.**  
Thicken the collar and draw a 'obi' (karate belt) using 5 rectangles.



**5.**  
Finish drawing the bottom of the gi top, as wide as the belt.



**6.**  
Add the arms.



**7.**  
Draw two wobbly rectangles for the gi trousers. Don't forget the thick edges.



**8.**  
Draw in the hands and feet. These don't have to look too perfect.



**9.**  
To complete your Karate Kid, add some hair, a smiley face, a little shadow underneath the feet and any extra details.



**10.**  
Fantastic job! Now try drawing your Karate Kid doing different karate moves - punches, kicks, strikes and blocks.  
**And add colour!!!**



# KARATE KIDS

HOLLY STERLING

Name

\_\_\_\_\_

Age

\_\_\_\_\_

Grade

\_\_\_\_\_

Club

\_\_\_\_\_

A picture of me.

## My Karate Favourites

Karate move:

\_\_\_\_\_

Kata:

\_\_\_\_\_

Kumite move:

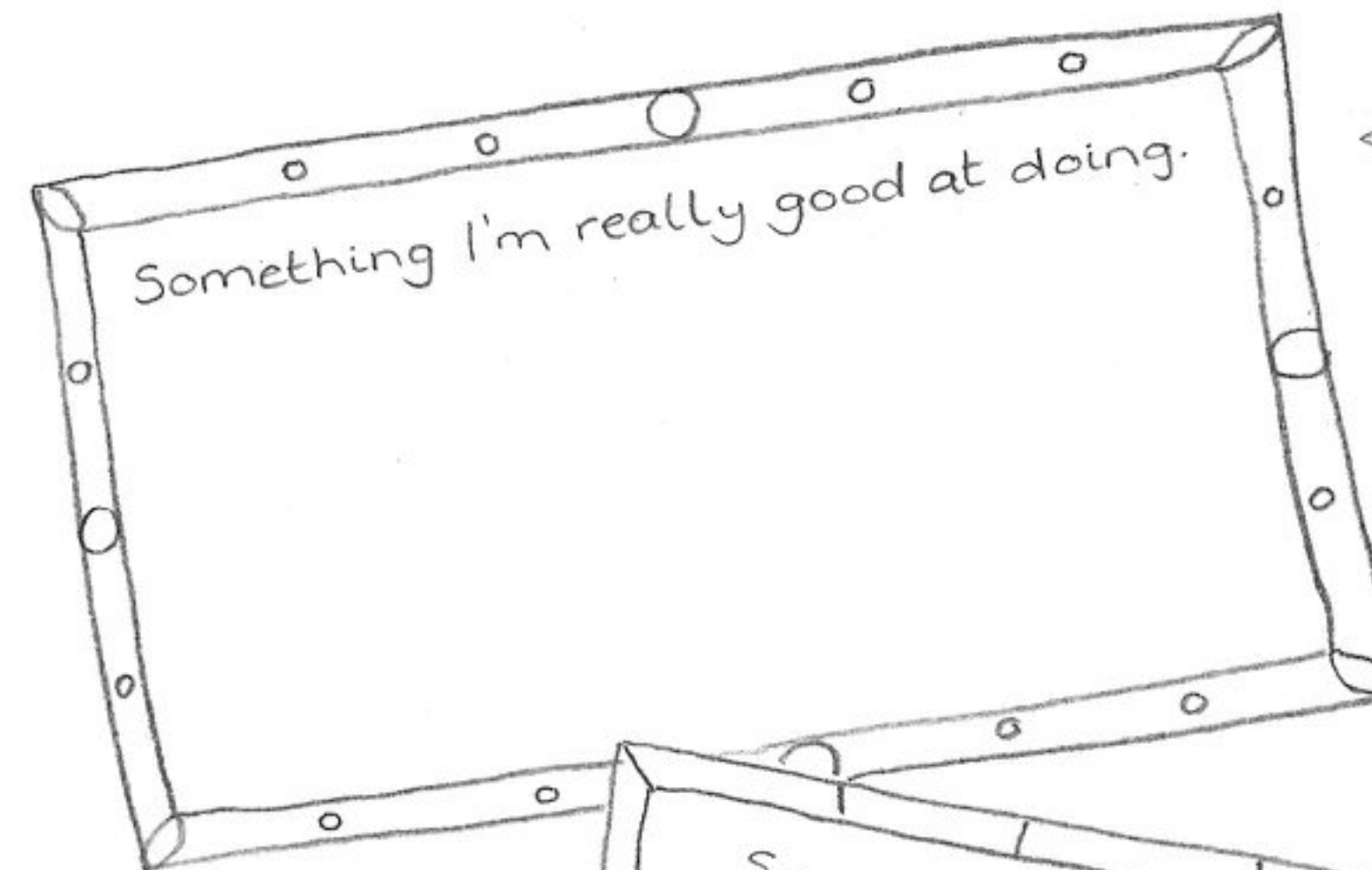
\_\_\_\_\_

Training snack:

\_\_\_\_\_



## Activity Sheet 6.



Something I'm really good at doing.

Something I want to get better at doing during lockdown.

Something I want to achieve in the future.



# KARATE KIDS

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Activity  
Sheet 7.



How many can you find?

- |           |           |                 |         |
|-----------|-----------|-----------------|---------|
| — Stances | — Punches | — Elbow strikes | — Yoi   |
| — Blocks  | — Kicks   | — Nukite        | — Seiza |



# KARATE KIDS

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Activity  
Sheet 8.

List three KIND things that you have done  
to help someone in your Karate Family.



1.

2.

3.



List three KIND things someone in your  
Karate Family has done to help you.



1.

2.

3.



With KINDNESS in mind  
fill in the speech bubbles.

