

English Tutorial Classes Week 10

1. Connect the passages with the name of the martial art:

1 _____ “The Art of Eight Limbs” utilizes eight points of contact: fists, elbows, knees, and shins. Techniques include punches (chok), kicks (te), knee strikes (ti khao), elbow strikes (ti sok), and clinch fighting (chap kho). Training sessions are rigorous and intense, focusing on developing strength, endurance, and mental toughness. Training sessions typically include shadowboxing, pad work, heavy bag drills, sparring, and conditioning exercises

2 _____ originated in China. It emphasizes offense and defense techniques inspired by animal movements, fostering determination and a connection to nature. Practitioners imitate the movements and characteristics of various animals, such as the tiger, crane, snake, dragon, and monkey. Forms, or taolu in Chinese, are choreographed sequences of movements that simulate combat scenarios against imaginary opponents

3 _____ This Japanese martial art emphasizes using an opponent’s strength against them, focusing on throws and incapacitation through balance and adaptability. The principle of "maximum efficiency with minimum effort" (jita kyoei) and "mutual benefit and welfare" (seiryoku zenyo) is central to this martial art. Randori, or free practice, is a key component of training.

4 _____ focuses on ground combat, utilizing joint locks and chokeholds for dominance, promoting inclusivity and mental acuity. Unlike traditional martial arts that emphasize striking techniques, these practitioners aim to take the fight to the ground, where they can use positional dominance and submissions to defeat larger and stronger opponents.

5 _____ is renowned for its high kicks and striking techniques, enhancing both physical and mental attributes and offering a robust fitness regimen. This martial art is guided by a set of philosophical tenets which include courtesy, integrity, perseverance, self-control. These principles are not only applied within the dojang (training hall) but also in everyday life.

6 _____ from Japan emphasizes harmony and balance, avoiding confrontation by connecting seamlessly with an opponent’s actions, rooted in non-violence and conflict resolution. Ukemi, or the art of falling safely, is an integral part of training. Techniques (waza) consist of joint locks, throws, and pins that are executed in response to an opponent's attack. Practitioners learn to roll, breakfall, and absorb impact gracefully to protect themselves during training and to facilitate the execution of techniques.

7 _____ is known for powerful strikes, including jabs, kicks, and knee moves, focusing on mastering forms for skill development. This martial art places a strong emphasis on kata, or forms, as a primary training method. Kata are choreographed sequences of movements that simulate combat scenarios against imaginary opponents. Traditional rituals and ceremonies, such as bowing, etiquette, and belt ceremonies, are observed to honor the heritage of this martial art.

8 _____ is a Chinese martial art known for slow movements promoting mental clarity, balance, and inner peace. It was developed by a Ming Dynasty military general, based on principles of Taoist philosophy and traditional Chinese medicine. The gentle movements used in this type of martial art are designed to cultivate internal energy, or "qi," and promote relaxation and harmony within the body and mind.

Tai Chi	Karate	Aikido	Taekwondo	Brazilian Jiu-Jitsu	Judo	Kung Fu	Muay Thai
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2. Fill in the missing words:

- 1) Martial arts are systems of physical and mental training that teach techniques for s_____ or c_____.
- 2) In wrestling, two individuals _____ with each other.
- 3) _____ or trapping is the part of stand-up fighting in wrestling.
- 4) In a _____, you lift an opponent onto your shoulders before executing the throw.
- 5) A _____ is a move where you bend or twist someone's arm or leg in a way that makes it uncomfortable or painful
- 6) In a _____, you secure your opponent in a headlock before swiftly throwing them to the ground.
- 7) The _____ targets the shoulder joint, typically by holding the opponent's wrist and applying pressure to rotate the shoulder in an unnatural direction.
- 8) In a _____, you use your hip and leg strength to swiftly throw your opponent over your hip and onto their back.
- 9) A _____ is a move where you put pressure on someone's knee joint to make them give up or stop moving.
- 10) In a _____, you grab both legs of your opponent, drive forward, and take them down to the mat.
- 11) A _____ is when you hold your opponent down on the ground with their shoulders touching the mat for a certain amount of time.
- 12) In a _____, you lie on top of your opponent so that both of their shoulders are touching the mat.
- 13) _____ or kumite, is when you practice fighting with a partner in a controlled way.
- 14) The _____ belt is the starting point for beginners.
- 15) Judo practitioners, known as _____, train in a _____.
- 16) Judoka wear a traditional uniform called a _____.

grapple	judoka	hip toss	combat	white	double leg takedown	clinch fighting	
headlock throw		self-defense	Fireman's Carry	dojo	sparring	joint lock	pin
Kimura lock	kneebar	judogi	standard pin				