

The Many Lessons of Martial Arts

Have you heard of karate? Or judo? Both of these are examples of martial arts. Martial arts are sports that were once used for fighting. The main types of martial arts come from Japan, China, Korea, and Brazil.

If you take a martial arts class you can get strong. You can learn a lot of cool moves. But you can learn a lot of other important lessons too.

One thing you learn is how to focus. You have to listen carefully to the directions. You must look carefully at the teacher so you can copy the moves. You need to concentrate.

Another thing you learn is respect. In martial arts classes, you must honor the teacher. You also learn to honor yourself. That makes you more confident.

One of the biggest lessons is to keep trying. If you fail, you try again. Martial arts classes teach you to get back up. They teach you to grow from your mistakes.

Martial arts classes train your body. But they also train your mind. Best of all, they are really fun!



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NAME: _____ DATE: _____

1. What is an example of a martial art?
 - a. Karate
 - b. Football
 - c. Tennis
 - d. Golf

2. What do martial arts teach you to do if you fail?
 - a. Quit
 - b. Try again
 - c. Blame the teacher
 - d. Eat vegetables

3. How can you focus?
 - a. Honor the teacher
 - b. Grow from your mistakes
 - c. Listen and look carefully
 - d. Eat vegetables

4. What do martial arts classes train?
 - a. Your body
 - b. Your mind
 - c. Your dog
 - d. A and B

Instructions for teachers:

These questions can be used to assess understanding of the reading passage.

The item in bold is the correct answer for each question.

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 - a. **Karate**
 - b. Football
 - c. Tennis
 - d. Golf
2. What do martial arts teach you to do if you fail?
 - a. Quit
 - b. **Try again**
 - c. Blame the teacher
 - d. Eat vegetables
3. How can you focus?
 - a. Honor the teacher
 - b. Grow from your mistakes
 - c. **Listen and look carefully**
 - d. Eat vegetables
4. What do martial arts classes train?
 - a. Your body
 - b. Your mind
 - c. Your dog
 - d. **A and B**