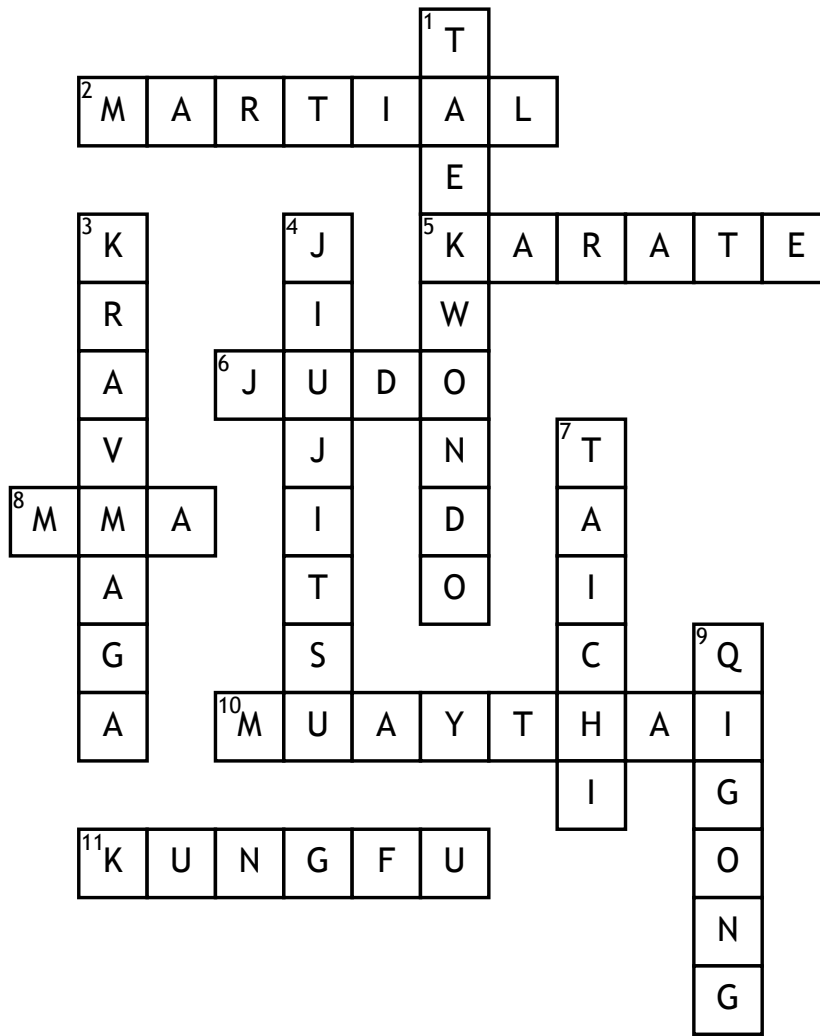


Martial Arts



Across

2. Military
5. Empty hand
6. Relatively modern Japanese martial art with goal to either throw or takedown one's opponent
8. Full contact sport that allows a variety of fighting styles to be used
10. Uses elbows and knees in addition to hands and feet for strikes and kicks
11. Chinese martial arts

Word Bank

MUAYTHAI
TAEKWONDO
MARTIAL

KUNGFU
JUDO
JIUJITSU

KARATE
TAICHI
KRAVMAGA

QIGONG
MMA

Down

1. Korean art of self-defense, one of the oldest forms of martial arts
3. Hand-to-hand combat system developed in Israel
4. Grappling Japanese martial art
7. Internal martial art using slow motion postures
9. Means subtle breath or vital energy through steady practice