

Name \_\_\_\_\_

## Martial Arts

### Answers

1. Some popular styles of martial arts include Karate, Taekwondo, Judo, Kung Fu, and Aikido.
2. The belt system in martial arts represents the level of skill and knowledge attained by the practitioner.
3. Values such as respect, discipline, and perseverance are emphasized in martial arts.
4. Martial arts training takes place in dojos, which are specially designed training spaces.
5. Benefits of practicing martial arts include improved physical strength, flexibility, coordination, mental discipline, focus, self-confidence, and self-esteem.

