

Name: _____

Date: _____

Karate

E W W E C Z D C E M G L B D P B W
K W I T R Z S N A P O O P J L S O
S B W F R L Y K P W U F I X C A T
E L R O U L J S J D F H J V V P K
O T B F B B O Y W M S V M S Y O Y
U V L N L L C L I D T S H H I D P
T S R O Y X E O W H R T O C Z T Q
S W C V M A U K T N I G T N S D T
I K W L Y Q P A R C K S F U U P G
D U N I O H Q I Q T E X D P O G P
E G U S N D P D Q Q Z B S I E W U
Z B W P T S K H C O U N Z T K B G
H Q J M G O I N H G I H H Z C I N
J S F N D N M D E I W X N I I B K
D H B I E F K P E E T X H A K C Z
G G D M R T H O T Q H A B T A W C
V V P H S F M X Z U S E M C O H B

OUTSIDE

STRIKE

INSIDE

PUNCH

ELBOW

STOMP

BLOCK

KICK

HIGH

KNEE

SNAP

LOW